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# The relationships between general health and emotional Intelligence with defence mechanisms on university students of Payame Noor University

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## Abstract

The aim of present study, studies relationships between general health and emotional intelligence with defence mechanisms on university students of Payam Noor university branch of Marand. The sample size was 120 university students were chosen by a multi-stage cluster sampling method with different majors. For gathering data, students filled out Goldberg general health questioner, and bar \_On emotional intelligence questioner and DSQ- 40 defence mechanisms questioner. To analyse the data, Pearson correlation coefficient and multivariate regression analysis were used. The findings revealed there were positive associations between general health with some defence mechanisms and positive association between emotional intelligence with some defence mechanisms too but negative association between general health and emotional intelligence.

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**Keywords:** general health, defense mechanisms, emotional intelligence

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## 1. Introductions

Research in the field of general health issues in the world today although research in the field of emotional intelligence and emotional and psychological health locus of control and intelligence in Iran.

Emotional intelligence is the ability of these structures include emotional perception, emotional regulation, cognitive, emotional and psychological adaptation associated with emotional facilitation And it is compared with the

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traditional structures ( IQ) better predictor of success and social adaptation have Researches on the relationship between emotional intelligence and general health components of this structure is shown ROM general health Self-awareness, empathy with others and emotional content can be adapted to identify the social and emotional well-being, emotional and life satisfaction was positively correlated And psychological distress, depression, smoking and alcohol alexithymia and psychological disorders negative. Investigate the relationship between emotional intelligence and personality of productivity associated with adaptive action can determine the status of emotional intelligence in personality structure my defense mechanism in the structure of personality that influence the psychological adaptation Researchers defense mechanisms organization hierarchy of defenses along the continuum have confirmed the high level of compromise. Defense mechanisms that protect my responsibility in dealing with various forms of anxiety are responsible Type of action may be normal or abnormal and productivity are efficient or inefficient. Wayland hierarchical classification based on the defense mechanism Style twenty three defense mechanisms of finding, neurotic and immature divided.

**2. Methods**

The purpose of the study and application of methods of data collection and descriptive correlational study. The study Statistical population, all university students of PAYAM NOOR message number 20500 that were studying in the semester 2014. In this research we choose 120 university students (80 women, 40 men) with randomize cluster sampling. Tools used in this study include: General Health questioner of Gold Berg and emotional intelligence questioner of BAR\_ON and the defense style questionnaire (DSQ- 40) of Borg. The original version of Emotional Intelligence Questionnaire by Mansouri (2001) normalized. The questioner consists of two parts and has 70 items. The second part, which consists of 30 items, including video questions that are not compatible with our culture and the possibility of its implementation in an organization does not exist. Of the 40 questions in the first seven items due to low correlation with total scores are eliminated and finally 33 questions have been selected (Mansour, 2001).

*2.1. Method of scoring Gold Berg and General health questionnaire Hiller:*

Subject of the agreement or dis agreement with each sentence on a scale of five items designed to strongly disagree = 1 to strongly disagreement = 5, the choice is, of course, such as (5, 28 and 33) in the reverse direction (strongly disagree = 5 strongly agree = 1) are graded. This questionnaire has 28 articles by Gold Berg and Hiller (1979) by the factor analysis is has four scales. Physical symptoms of anxiety - depression impaired social interaction measures and the scale of seven items.

*2.2. Defense Style Questionnaire (DSQ):*

One of the newest scales DSQ means that after much review and analysis of the final form of the three methods Defense with 28 items, including 14 defensive mechanisms are studied. Each individual defense mechanisms to obtain a score of 2 to 18, in each individual defense mechanisms that score greater than 10 means one of the mechanisms used in the overall style of the individual scores for each style and marked with a mean score compared to other styles. A defensive style that has the highest average. Method Grading EQ Subjects degree of agreement or disagreement with each statement on a five-item Likers scale: 1 = strongly disagree to strongly agree = 5 it choice, of course, such as (5, 28 and 33) in the reverse direction (strongly disagree to 5 = strongly agree = 1) are graded.

