



Weather Perfectionism and Happiness through Self-Efficacy among Nurses

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Abstract

This study aimed to evaluate the efficacy and perfectionism predicts happiness among nurses. The study population consisted of all nurses of hospitals Amol city. About 248 person's whit Morgan table and using random sampling were selected. Questionnaire-of perfectionism, happiness and self-efficacy were used in this study. To analyze the results of the Kolmogorov-Smirnov test was used multiple regressions. The results showed that perfectionism ($p=0.539$, $t=0.615$) Happiness is not eligible to predict and perfectionism variable ($p=0.001$, $t=33.35$) qualified self-efficacy is.

Keywords: prediction, perfectionism, happiness, self-efficacy, Nurses

1. Introduction

Today, in any organization, the most important factor in achieving the goal is human resources, and there is no doubt that the success and progress depends on staffing organizations (Mirzapur, 2010). So, the most important asset of any organization is power efficient and committed (Bvzhmhrany, 2012). In the meantime, nurses including professional service organization. The error in their works can be made irreparable harm to patients and their families. Nursing requires great care and dealing with patients, working pressure and Puts a heavy burden on the nurses. So be careful not to neglect the issues of professional fine it may be Have large effects on behavior style and character of this class. Environmental pressure to perform precise and general nature of the job can transform them into be people who are perfectionist. In the psychological definition of perfectionism is regarded as a character style (Hajloo and others, 2011). Perfectionism as a persistent desire to lay hand full criterion elusive efforts to achieve them. Many studies of different aspects to perfectionism are considered the most important of them can be compatible perfectionism (positive) and adverse (negative) noted (Hunching, 2010).

2. Research Literature

Tri short, Evans, Slade and Dewey (1995), based on normative and abnormal Hamachi of perfectionism, within the framework of a theoretical model, both positive and negative



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perfectionism differentiated. The first type of positive or adaptive perfectionism is, which a high personal standards, But accessible and the tendency to order and organization in the sense of satisfaction from their performance in the search for excellence and positive motivation to reach its rewards. This aspect has positive correlation with compatible standards, such as positive affect. The second type is called negative perfectionism or non-conformances. In this type a person with high standards and unrealistic, excessive concern about personal mistakes and shortcomings, perceived pressure to complete the environment, the perception gap between personal performance and standards, and doubts for private functions and avoid the consequences faced.

This aspect has, positive correlation with Incompatibility indices, such as negative affect (Master Ghaziyani, 2010). In this regard, self-efficacy refers to a person's belief in their ability to do a particular job is quite successful. According to Bandura (1997) Elements of self-person collection of beliefs and expectations about their ability to perform effectively and meet the essential duties. According to Bandura (1997) self-efficacy beliefs are a third dimension and the level of popularity and strong differ and by 4 main source of successful experience, alternative experience, verbal persuasion and motivation to build and strengthen the states. Change in self-efficacy also affects the behavior and actual performance (kamkari, 2013). High self-effort let to tray and persistence in the problem and obtain higher goals while low self-efficacy and abandonment of work to be failing (Ansari, 2014). On the other hand mental health problems are a concern for the human mind and the relevant organizations and institutions will have to make extensive studies in this regard do. However, these problems will increase by machine life and lack of mobility. According to the World Health Day by day the number of people with mental illness is increasing (kerdgar, 2012). Feel the joy and exhilaration is most essential requirements inherent and they are psychological needs for humans. Due to a large impact on the health and development community has long been preoccupied mind So that today many countries are in an attempt to create a healthy and vibrant society. Because they seem to feel the joy of a human help to have a better life and higher efficiency provides. And on the other hand because of the contagious nature of the dependence of individual will make more depends between characteristics and environment. Happiness as a field of positive psychology has attracted a lot of attention And covers a wide sense (Khosravi and mollae, 2012) because There is a close relationship between happiness and many of the health parameters (montazeri, 2012). Since nurses work environment that in which death and life and health of patients of important issues, so their happiness and having a joyful mood can help health providers and their patients Happiness means positive feelings, satisfaction of life and has just a little negative feels. These three factors are the three major factors in psychological well-being (Lymbrvsky, 2005). Nursing jobs has different parts of services that with their own special features. So, accordingly, the impact of stress can be varying. The nurses who working in internal department of hospital have stressful environment and populated with a large number of beds and patients, they faced with more stress and this situation effect on their mental health. Research shows that happiness has a positive relationship to Positive perfectionism and it has Inverse relationship to negative perfectionism ((yusefi and khayatiyan, 2015).

