



Analysis of the relationship between effort or result-oriented thoughts for the parents of talented and regular students with the social popularity and mental health of children

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ABSTRACT

The aim of this study was to determine the relationship between with the social popularity and mental health of their children in nongovernmental and governmental schools in Tehran. For this purpose, 235 students including talented and regular students (120 girls and 115 boys) selected from Tehran schools using multi-stage cluster sampling. The students completed Moreno social popularity test and GHQ28 mental health test, and Afrouz effort or the parents completed result-oriented thoughts. Statistical analysis of survey data were performed using two independent groups t methods, correlation coefficient, ANOVAs and multiple regression analysis step by step. The results of analysis on effort and result-oriented thoughts for the parents of students indicated that there was a significant difference between effort-oriented thoughts and result-oriented thoughts for the fathers, and for the mothers of these students we have significant role in the social popularity and mental health of their children. On the other hand, the sex and intelligence variables did not have any significant role in social popularity and mental health of the children.

Keywords: effort-oriented thought and result-oriented thought, Giftedness, social popularity, mental health

INTRODUCTION

Family is one of the major factors shaping the personality of children and is considered as first seeds of personal growth and is the base of development of the human personality, since children firstly imitate the behavior of their parents. The family has deep and lasting impression on foundations and individual behavior of the children and evoking the spirit of life and inner peace in them (Navabi Nejad, 1996). Family is the most important social institution. This institution, which represents the community's mental health and in turn receives its characteristics from the community, has an important role for the survival of society. Parents by loving love their children, has an undeniable role in the development of a healthy and constructive personality (Farjad, 2005). Parents and families help children become independent and are prepared to enter adulthood (Nejati, 2005). A rich family atmosphere can help build children's mental capacities. When parents understand their children's developmental needs better then, they can increase the learning ability of children in a better way. The secret of success is peace and effort-oriented thoughts. If we can educate ourselves and our children effort oriented, in a way that rivals their own and love their friends, we would have been succeeded. Interpersonal rivalries increase anxiety and friendships

increase comfort. This base of this comfort and peace is effort oriented attitude and motivation. Those who find success, have value, ethical, compassionate and effort oriented views. Effort oriented people are always Successful. Successful people are effort oriented not result oriented. The second group, even if reach certain developments, would have no innovation in their work. Successful people have nothing to do with hat red and rival elimination and are not result oriented. Mental health is a term for the specific purpose for society. Every culture seeking for Mental Health based on specific criteria. Target (goal) of any society is to provide conditions for its current health in scales such as intelligence, mental state, mind and body (Nejat, 1999). The secret of success for human being is feeling comfort and being effort-centered. We should educate ourselves and our children to be effort-centered in such a way that they will be their own rivals and compete with themselves, and at the same time to be friend with their friends. Interpersonal competitions increases anxiety but friendship increases comfort. Successful people should be calm; such a comfort is rooted in effort-centered attitude and motivation. Those who are successful adopt ethical, value-oriented and effort-centered attitudes. Effort-centered people are always successful, but not competition-oriented and result-centered ones. Even if result-

centered people can experience advances, they will not have innovation in their works. Successful people are not vengeful; they are not after eliminating their rivals and are not result-oriented. They try to be effort-oriented, to be with friend with their colleagues and to be happy with the success of others. Our society suffers from lack of a systematic program and proper educational model for couples. Although, family education has been initiated during recent years by many organizations such as Ministry of Education, but despite the relative effectiveness of such trainings, there are several major limitations: firstly, such educations are mainly focused on the role of parents, as well as on coordination between them and schools; educating couples in terms of adaptability with each other and learning how to communicate with the children are neglected. Secondly, these are not based on a systematic model and are perhaps mainly affected by the designers and educators. Thirdly, most of such trainings provide information and knowledge, and are less effective in changing attitudes and behaviors. Family education over many years has started by organizations such as education ministry. However, despite the relative impact of the training in this area, there are several major limitations: Firstly, most of the training focuses on the role of parents as well as coordination with school, and of teachings to couples how to communicate with each other and the children are neglected. Secondly, the teachings do not follow from a coordinate system and may have been influenced by the ideas of designers and educators. Thirdly, most of the training deal with the transfer of knowledge and have been less effective in changing attitudes and behavior. However, there is no research in the form of a special relationship between family factors including satisfaction of couples with marriage and how to shape mental health and social popularity.

