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Survey the relationship between attachment style and general self efficacy with homesickness among college students

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Abstract

Goal: study of effective factors on the Homesickness of college students is the one of important discussion in psychology and the extent domains of it. Then the goal of this research was to investigate the relation between Attachment Style and General Self Efficacy with Homesickness. Method: to this end, a clustered multistage random sampling of 150 students was selected and implemented the Homesickness questionnaire, Attachment style questionnaire and General Self Efficacy questionnaire. The gathered data were analyzed through stepwise regression and Pearson correlation by Spss software. Finding: the results indicated that significant correlation observed between factors. Between General Self Efficacy and Homesickness ($r=-0.55$ $p<0.001$), between Secure Attachment Style and Homesickness ($r=-0.51$ $p<0.001$), and between Anxious Attachment Style and Homesickness ($r=0.48$ $p<0.001$). Stepwise regression analyze indicated that Secure and Anxious Attachment Style and General self efficacy could predicate Homesickness. Result: the finding of present study on the whole, suggest that self efficacy and secure internal working model training and for new arrived college students could prevent of homesickness.

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1. Introduction

Moving from one familiar environment to another strange environment or relocating to a new place for work, education, migration, commerce, etc accompanied with stress. Homesickness is a depression-like reaction and normative pathology and developmental experience that ranges from mild to severe and can be defined as the distress caused by an actual or anticipated separation from home or familiar environment and closed people that redound to ruminations and a strong preoccupation with the former environment and strong longing to return to the previous environment (Eurelings-Bontekoe, Vingerhoets, & Fontijn, 1994). The key psychological characteristics of homesickness appear to be a strong obsessions with thoughts of home, a perceived need to go home, a sense of deep sorrow for the home, people, place and things and a simultaneous emotions of sadness, despondency, regretfulness and disorientation in the new place which is noticeably, not home. Lindner claimed that about 60–70% of students that colonize at a university develop feelings of distress and homesickness (van Tilburg, Vingerhoets, & van Heck, 1999), of whom 7–10% develops a severe form of homesickness (Eurelings-Bontekoe, Brouwers, Verschuur, & Duijsens, 1998). Therefore, homesickness is a common experience among students. Going to college is often associated with distress (van Tilburg, Vingerhoets & van Heck, 1997) and the Attachment style and self efficacy can play an important role in manifestation and coping with these feelings of distress.

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According to Bowlby (1973), interactions with early attachment figures affect the developmental trajectory of the attachment system. Repeated interactions with caring and responsive caregivers promote optimal functioning of the attachment system and the progression of positive internal working models of the self and relationships, which contribute to low levels of anxiety or avoidance in attachment relationships (Bartholomew & Horowitz, 1991). therefore, secure individuals display a healthy balance between autonomy and interpersonal link. from the other point of view, when attachment figures are not sympathetic, reassuring, caring or available, children develop negative internal working models that contribute to insecurity in future attachment relationships (Bowlby, 1973). Although insecure attachment patterns initially may be good strategies to obtain sufficient amounts of security and contact with others in childhood, these strategies often persist into adulthood without a reinspection of their usefulness or potential insufficiency in new environments (Collins & Feeney, 2004).

Perceived self-efficacy is a concept that depicts an individual's perceived ability to reach a particular purpose. It is defined as “peoples beliefs about their capabilities to produce designated levels of performance that exercise influence over events that affect their lives” (Bandura, 1994). Previous studies have indicated the powerful effect of efficacy beliefs on human functioning in various domains, such as health functioning (Holden, 1991). In the present study we aim to test to what extent Attachment style and self efficacy are related to the experience of homesickness by first-year university students.

2. Method

Participants

Participants were 150 male first-year students from Ferdowsi University of Mashhad, Iran. Aged 16 to 21 years with a mean age of 19. These students came from different educational backgrounds, to increase the generalizability of our findings. Apart from providing demographic information, the participants responded to three inventories. The first is the Attachment styles Scale (Collins & Read, 1990), the second is the General self Efficacy Inventory (Sherer & Maddux, 1982) and the third is the Homesickness questionnaire (Archer et al, 1998). The data were analyzed by means of the SPSS.15 statistical package using the Corronbach Alfa, Pearson correlation and regression.

3. Results

Table 1 shows the descriptive statistics, Cronbach alpha coefficients and inter-item correlation coefficients of the Homesickness, self efficacy, Secure, Avoidant and Anxious. Acceptable alpha coefficients ($\alpha > 0.70$) were obtained for all scales (Nunnally & Bernstein, 1994).

Table 1 Corronbach Alfa and Pearson correlations between each of the dimensions of the personality and the coping strategies and Homesickness in students

	M(SD)	α	H	G	S	AV
Homesickness	83.11 (15.49)	0.87				
self efficacy	63.20 (11.31)	0.80	-0.55**			
Secure	21.35 (8.24)	0.70	-5.59**	0.28**		
Avoidant	15.12 (8.36)	0.73	0.49**	-0.56**	-0.25**	
Anxious	13.43 (9.11)	0.81	0.48**	-0.42**	-0.21*	0.49**

* $P < 0.05$ ** $P < 0.01$

Table 2 Stepwise regression analyses with Homesickness as dependent variable and Attachment styles and General self Efficacy as independent variables

Model	Variables	B	SE	Beta	p	f	r	r^2
Step 1	Secure	-0.599	29.35	-4.318	0.00	68.86	0.599	0.359
Step 2	Secure	-0.481		-3.465				
	self efficacy	-0.418	25.52	-0.983	0.00	65.89	0.721	0.519

Step 3	Secure	-0.453		-3.268				
	Self efficacy	-0.312	24.03	-0.734	0.00	55.07	0.760	0.577
	Anxious	+0.267		1.666				

Stepwise Regression Analysis was performed to determine the predictive power Attachment styles and General self Efficacy as independent variables, on Homesickness. According to the results obtained from regression analysis; Secure Attachment style, General Self efficacy and Anxious explained % 57 of total variance in Homesickness scores.

4. Discussion:

The purpose of this study was to clarify the connections among Attachment styles and General self Efficacy with Homesickness. The results reported here provide positive evidence for links between attachment styles and General self efficacy and homesickness. Results from this study also reveal that secure attachment style and general self efficacy can also reduce the homesickness. To sum up the findings of the current study, Correlations between the attachment styles and General self efficacy with homesickness indicated that secure attachment style and general self efficacy was negatively associated with homesickness. These results supported previous research and indicate that homesickness is more likely for individuals scoring high on Avoidant and anxious attachment styles as well as those scoring low on secure attachment style and general self efficacy. The current findings provided confirmatory evidence of previous research demonstrating the effect of Moving from one familiar environment to another strange environment on health and psychological state (Poyrazli et al, 2004; Poyrazli & Lopez, 2007; Stroebe, 2004; ward & Kennedy, 1993).

Our study claimed that the adjustment of each individual toward stress and depression like state similar homesickness is a function of the attachment styles and General self efficacy. general self efficacy and secure attachment style was found to be negative predictive of higher levels of homesickness as well as anxious attachment style was found to be positive predictive of higher levels of homesickness. the finding of present study on the whole, suggest that self efficacy training for new arrived college students could prevent of homesickness and other symptoms of depressive or mood disorder. For there more the instruction for improve inappropriate attachment style could help student to change their unsuitable relationship with other people and thereupon improve their quality of life and life satisfaction. Thus, the relationship between Attachment Style and General Self Efficacy with Homesickness needs additional investigation with more countries and more comparable samples across courtiers.

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