Shafiabadi and Niknam (2015) in their study showed a direct relationship between positive perfectionism and Unconditional self and showed an Inverse relationship between negative perfectionism with it. It also studies that show the relationship between perfectionism and self-efficacy or the relationship between the three variables have mentioned, is very low (Bvlyna,



2014). Bvlyna (2014) showed that adaptive perfectionism and positively associated with higher self-efficacy, higher positive emotions and negative emotions maladaptive perfectionism less and less positive emotions are associated with efficacy. Also there isn't a significant difference in measures of life satisfaction in both adaptive and maladaptive perfectionism. However adaptive perfectionism and positive groups, showed a higher level of happiness. Marie (2009) showed in their study that the people with high self-efficacy and positive perfectionism, experience less anxiety. While those with negative perfectionism run more anxiety and they are low in terms of efficacy. Nakano (2009) also showed a perfectionist with high scores in self-efficacy and low scores on depression identification and they had low self-efficacy and their depression were highly (according to the Ramazan Zadeh and others., 2013). Dodangeh Hassan Kiadeh, Mazandaran (2012) also showed meaningful positive correlation between Positive Perfectionism score and happiness and Efficacy among girls and there was meaningful negative correlation between negative Perfectionism score and happiness and Efficacy among them. As nurses because their working conditions are constantly evaluating by doctors for doing medical orders and they have most communication with patients and their families so, in fact, pay more attention to them. May their perfectionism Compliant or non-compliant aspects have to be strengthened? Since the goals and values of each person affected by interpersonal factors such as Interests, motivations, personality traits, beliefs, and expectations and intrapersonal or position, Perfectionism as a personality structure can be associated with efficacy and happiness is important. Because nurses due to heavy responsibilities, more than any other occupational group in hospitals are at risk of burnout, Addition of activity in personal and family life in the hospital environment a lot to heavy responsibilities that face a lot of pressure and stress so they are the main group who are vulnerable to burnout Compared with other groups . According to their personality characteristics and psychological variables are important. Accordingly, with respect to the positive and negative perfectionism based on Tri-shorts (1995) and Oxford and efficacy according to Scherer (1982) research model is designed. Therefore, this article is the question of whether perfectionism and happiness through self-nurses are predictable or no?

3. Methodology

The current study was correlational design and applied according to the type of target. The population of this research includes nurses who were in Amol city (about 700 people). Of these 248 people, according to Morgan table were selected by random sampling. To deal with the phenomenon of loss returned 30 questionnaires were added to the samples and finally 278 questionnaires were distributed among the population. This article is based on standard questionnaires (Perfectionism Inventory, Inventory Happiness and Self-Efficacy Questionnaire)

4. Finding

4-1. The descriptive findings

The obtained data on gender respondents this shows that a total of 278 subjects participated in the study, 111 patients (39.9%) were male and 167 (60.1%) were female.

Age of participants indicated that 12 patients (4.3%) between 20 and 30 years, 54 patients (19.4%) between 31 and 40 years, 90 patients (32.4%) between 41 and 50 years old and 122 patients (43.9%) were older than 50 years.



Work Experience indicates that 65 (23.4%) between 1 and 5 years, 96 patients (34.5%) between 6 to 10 years, 62 patients (22.3%) between 11 and 15 years, 50 (18%) between 16 and 20 years and 5 patients (1.8%) were over 20 years of experience.

Educational level shows that 28 (10.1%) have high school diplomas, 58 (20.9%) have a Bachelor's degree, 179 (64.4%) graduate studies, 13 patients (4.7%) also have doctoral studies.

Marital status indicates that 53 (19.1 %) were single and 225 (80.9%) were married.

4-2. The results of inferential

To determine the normality of the data, the Kolmogorov-Smirnov test (K-S) was used. The results in Table 4-6 show that self-efficacy ($p=0.052$, $z=1.4$), Happiness ($p=0.121$, $z=18.1$) and perfectionism ($p=0.227$, $z=1.04$) important loss of normal.