This explains need for such research to better define these components in the context of family and education. Basically, this study seeks to answer the question: "whether the effort oriented thought of parents can predict mental health and social acceptability of talented and normal students in governmental and non-governmental schools?"

RESEARCH METHOD

This research type is descriptive-correlational, in which the relationships between the variables are measured, and have

Table.1 The results of multi variable variance analysis on effort-oriented thoughts, result-oriented thoughts of parents of talented and normal students (both girls and boys)

variable	Test name	Measure	DF hypo	DF Error	F	Significance (p) level
Effort-oriented and result-oriented	Pillai effect test	0.033	4.0	230.0	1.943	0.104
	Lambdai Wilks test	0.967	4.0	230.0	1.943	0.104
	Hoteling effect test	0.034	4.0	230.0	1.943	0.104
	Roy largest root test	0.034	4.0	230.0	1.943	0.104
	Lambdai Wilks test	0.963	2.0	232.0	4.412	0.013
	Hoteling effect test	0.038	2.0	232.0	4.412	0.013
	Roy largest root test	0.038	2.0	232.0	4.412	0.013

Also there are significant differences in terms of result oriented thought of mothers of talented and normal students ($F=5.922$ and $p=0.016<0.05$), and result oriented thought of

been surveyed based on measures of self - reporting and through correlation and path analysis. Since the study was retrospective and researcher considering the criterion variables (mental health and social popularity) to investigate the possible causes, of their occurrence, (effort oriented and result oriented thought and coupling satisfaction and IQ of students); therefore, the research design is ex post facto of multiple correlation type. Statistical population of this research includes all girl and boy students studying in various educational institutions in third grade of guidance school (governmental and non-governmental) at Tehran in 1390-1391 school years. Due to the extent of community members in the study, sampling has done through cluster sampling. The study sample is 12 schools (governmental, and non-governmental) including 6 girl schools (3 Gifted children schools and 3 normal schools) and 6 boys schools (3 Gifted children schools and 3 normal schools of South, North, West, East and center of Tehran which are selected in cluster random and an average of 20 students were selected from each school. The participants were 150 girls and 85 boys with minimum of 13 and maximum of 15 years.

RESEARCH TOOLS

To gather information in this study three scales are used. Afrouz effort-oriented thought and result-oriented thought and Moreno group test of social popularity and general health test (GHQ).

RESULTS

Is there any significant difference between parents of talented and normal students in terms of effort-oriented thought and result-oriented thought? Multivariate analysis of variance was performing to answer the question above. Before surveying the first question, in order to meet the assumption of equal variance of the study variables Levine test is used. The results (Table 1) indicated that there are significant differences in terms of at least one of the dependent variables between parents of talented and normal students in both male and female students. ($F=4.412$ and $p=0.013<0.05$).

fathers of talented and normal students ($F=4.929$ and $p=0.027<0.05$). (Table 2)

Table.2 The results of single variable variance analysis on effort-oriented thoughts, result-oriented thoughts of parents of talented and normal students (both girls and boys)

Variable	Some of squared	Freedom degree	Mean of Squared	F	significance level
effort-oriented thoughts of mothers	12.171	1	12.171	0.204	0.652
effort-oriented thoughts of fathers	39.836	1	39.836	0.688	0.408
result-oriented thoughts of mothers	1026.389	1	1026.389	5.929	0.016
result-oriented thoughts of fathers	889.645	1	889.645	5.929	0.027

Is there any significant difference between mental health and social popularity of talented and normal students? To answer the question above T analysis of independent samples were carried out. Results indicated that assuming equal variances ($p=0.229>0.005$), there was no statistically

significant difference between mental health of talented and normal students. Results also indicated that assuming unequal variances ($p=0.021>0.005$), there was no statistically significant difference between social popularity of talented and normal students (Table 3).

