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Predicting coronavirus anxiety based on problem-solving styles and distress tolerance in working women

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Abstract

This research was conducted to determine the anxiety of the coronavirus based on distress tolerance and problem-solving styles in working women of Yasouj city. The current research design was descriptive and correlational. The research's statistical population was comprised of all working women of Yasouj city in 2020. Based on Morgan's table, 364 people were selected and studied from the statistical population as a one-stage cluster random sampling. Distress tolerance questionnaires of Simmons and Gaher (2005), the problem-solving strategies of Cassidy and Long (1996), and the anxiety of coronavirus Alipour et al. (2018) were used to collect data. After collecting and extracting the data, the participants' scores were analyzed using Pearson's correlation coefficient, multiple regression analysis, and SPSS statistical software. The correlation coefficient results showed that Corona's anxiety correlates negatively with constructive problem-solving style and distress tolerance and significantly positively correlated with non-constructive problem-solving style. Also, the multivariable regression results showed that the constructive problem-solving style with a beta coefficient of 0.11, the non-constructive problem-solving style with a beta coefficient of -0.76, and distress tolerance with a beta coefficient of 0.20 could predict corona anxiety in working women because problem-solving styles and distress tolerance can be a good predictor for anxiety of corona disease. Corona disease anxiety can be reduced by examining practical problem-solving strategies and increasing distress tolerance.

Keywords: *Corona anxiety, distress tolerance, problem-solving styles.*

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Introduction

Anxiety is one of the common symptoms in patients with chronic respiratory disorders, including corona, which negatively affects health and quality of life through the weakening of the body's immune system. Anxiety is a psychological state that almost all humans experience throughout their lives, but if it is out of balance, it is considered a mental disorder (Cure and Cure, 2020). Corona anxiety means the anxiety caused by contracting the corona virus, which is often caused by the unknown and cognitive ambiguity.

Many factors, including problem-solving styles, distress tolerance, and health tenacity, are related to anxiety, and it is possible that these factors are also related to Corona anxiety (Strauss, Kivity, Hupper, 2019). People's problem-solving styles refer to their preferred styles when planning, generating ideas, their readiness to act when faced with problems and traumatic conditions, and change management. Problem-solving is a higher-order cognitive capacity and has implications for everyday functioning (Kalia, Fusting, & Cody, 2019). Problem-solving styles are divided into constructive problem-solving styles and non-constructive problem-solving styles. Constructive problem-solving styles include: 1- Confidence in problem-solving (expressing belief in one's ability to solve problems); 2- creative problem style (indicating planning and considering various solutions according to the problem situation); 3- Approaching style (indicates a positive attitude towards problems and willingness to face them head on). Non-constructive problem-solving styles include: 1) avoidance style (showing the tendency to avoid problems instead of facing them); 2- Helplessness in problem-solving or orientation (expresses the

helplessness of a person in problematic situations); 3- It is problem-solving or control in problem-solving (the dimension reflects external-internal control in problem-causing situations).

Distress tolerance has a multidimensional nature and includes several dimensions. 1) the ability to bear emotional distress 2) the evaluation and capacity to accept the emotional state 3) the way of regulating emotion by the individual and adjusting efforts to relieve distress 4) the amount of attention attracted by negative emotions and the amount of its contribution to the occurrence of dysfunction (Leyro, Zvolensky and Bernstein, 2010; Simmons and Gaher, 2005).

People with low distress tolerance find anxiety unbearable and cannot deal with their confusion and distress. These people do not accept the existence of anxiety and feel ashamed and disturbed because they underestimate their ability to deal with emotions. If these people are not able to relieve emotions and anxiety, all their attention will be drawn to this disturbing emotion and anxiety and their performance will decrease (Williams, Thompson and Andrews, 2013).

The present study seeks to answer the question whether problem-solving styles and distress tolerance can predict the anxiety of the coronavirus in working women in Yasouj city.

Method

The current research has an applied purpose and in terms of methodology, the method it follows is descriptive-correlational. The statistical population of the present study was made up of all the working women of Yasouj city in 2020, whose population was equal to 6284 working women. In this research, one-stage cluster random sampling method was

used. According to the research method (descriptive-correlation) and based on Morgan's table, the sample size was 364 people.

Materials

1. Simmons and Gaher Distress Tolerance Questionnaire. This scale has 15 items by Simmons and Gaher, 2005; Was made. The items on this scale are scored based on a five-point Likert scale from 1 to 5. High scores on this scale indicate high distress tolerance. Simmons and Gaher, 2005; Cronbach's alpha coefficient of this scale was reported as 0.82, and its internal consistency after six months was 0.61 (Andami Khoshk, 2012). In this study, Cronbach's alpha coefficient for the total distress tolerance score was 0.80.

2. Questionnaire of problem-solving styles by Cassidy and Long. This questionnaire was created by Long and Cassidy (1996) in two stages and had 24 questions measuring six factors, and each factor includes four test items. Helplessness, problem-solving mastery, creative style, confidence in problem-solving, avoidance style, orientation style. Scoring is done in the form of zero and one, and for the I don't know option, a score of 0.5 is considered, and then the sum of these scores indicates the overall score of each of the six factors. In this case, the maximum score for problem-solving will be 24, the minimum score will be zero, and the average score will be 12 (Bakhshipour et al., 2008). The reliability of this questionnaire has been confirmed by Cronbach's alpha method.