Table1. Cut scores on each subscale questionnaire GHO

Scores on the questionnaire.	Scores on the subscales	Subscales
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22-0	6-0	No or minimal
40-23	11-7	Slight
60-41	16-12	Average
84-61	21-17	Severe

### 3. Analyses

In order to assess the normality of variables Kolmogorov-Smirnov test is used to test the following hypotheses are confirmed.

The main hypothesis of this study: To study the relationship between General health and emotional intelligence with defense mechanism on PUN university student of Marand Pearson correlation test results can be seen in the table. According to the table, we can say:

1. The correlation coefficient between General health and emotional intelligence 0.13 to 0.89 is obtained with a significant level of significance since the Pearson test is greater than 0.05 between the General and Emotional Intelligence on PNU student of Marand.

2. The correlation coefficient between General health and defense mechanisms 0.196 to 0.032 achieved a significant level of significance since the Pearson test is less than 0.05 So with 95% of the Say between General health and defense mechanisms on PNU students of Marand there.

1. The correlation coefficient between emotional intelligence and defense mechanisms 0.229 to 0.012 achieved a significant level of significance since the Pearson test is less than 0.05 Therefore, one can say with 95% confidence between emotional intelligence and defense mechanisms on PNU students of Marand there.

Table 2. Correlation of General health and emotional intelligence and defense mechanism

		General Health	Emotional intelligence	Defense mechanisms
General Health	N	120	120	120
	Significant level	-	0.890	0.032
Emotional intelligence	Pearson(rxy)	0.013	1	0.229
	Significant level	0.890	-	0.012
Defense mechanisms	N	120	120	120
	Pearson(rxy)	0.196	0.229	1
	Significant level	0.032	0.012	-
	N	120	120	120

The first sub-hypothesis: is relationship between emotional intelligence and defense mechanism Dimensions (mature, immature and neuroticism) there. Regression analysis of causal effects on each of the simplest regression, linear regression using this model, it can be shown that the change of the independent variable on the dependent variable, thus affecting to investigate the relationship between emotional intelligence and the defense mechanism of regression testing is used. The correlation coefficient is 0.273, according to the table below and the determination

coefficient obtained 0.075.

Table 3. Summary statistics regression model, the first sub-hypothesis

The estimated standard deviation	Adjusted coefficient of determination	The coefficient of determination	The correlation coefficient(R)	Model
0.36557	0.067	0.075	0.273	1

As can be seen in the following table F value is equal to 9.522 to 0.003 achieved a significant level. Because of the significance level of less than 0.05 is therefore of significant regression model showed that 95% accepted the first hypothesis.

Table 4. Analysis of variance, regression model

Model	The sum of squares	Degrees of freedom(D.F)	Mean square	F	Significant level(sig)
Regression	1.273	1	0.075	9.522	0.003
Residual	15.769	118	0.134		
Total	17.042	119			

According to the regression coefficients obtained in the following table can be raised that the dimensions Defense mechanisms are developed to test the relationship between emotional intelligence and defense mechanism And since there is a significant amount of 0.273  $\beta$  of this effect is positive.

Table 5. Regression coefficients

Model	Unstandardized Coefficient		Standardized Coefficient	The test statistic (t)	Significant
	B	Std .Error	Beta		
Constant	2.716	0.195	---	13.932	0.0000
Defense mechanism ( developed )	0.155	0.050	0.273	3.086	0.003

Table 6: Variables not confirmed

Model	Beta In	The test statistic(t)	Significant
Development mechanisms	0.040	0.408	0.684
Neuroticism	0.053	0.600	0.550

The second sub-hypothesis: is relationship Between General health and the mechanisms of defense (mature, immature and Neuroticism) there. The relationship between General health and defense mechanism of regression test was used. The correlation coefficient is 0.299, according to the table below and the determination coefficient obtained 0.090.