Table.3 Results for statistical analysis of comparison the mean of mental health and social popularity variables between talented and normal students

Variable	group	number	mean	Standard variation	t	Freedom degree	significance level	F	significance level
Mental health	talented	94	0.099	0.921	-1.272	233	0.205	1.452	0.299
	normal	141	0.067	1.033					
Social popularity	talented	94	0.134	1.036	1.618	177.718	0.095	5.362	0.021
	normal	141	-0.084	0.886					

Is there any significant relationship between parents effort-oriented thought and result oriented thoughts and mental health and social popularity of their children? To answer the above question, Pearson correlation coefficient and stepwise regression analysis were used. The results showed that there is a direct relationship only between the result oriented thought of mothers with mental health of their children, ($r=0.184$, $p=0.005<0.01$). So whatever the result oriented

thought of mothers increase, children's mental health will also increase. There is no significant relationship between effort oriented thoughts of mothers ($r=-0.083$, $p=0.206>0.01$), effort oriented thoughts of fathers ($r=-0.035$, $p=0.593>0.01$), result oriented thoughts of fathers ($r=-0.066$, $p=0.315>0.01$) and mental health of children (table 4).

Table.4 Results of the correlation between effort oriented thoughts and result oriented thoughts of parents with children's mental health

	1	2	3	4
effort-oriented thought of mothers	1			
effort-oriented thought of fathers	0.422**	1		
result oriented thoughts of mothers	0.351**	0.109	1	
mental health	-0.083	-0.035	0.184**	1

Table. 5 Multiple correlation coefficients of mental health variable and predictive variables of effort oriented thoughts and result oriented thoughts of parents (stepwise method)

MR Multiple correlation		RS Determinant coefficient		F ratio probability		Regression coefficients (β)	
Step 1	Step 2	Step 1	Step 2	Step 1	Step 2	Step 1	Step 2
0.184	0.242	0.03	0.05	8.134	7.195	β=0.1842 t= 3.568 P<0.01	β=0.242 t= 3.568 P<0.0001
						-	β=-0.168 t=-2.246 P<0.05

In the first step, the result oriented thought of mothers is able to predict the mental health of children (Beta=0.184, $p=0.005<0.01$). In the second step, the result oriented and effort oriented thoughts of mothers variables can predict the

mental health of children (Beta=-0.168, $p=0.014<0.05$) and (Beta=0.242, $p=0.0001<0.001$) (Table5)

Table.6 Multiple correlation coefficients of social popularity variable and predictive variables of effort oriented thoughts and result oriented thoughts of parents (stepwise method)

	1	2	3	4	5
effort oriented thoughts of mothers	1				
effort oriented thoughts of fathers	0.422**	1			
result oriented thoughts of mothers	0.351**	0.109	1		
result oriented thoughts of fathers	0.112	0.287**	0.458**	1	
social popularity	-0.118	-0.068	0.207**	0.137	1

The results of correlation show there is no significant relation between effort oriented thoughts of mothers ($r=0.118, p=0.072>0.05$), effort oriented thoughts of fathers ($r=0.068, p=0.0298>0.05$), and popularity. The results also show that there is a reverse significant relationship between

result oriented thoughts of mothers and result oriented thoughts of fathers and social popularity. It means the more result oriented thoughts of parent's increases, the popularity of their children will fall (Table 6).

