The structural model of predicting family health based on communication patterns and self-efficacy with the mediating role of self-compassion in women

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Abstract

The present study aimed to determine the structural model of predicting family health based on communication patterns and self-efficacy with the mediating role of self-compassion in women. In terms of the research method, the present research was of the predictive correlation type, and the goal was fundamental. The statistical population of the research included undergraduate and graduate students of Valiasr University Complex, Islamic Azad University, South Tehran Branch, who are members of the online student groups of the university in the 2019-2020 academic year. Based on this, 270 students were considered a sample using the available sampling method. To collect data, the family health questionnaire (Allen Jay et al., 1985), Christensen and Salavi's communication patterns questionnaire (1984), the self-efficacy questionnaire (Sherer et al., 1982), and the self-compassion questionnaire (Neff, 2003) were used. The research results showed that family health could be predicted based on self-efficacy and communication patterns. Also, self-compassion is mediating in predicting family health based on communication patterns and self-efficacy.

 Keywords: *Family health, communication patterns, self-compassion, self-efficacy.*

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Introduction

One of the ways of looking at the health structure of families is to look at the communication channels through which they interact. Communication channels that occur abundantly in a family are called communication patterns (Parvizi et al., 2016). The underlying two-dimensional communication patterns of dialogue and conformity orientation have been proposed (Hasani Moghaddam et al., 2019). In families with a dialogue pattern, family members interact with each other frequently and spontaneously, freely discuss and exchange opinions on various issues, and make family-related decisions with consensus. Sedaghatkhah and Behzadi, 2017), but in the direction of family relationship harmony, the sameness of feedback, values, opinions, and avoiding conflicts is emphasized (Sadeghi & Khosravi, 2016).

Another effective factor in the family and its health quality is self-efficacy or personal self-efficacy; which means a person's confidence in his abilities to perform a certain behavior and is an effective factor in a mood state; It emphasizes the individual's understanding of his skills and abilities in successfully performing a competent function. In other words, self-efficacy affects understanding performance and adaptive behaviors and choosing the environment and conditions people try to achieve. Self-efficacy as a personal coping resource can facilitate the process of adapting to these changes (Nabureh et al., 2015). Bandura (1997) states that self-efficacy is actually a person's belief and expectation about his capacity to influence the desired outcome through individual efforts; In other words, self-efficacy affects motivation and makes a person's belief about himself stronger, and

finally, persistence of behavior in achieving a specific goal will be greater (Bagai Lake et al., 2016).

Conceiving oneself as a worthy and valuable person plays an important role in maintaining and satisfying family and marital relationships. Neff (2003) defined self-compassion as a three-component construct including self-kindness versus self-judgment, shared human feelings versus isolation, and mindfulness versus extreme identification. Rayas (2012) believes that this structure acts as an effective emotional regulation strategy and provides the basis for forming positive feelings and emotions such as affection. Self-compassion is defined as being able to experience and be affected by the suffering of others in such a way that a person imagines problems and sufferings more bearable (Neff, 2017).

This research seeks to answer the question of whether it is possible to estimate the fit of the structural model with the collected data.

Method

In terms of the type of applied goal and the design of this research, the present research is descriptive of the correlation type. The statistical population of the research included undergraduate and graduate students of Valiasr University Complex, Islamic Azad University, South Tehran Branch, who are members of the online student groups of the university in the 2019-2020 academic year. The sample size is determined based on the opinion of Klein (2011) about the ratio of the number of subjects in 2.5 to 5. Based on this, 270 students were considered as a sample using the available sampling method. In this research, data analysis was done in two parts, descriptive and inferential. In the descriptive part, central and dispersion indices (mean, standard deviation) will be used. In the inferential part, Pearson's correlation

coefficient, multiple regression analysis and path analysis will be used by AMOS software. Cronbach's alpha is used to measure the validity of the questionnaires.