Table 1. Results Kolmogorov-Smirnov test for normality data

Variables	N	Z	Sig	Test result
Efficacy	278	1.42	0.053	Normal distribution
Happiness	278	1.18	0.121	normal distribution
Perfectionism	278	1.04	0.227	normal distribution

Table 2. Significant variable in the regression analysis

	Non-standardized coefficients		Standard factor	t	Significance level
	B	standard error	β		
Constant	56.81	4.85	11.69	0.001
Perfectionism	0.111	0.18	0.037	0.615	0.539

According to the results presented in Table 2, the results show that perfectionism variable regression equation ($p=0.539$, $t=0.615$) gets involved Not eligible to predict happiness. Thus, according to t values and significance level, reject the null hypothesis is an equalizer coefficients and coefficients B should be retained in the regression equation.

Table 3. Significant variable in the regression analysis

	Non-standardized coefficients		Standard factor	t	Significance level
	B	standard error	β		
Constant	49.63	1.48	33.35	0.001
Perfectionism	0.238	0.055	0.252	4.31	0.001

According to the results presented in Table 3, the results show that perfectionism variable regression equation ($p=0.001$, $t=33.35$) is the qualified predict efficacy. Therefore, t values, and



significance level, reject the null hypothesis of equal coefficients and coefficients must be placed above the regression B maintained.

The regression equation is as follows:

$$\text{Efficacy } y = 49.63 + 0.238$$

On the basis of the above and also due to beta coefficients obtained per unit change in positive perfectionism variable, the efficacy will change 0.252

5. Conclusion

The study were done in Amol city to checked out the relationship between perfectionism and self-efficacy and happiness among nurses who were in there

In this study, self-efficacy questionnaire al. (1982) was used to assess nurses' beliefs efficiency. In any answers on a Likert-scale from 1 to 5 (from very high to very low) points was awarded. Oxford Happiness Questionnaire was used to measure the joy that has 29 questions and was based on a scale of four options. Validity and reliability with respect to the standard were confirmed in several studies. Results showed variable equation perfectionism gets involved not eligible to predict happiness. This means that with the improvement of perfectionism, the happiness of the nurses did not change. The results were in line with Bvlyna (2014), Molaei (2007) and Ghyrhmsv with the sleeves (2005) and Besharat (2004) and Zhang and others. (2007). Bvlyna (2014) in their study of the relationship between perfectionism and self-efficacy and happiness showed a significant difference between positive impact among other groups perfectionism and maladaptive perfectionism is absent but Austin and colleagues (2005) and Besharat (2004) showed that with increasing positive perfectionism increases happiness and happiness is increased by reducing the negative perfectionism.

Rice and Dylvv (2002) argue that positive perfectionism has a significantly correlated with high personal standards, optimum performance, compatibility, positive and realistic. Molaei (2007) in order to explore the relationship between perfectionism positive and negative personality traits 90 students of graduate and doctoral showed that the only significant correlation between positive perfectionism and harmony agreement is a significant correlation and other factors is not. The results showed that the only significant negative correlation between negative perfectionism and experience and on other factors of a significant correlation between negative perfectionism and other factors not observed.

Also, the results of statistical analysis showed there was a significant positive relationship between perfectionism and self-efficacy. The coefficient of determination showed that Efficacy 063/0 variance explained by the model generated positive perfectionism. Results showed that positive perfectionism variable equation also eligible to predict efficacy.

Therefore, the higher positive perfectionism nurses also increased efficacy. Results is consistent with the findings of Ramazan Zadeh and colleagues (2013) and Dodangeh (2012) and totonchi organize and Qashqai (2012) Mary (2009) and Felt and hovit (2002) and Inconsistent with the Bvlyna (2014) and Molaei (2007) findings. Ramazan Zadeh and colleagues (2013) showed in their study that examines the relationship between dimensions of perfectionism and self-efficacy in students and other students participating in an aerobics class on the negative perfectionism had no significant difference between the two groups together. According to the research findings, the following recommendations can be made:



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More attention to perfectionism results in better performance in the work environment and this can affect the performance and efficacy can be effective on happiness.

According to Smith difference theory should work motivation of the population and there is a basic similarity gift provided by the organization. If the person needs that are more rewarding because of a dispute over his plans that lead to dissatisfaction.

- The presence of Consultant with strong knowledge about the psychometric and psychological information especially for nurses are helpful to provide programs from a management or program that helps a person in the hospital.

- As a result of this research, in addition to nurses that can help a lot in their jobs, it can be help to the Managers and directors of hospitals, clinics and health centers that Using the results of which can increase the Happiness and life satisfaction and self-efficacy between their staff.

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