Table.7 Multiple correlation coefficients of social popularity variable and predictive variables of effort oriented thoughts and result oriented thoughts of parents (stepwise method)

MR Multiple correlation		RS Determinant coefficient		F ratio probability		Anticipating variables	Regression coefficients (β)	
Step 1	Step 2	Step 1	Step 2	Step 1	Step 2		Step 1	Step 2
0.027	0.290	0.039	0.076	10.439	10.659	result oriented thoughts of mothers	$\beta=0.184$ $2 t=0.852$ $P<0.01$	$\beta=0.242$ $t= 3.568$ $P<0.0001$
						effort oriented thoughts of mothers	-	$\beta= -0.168$ $t=-2.246$ $P<0.05$

In the first step, the result oriented thought of mothers variables can predict the social popularity ($\text{Beta}=-0.207, p=0.001<0.01$). In the second step, the result oriented and effort oriented thoughts of mothers variables can predict the social popularity of children ($\text{Beta}=0.217, p=0.001<0.01$) and ($\text{Beta}=-0.283, p=0.0001<0.001$). Does the intelligence and sex modify the relationship between effort-oriented thoughts and result oriented thoughts of the parents and children's

mental health and social popularity? Results show that in the first step, the effort oriented and result oriented thought of mothers variables are able to predict the popularity ($\text{Beta}= -0.26, p=0.001<0.01, \text{Beta}=0.199, p=0.012<0.05$). In the second step, the result oriented and effort oriented thoughts of mothers variables can predict the social popularity of children ($\text{Beta}=0.195, p=0.014<0.05$) and ($\text{Beta}=-0.251, p=0.001<0.01$).

Table.8 Multiple correlation coefficients of social popularity variable and intelligence, effort oriented thoughts and result oriented thoughts of parents (stepwise method)

MR Multiple correlation		RS Determinant coefficient		F ratio probability		Anticipating variables Step 2	Regression coefficients (β)	
Step 1	Step 2	Step 1	Step 2	Step 1	Step 2		Step 1	Step 2
0.306	0.298	0.065	0.065	3.342	3.713	effort oriented thoughts of mothers	$\beta=0.199$ $2t=0.534$ $P<0.05$	$\beta= 0.195$ $2 t=0.476$ $P<0.05$
						effort oriented thoughts of mothers	$\beta=0.029$ $t= 0.376$ $P>0.05$	$\beta=0.028$ $t= 0.373$ $P>0.05$
						result-oriented thoughts of mothers	$\beta=-0.260$ $t= -3.376$ $P<0.01$	$\beta= -0.251$ $t= -3.229$ $P<0.0001$
						result-oriented thoughts of mothers	$\beta= -0.045$ $t= -0.594$ $P>0.05$	$\beta= -0.042$ $t= -0.545$ $P>0.05$
						intelligence	-	$\beta= -0.069$ $t=-1.050$ $P>0.05$

Table.9 Multiple correlation coefficients of social popularity variable and sex, effort oriented thoughts and result oriented thoughts of parents (stepwise method)

MR Multiple correlation		RS Determinant coefficient		F ratio probability		Anticipating variables Step 2	Regression coefficients (β)	
Step 1	Step 2	Step 1	Step 2	Step 1	Step 2		Step 1	Step 2
0/303	0/298	0/064	0/065	3/271	3/713	effort oriented thoughts of mothers	$\beta= 0.199$ $2t=0.534$ $P<0.05$	$\beta= 0.201$ $2 t=0.555$ $p < 0.05$
						effort oriented thoughts of fathers	$\beta= 0.029$ $t= 0.376$ $P>0.05$	$\beta=0.03$ $t=0.389$ $P> 0.05$
						result oriented thoughts of mothers	$\beta= -0.260$ $t=-3.376$ $P<0.01$	$\beta=-0.261$ $t= -0.389$ $P< 0.001$
						result oriented thoughts of fathers	$\beta= -0.045$ $t=-0/594$ $P>0.05$	$\beta=-0.048$ $t= -0.628$ $p>0.05$
						Sex	-	$\beta= -0.052$ $t= -0.807$ $P>0.05$

Table 9 shows in the first step, the effort oriented and result oriented thought of mothers variables are able to predict the popularity ($\text{Beta}=-0.26, p=0.001<0.01, \text{Beta}=0.199,$

$p=0.012<0.05$). In the second step, the result oriented and effort oriented thoughts of mothers variables can predict the

social popularity of children (Beta=-0.296, p=0.001<0.01) and (Beta=-0.201, p=0.011<0.05).

