

The Relation Among Optimism, Hopefulness, and Distress Endurance in Employees of Sari Heart Hospital

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Object

The object of this study is to determine the relation among optimism, hopefulness, and distress endurance in employees of Sari heart hospital.

Method

All employee from Sari heart hospital in which are employee on 2013-2014. statistical sample and the method of sampling has been selected simple randomly and sample volume has been selected about 180 persons by Morgan and Kerjesi table. We have used of three questionnaire 1: optimism designed by shayer and Koror (1985) and has been customized by Khodabakhshi(2004) 2. Hope questionnaire: Miler hope questionnaire is of recognizing one and have 48 aspects of hope and distress in which are based on clear or hidden behavior manifestations in hopeful or hopeless person has been selected. 3. Distress endurance test does have 15 chooser scales. We have measured choosers based on person capability to endure agitation distress, mental agitation evaluation, the amount of attention to negative agitation in events and regulating measure to mitigate agitation.

Findings

According to above table, the amount of regression correlation among the two variables of hopefulness, distress endurance and hopefulness has been meaningful and equal to 0.70 and meaningful level of 0.000 (less than 0.01) and also the amount of t-test is meaningful for forecasting the amount of optimism on distress endurance.

Conclusion

We could say optimistic persons are more successes in solving problems or encountering them and also disease and therefore they have hope to live and does have mental health, too.