3. Corona anxiety scale. The anxiety scale of the disease of contracting Covid-19 was created by Alipour, Gadami, Alipour, and Abdullahzadeh in 2018. This scale includes 18 items that assess two subscales of psychological and physical symptoms in a four-point Likert scale from never = 0 to

always = 3. Alipour et al. (2018) reported Cronbach's alpha coefficient of 0.91 for this tool and the correlation of this tool with the Goldenberg General Health Questionnaire as an indicator of the tool's validity. In the present study, Cronbach's alpha coefficient was equal to 0.77.

Findings

The mean and standard deviation of the total distress tolerance score is equal to 56.07 (6.18). The lowest score related to the absorption subscale was reported with a mean of 9.26 and a standard deviation of 1.57, and the highest score for the evaluation subscale was reported with a mean of 17.39 and a standard deviation of 3.59. Constructive problem-solving style is equal to 14/94 (4/80) and non-constructive problem-solving style is reported as 15/03 (4/77). Also, Corona anxiety has been reported with a mean and standard deviation of 28.33 (5.18).

The findings showed that there is a negative correlation between the Corona anxiety style and the constructive problem-solving style and distress tolerance and a significant positive correlation with the non-constructive problem-solving style. Also, there is a significant positive correlation between distress tolerance and constructive problem-solving style and a significant negative correlation with non-constructive problem-solving style. Corona anxiety also has a significant negative correlation with tolerance, absorption, evaluation and regulation subscales. Linear regression was used to predict corona anxiety based on problem-solving styles and distress tolerance in working women.

The value of sig is less than 0.01 and it shows the significance of the regression model, that is, at least one of the predictor variables has a significant effect on the

criterion variable. The value of R^2 is equal to 0.51, which means that the styles of problem-solving and tolerance of distress have 51% ability to predict Corona anxiety in working women. The value of R^2_{adj} is 0.51, in other words, problem-solving and distress tolerance styles have a total of 51% ability to predict Corona anxiety in working women.

Constructive problem-solving style with a beta coefficient of 0.11, non-constructive problem-solving style with a beta coefficient of 0.76 and distress tolerance with a beta coefficient of 0.20 were able to predict Corona anxiety in working women.

The value of sig is less than 0.01 and it shows the significance of the regression model, that is, at least one of the predictor variables has a significant effect on the criterion variable. The value of R^2 is equal to 0.04, which means that the components of distress tolerance (components of absorption, tolerance, evaluation and regulation) have 4% ability to predict Corona anxiety in working women. The value of R^2_{adj} in this research is 0.02, in other words, the components of distress tolerance (components of absorption, tolerance, evaluation and adjustment) have a total of 2% ability to predict corona anxiety in women.

Among the distress tolerance components, only two tolerance components with a beta coefficient of 0.10 and evaluation component with a beta coefficient of 0.15 were able to predict corona anxiety in working women.

Discussion

The present study aimed to understand the anxiety of the corona virus based on distress tolerance and problem-solving styles in working women of Yasouj city. The results showed that there is a positive correlation between the Corona anxiety style with constructive problem-solving style and

distress tolerance and a significant negative correlation with non-constructive problem-solving style. Also, the results showed that constructive problem-solving style with a beta coefficient of 0.11, non-constructive problem-solving style with a beta coefficient of 0.76 and distress tolerance with a beta coefficient of 0.20 were able to predict corona anxiety in working women.

Working women who use a creative and adaptive problem-solving style; When faced with issues and problems, they have planning and will consider various solutions to solve it. In addition, adopting diverse solutions and having planning increases the level of people's belief in their abilities and capabilities, and finally, the formation of a style of solving the problem of trust and reducing the level of anxiety caused by contracting the corona virus. That is, people who trust their abilities in dealing with problems have a higher level of self-efficacy. On the contrary, those who do not believe in their ability to face problems have lower self-efficacy and will experience high levels of anxiety in stressful situations and unfortunate situations.

Non-constructive problem-solving styles make it impossible for a person to use rational and psychological resources in front of complex external situations. This feeling of mental and physical ability faces a level of inhibition and gradually provides the basis for the emergence of many mental and physical disorders, including the anxiety of the corona virus.

The ability to bear distress makes people able to relieve their emotions and tolerate turmoil and mental pressure in crises, which in turn causes the ability to face problems and solve them. Working women who have a high distress tolerance are better able to cope with anxiety caused by the coronavirus and

perceived stress. Also, it is likely that women who cannot manage pressures and traumatic crises rationally use positive emotions to face difficult experiences. Instead of accepting the issues and focusing on the problems to find a better solution, they use avoidance and less stressful methods, most likely as the pressures and stresses caused by the traumatic situation intensify, they feel helpless and show less strength to bear these distresses. People with low distress tolerance engage in behavioral disorder in a wrong attempt to deal with their negative emotions. It seems that the low tolerance of these people forces them to find an immediate way to get rid of their emotions (Salari et al., 2020).

People with high distress tolerance do not have suicidal behaviors. They are emotionally calm and have the ability to deal with adverse situations. The ways to obtain high distress tolerance are considered to be tenacity, self-improvement, repressive coping and positive emotions. Therefore, it can be said that working women with high tenacity and distress tolerance will experience lower levels of coronavirus anxiety.

Ethics

In this research, ethical standards including obtaining informed consent, ensuring privacy and confidentiality were observed.

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Conflict of Interest

According to the authors, this article has no financial sponsor or conflict of interest.

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