Table.10 Multiple correlation coefficients of mental health variable and intelligence, effort oriented thoughts and result oriented thoughts of parents (stepwise method)

MR Multiple correlation		RS Determinant coefficient		F ratio probability		Anticipating variables Step 2	Regression coefficients (β)	
Step 1	Step 2	Step 1	Step 2	Step 1	Step 2		Step 1	Step 2
0.246	0.252	0.036	0.034	2.444	2.193	effort oriented thoughts of mothers	β= -0.172 t= -2.146 P< 0.05	β= - 0.168 t = -2.099 P< 0.05
						effort oriented thoughts of fathers	β= 0.030 t = 0.393 P>0.05	β= - 0.031 t = 0.395 P< 0.05
						result oriented thoughts of mothers	β= 0.262 t=3.348 P< 0.01	β= 0.254 t = 3.323 P< 0.0001
						result oriented thoughts of fathers	β= -0.038 t= -0.488 P> 0.05	β= -0.041 t = -0.526099 P> 0.05
						Intelligence	-	β= 0.056 t = 0.840 P> 0.05

Table 10 shows in the first step, the effort oriented and result oriented thought of mothers variables are able to predict the mental health (Beta=0.262 , p=0.001<0.01 , Beta=-0.172 , p=0.033<0.05). In the second step, the result

oriented and effort oriented thoughts of mothers variables can predict the mental health of children (Beta=-0.168, p=0.037<0.05) and (Beta=-0.254, p=0.001<0.01).

Table.11 Multiple correlation coefficients of social popularity variable and sex, effort oriented thoughts and result oriented thoughts of parents (stepwise method)

MR Multiple correlation		RS Determinant coefficient		F ratio probability		Anticipating variables Step 2	Regression coefficients (β)	
Step 1	Step 2	Step 1	Step 2	Step 1	Step 2		Step 1	Step 2
0.251	0.246	0.034	0.036	2.176	2.444	effort oriented thoughts of mothers	β= -0.172 t= -2.146 p<0.05	β= -0.173 t= -2.167 p<0.05
						effort oriented thoughts of fathers	β= -0.03 t= -0.393 p>0.05	β= -0.172 t= -2.146 p<0.05
						result oriented thoughts of mothers	β= -0.262 t= -3.348 p<0.01	β= -0.172 t= -2.146 p<0.05
						result oriented thoughts of fathers	β= -0.038 t= -0.448 p>0.05	β= -0.035 t= -0.455 p>0.05
						Sex	-	β= -0.05 t= 0.770 p>0.05

Table 11 shows in the first step, effort oriented and result oriented thoughts of mothers variable can predict the mental health. (Beta=-0.172, p=0.033<0.05, Beta=0.262, p=0.001<0.01). In the second step, the result oriented and effort oriented thoughts of mothers variables can predict the mental health of children (Beta=-0.173, p=0.031<0.05) and (Beta=0.263, p=0.001<0.01).

DISCUSSION AND CONCLUSION

The effort-centered thinking vs. result-centered-thinking thoughts has been prepared based on many years of clinical experiences and family counseling and healthy marriage

approach. In general, we can say this research s results can be used for research, clinical and consulting purposes. The possible advantage of the scale is that clinical psychologists and family counselors can use it to understand the attitudes of their clients attending the family counseling sessions quickly and provide the strategies to solve the problems accordingly. Therefore, the results of this study confirm the effectiveness of "Effort-oriented Thinking vs. Result-centered Thinking" on social acceptance and mentally health of Iranian regular and gifted population, especially those who live in Tehran.

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