Table 7. Summary statistics regression model, the first sub-hypothesis

The estimated standard deviation	Adjusted coefficient of determination	The coefficient of determination	The correlation coefficient	Model
0.37872	0.082	0.090	0.299	1

As can be seen in the following F: 0.001 to 11.622 with a significant level has been achieved. Because of that significantly less than 0.05 regression model showed a significant level of 95%. According to the regression coefficients obtained in the following table can be raised that the defense mechanism of imported In the case of health and psychological defense mechanisms fail and there is a significant relation with the table value of  $0.299 = \beta$  is.

Table 8. Regression coefficients

Model	Unstandardized Coefficient		Standardized Coefficient	The test statistic (t)	Significant
	B	Std. Error	Beta		
Residual	0.258	0.257	---	1.005	0.317
Defense mechanism break	0.251	0.074	0.299	3.409	0.001

Table 9. Variables not confirmed

Model	Beta Value	The test statistic (t)	Significant
Immature	0.128	1.461	0.999
Mature	0.035	0.391	0.972

#### 4. Discussion

Among the variables that are considered General health psychologists have been involved in a lot of different factors in coping with the emotional intelligence and knowledge management Emotion plays an important role among the variables it comes to the importance of the behavioral sciences Emphasis has been reviewed and understand the changing relationship with the academic environment is important. The present study aims to investigate the relationship between emotional intelligence and General health with defense mechanisms. In this chapter the results are discussed below. The main hypothesis of the defense mechanism of students' General health and emotional intelligence of PNU university students of Marand. A correlation between EI and mechanisms 0. 229 to 0.012 defensive significance level is obtained. Therefore, one can say with 95% confidence between emotional intelligence and defense mechanisms on PUN university students of Marand.

The Gospel and colleagues (2007) showed that emotional quotient and emotion regulation predicted mature and immature defense mechanisms. Behzad and colleagues (2013) concluded that the mature defense mechanisms and neurotic and emotional intelligence statistically significant positive correlation was negative and there was not growth mechanisms. Ismaili et al (2007) found that training in improving the General health of the components of emotional intelligence, the individual scores on personal reports of internal situations and feel better able to cope with the problems raised.

The first hypothesis of this study, the correlation between General health and immature defense mechanisms on PUN university students of Marand. The results show that. Pearson's test at a significance level greater than 0. 05, so it can be said that the assumption of General health research with immature defense mechanism of the PNU university student of Marand Will be rejected. Yousefi & Bazayar (2013) concluded that the General health and mature defense mechanisms in patients with migraine headaches, there is a significant relationship. In this study, we hypothesized that the relationship between emotional intelligence and immature defense mechanisms on PUN university students of Marand, So it can be said that the research hypothesis between emotional intelligence and defense mechanism developed by the PNU university student of Marand, will be rejected.

The third hypothesis of this study: the psychological defense mechanisms with PNU university students of Marand. The results showed that the assumption of health research Psychological defense mechanism developed by the PUN university students of Marand rejected Yousefi & Bazayar (2013) concluded that the General health and mature defense mechanisms in patients with migraine headaches, there is a significant relationship.

The fourth hypothesis correlation between emotional intelligence and defense mechanisms developed by the PUN university student of Marand it said that between emotional intelligence and defense mechanism can be grown on PNU university students of Marand, will be rejected.

Fifth research hypothesis: the correlation between General health and psychological defense mechanisms disruptive on PUN university students of Marand. Test results have shown the relationship between General health and defense mechanism on PUN university student of Marand confirmed. Findings Research and Bazayar Agha Yousef (2013) show that General health and General defense mechanism is disrupted in people with migraine headaches are related. This is consistent with our results. As well as the results of the research (for example B, Gospel & Rabies 2002- 2005 gift, 2008) suggests that emotional intelligence and General health defense mechanisms are effective.

And finally, the sixth hypothesis correlation between emotional intelligence and psychological defense mechanisms disruptive PUN students of Marand PNU there. The results have shown that relationship between emotional intelligence and General defense mechanism does not exist. And the results of this study corresponds Behzadifard (2014).

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