Materials

1. Family health questionnaire. This questionnaire is a 40-question tool. The main family scale "focuses on independence and intimacy as two key concepts in healthy family life, and each of these has five subscales. Clarity of statements; 2. Responsibility; 3. Respect for others; 4. Openness to others; 5. Accepting separation and failure; 6. Encouraging people to express a range of feelings; 7. Creating a warm environment in the family, which is referred to as the mood; 8. Resolving disputes without additional stress; 9. Encouraging compassion. or sympathy; 10. Creating trust in humans as humans are basically good. The scoring of this questionnaire is such that the healthiest answer to each question and (the aforementioned positive questions) score 5 and the most unhealthy answers (The aforementioned negative questions) will receive a score of 1. The total score of the questions will be at least 40 and at most 200.

2. Questionnaire of communication patterns. This questionnaire has 35 questions and is graded on a nine-point scale from not at all possible (1) to very possible (9). The questionnaire has three subscales: mutual constructive communication scale, mutual avoidance scale, and expectation/withdrawal communication scale. Expectation/withdrawal subscale. It consists of two parts: the expected man/the side of the woman and the expected woman/the side of the man.

3. Self-efficacy questionnaire. This scale has 17 items that are graded on a 5-point Likert scale from completely disagree (1) to completely agree (5). The scoring of the questionnaire is done in such a way that we add the score of each question together and consider it as the level of self-efficacy of the individual. It is obvious that the higher the score, the higher the self-efficacy and vice versa.

4. Self-compassion questionnaire. Neff created the self-compassion questionnaire in 2003. This scale has 26 items and measures self-compassion with a five-point Likert scale (almost never to almost always).

Findings

In order to examine the research questions, Pearson's correlation coefficient, multiple regression, and path analysis methods were used to examine the hypotheses.

The standard beta coefficients of the self-efficacy variable (β=-0.41) and communication patterns (β=-0.17) indicate the impact of these variables. In order to determine the adequacy of the fit of the presented research model with the data, fit indices were used.

The chi-square value is 535.78 and the degree of freedom is 199. The value of the RMSEA index for models that have a good fit is below 0.08, and values higher than 0.08 indicate a reasonable error in the statistical population. In summary, the proposed measurement model has an acceptable fit. The findings showed that communication patterns have a positive and significant direct effect (0.34) on self-compassion and self-compassion has a positive, direct and significant effect (0.86) on family health. Self-efficacy has a direct and negative effect (-0.58) and (-0.02) on family health, respectively. According to Table 7-4, the indirect effect of variables of communication patterns and self-efficacy with family health through the intermediary variable of self-compassion is 0.29 and -0.49, respectively, and their significance was checked through

Sobel's statistic. Also, the indirect effect of communication patterns with family health through the mediating variable of self-compassion is not significant based on the Sobel test (p=0.69). According to the above table, the indirect effect of self-efficacy on family health through the mediating variable of self-compassion is significant, based on the Sobel test (p=0.001)

Discussion

This research aimed to determine the structural model of predicting family health based on communication patterns and self-efficacy with the mediating role of self-compassion in women.

The results showed that family health could be predicted based on self-efficacy and communication patterns. One of the ways of looking at the health structure of families is to look at the communication channels through which they interact. Communication channels that occur abundantly in a family are called communication patterns (Parvizi et al., 2016). Communication patterns are communication channels through which husband and wife interact with each other, and the set of these patterns makes up the family communication network. Communication patterns can determine marital satisfaction to the extent that more than 90 percent of disturbed couples consider these problems their main problem (Seyedi & Shah Nazari, 2019). Another effective factor in the family and its health quality is self-efficacy. or personal self-efficacy. Self-efficacy as a personal coping resource can facilitate the process of adapting to these changes (Nabureh et al., 2015). Also, the results showed that the indirect effect of communication patterns with family health through the mediating variable of self-compassion is not significant based on the

Sobel test (p=0.69). The findings indicate that the indirect effect of self-efficacy on family health through the mediating variable of self-compassion is significant, based on the Sobel test (p=0.001).

In explaining the findings, it can be said that narcissism can be considered a coping strategy in which the experience of annoying and undesirable emotions is not prevented; Rather, efforts are made to accept emotions in a kind way, and emotions and negative emotions change into positive emotions, and the person finds new ways to cope. Self-compassion provides the ability to face difficult situations and welcomes stressful issues and events with a warm embrace (Kord & Sharifi, 2015). Self-compassion, as a perspective, promotes negative emotions, allowing one to deal with complicated feelings and emotions rather than avoiding or reacting to them.

Ethics

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

Acknowledgement

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

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