



**PREDICTING THE HOPE AND SELF-EFFICACY BASED ON THE
PSYCHOLOGICAL CAPITAL IN RECOVERING ADDICTS**

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ABSTRACT

This study aims at predicting the hope and self-efficacy based on the psychological capital in recovering male addicts in Tehran during 2015. The research is descriptive and has correlative type. The statistical population of this research consists of all recovering addicts referred to drug treatment centers in Tehran. The research sample consists of 100 treatment-seeking drug users referred to both Raha Teb Novin Center and Novin Gharb Centers for Substance Abuse and they are selected by convenience sampling and then studied. The data is collected by personal information questionnaire, general self-efficacy questionnaire (GSE), Snyder Hope Scale, and Luthans Psychological Capital Questionnaire (PCQ) and through regression analysis and SPSS 19 software. The results indicate that the resilience and psychological capital hope predict the hope in recovering addicts ($p < 0.05$). Furthermore, the resilience predicts the self-efficacy in recovering addicts. ($p < 0.05$)

Keywords: Hope, self-efficacy, psychological capital

INTRODUCTION

The drug addiction is one of the major national and global problems which threat most of the people especially the youth. It is defined as the impulsive and uncontrollable desire to get and abuse the abuse and the person continues his

consumption in spite of its deep negative health and social consequences (Garavan and Stout, 2005).

The self-efficacy is the first variable which is predicting by psychological capital in male addicts in this research. Nowadays,

the self-efficacy beliefs are among the most important factors in human behavior. The researchers have found that the self-efficacy beliefs are the most important determinants of individual motivation, emotion, thought and performance. The self-efficacy refers to the beliefs, expectations and judgments about the self-abilities to perform tasks in order to curb the future problems and particular situations and fields (Bandura, 1997).

In general, the people with high self-efficacy have higher performance in their jobs. They act effectively in dealing with events and conditions, and since they expect the success in overcoming the problems, they resist in doing the tasks and often have higher performance, trust in their abilities and have less doubt. They see the problems as the challenges rather than the threats, and thus actively seek the new opportunities. Generally, these people choose the more challenging tasks (Meijer, 1992, quoted by Majidian, 2005).

The hope is a psychological characteristic which is essential for life satisfaction. Erickson (1964) wrote: "Hope is the most basic and essential feature of living creature", and is created from the experiences that the people have with primary caregivers, and leads to this belief that the world is fundamentally a reliable place (quoted by Pearson, B., 2008).

Therefore, according to what is mentioned, this research aims at "predicting the hope and self-efficacy based on psychological capital in recovering addicts".

MATERIALS AND METHODS

The research is descriptive and has correlative type. The statistical population of this research consists of all recovering addicts referred to drug treatment centers in Tehran. The research sample consists of 100 treatment-seeking drug users referred to both Raha Teb Novin Center and Novin Gharb Centers for Substance Abuse and they are selected by convenience sampling and then studied. The data is collected by personal information questionnaire, general self-efficacy questionnaire (GSE), Snyder Hope Scale, and Luthans Psychological Capital Questionnaire (PCQ) and through regression analysis and SPSS 19 software. The validity of tools is confirmed by supervisor professors and three university professors, and their reliability is obtained equal to 0.93 by 1- general self-efficacy questionnaire (GSE), 0.88 by 2- Snyder Hope Scale ,0.89 by 3- Luthans Psychological Capital Questionnaire (PCQ) according to Cronbach's alpha.

RESULTS

Inferential section

1-3-4- One-sample Kolmogorov-Smirnov test (data normality test)

Multicollinearity effect

According to the **Table 2**, since the tolerance index is close to 1, none of the predictive variables have collinearity effect with other predictive variables. Furthermore, according to the table 2 and since the value of VIF index is less than 2, there is no collinearity effect between the predictive variables.

Durbin-Watson test for evaluating the independence of errors

Main hypothesis: The psychological capital predicts the hope and self-efficacy in recovering addicts.

According to the results of this study, this statistic is equal to 1.73 which suggests that this assumption is true (**Table 3**).

The **Table 4** represents the results of significant multivariate tests according to Pillai's trace, Wilks' lambda trace, Hotelling effect and Hotelling's Trace. Given the significance of these multivariate tests, we can be certain that at least there is a significant correlation between the predictive and criterion variables.

Based on the **Table 5**, the sets of variables are significantly correlated by canonical correlation. According to the results of table, the first canonical correlation is obtained equal to 0.49 which is the maximum canonical correlation and explains about 49 percent of variance in dependent canonical or criterion variable. Wilks' lambda is the most common statistic for testing the significance level and it refers to the significant level of the first canonical correlation. According to the obtained probability, which is less than 0.05, it can be concluded that two sets of variables are significantly correlated by canonical correlation.

Based on the **Table 6**, it can be generally concluded that two sets of research variables have correlation (canonical) with each other. According to the standardized canonical coefficients, it can be argued that the person, who has received high scores in dimensions of psychological capital, has more self-efficacy and hope than other people.

Table 1: Results of one-sample Kolmogorov-Smirnov test for evaluating the normal distribution of criterion and predictive variables

Variables Index	Resilience	Optimism	Psychological capital	Hope	Self-efficacy
Kolmogorov Z	1.24	0.91	0.75	0.94	0.82
Probability	0.09	0.38	0.61	0.34	0.51
Significance level	0.05	0.05	0.05	0.05	0.05

According to the results of table, all criterion and predictive variables have normal distribution ($P > 0.05$).

Table 2: Variance tolerance and variance inflation factor (VIF) indices for evaluating the lack of multicollinearity effect between independent variables

Multicollinearity indices		
Predictive variables	Tolerance	VIF
Resilience	0.64	1.57
Optimism	0.64	1.67

Table 3: Durbin-Watson test for evaluating the independence of errors

Statistics	Durbin-Watson
Resilience	1.73
Optimism	

Table 4: Significance of multivariate tests for complete canonical analysis model (conventional)

Test	Value	F	Degree of freedom for hypothesis	Degree of freedom for error	Significance level
Pillai's trace	0.41	12.18	4	194	0.001
Wilks' lambda trace	0.62	13.21	4	190	0.001
Hotelling's Trace	0.55	12.70	4	192	0.001

Table 5: Eigen value and canonical correlation for functions of sum of the predictive variables and sum of the criterion variables

Number of functions or roots	Eigenvalues	Canonical correlation	Correlation squared	Wilks' lambda test	F	Significance
1	0.32	0.49	0.49	0.62	13.21	0.001

Table 6: Canonical analysis of psychological capital dimensions by self-efficacy and hope

Type of set	Variables	Standardized canonical coefficient	
		Non-standardized	Standardized
First set (Dependent variables)	Hope	0.1	0.44
	Self-efficacy	0.37	0.68

DISCUSSION

Research hypothesis: The psychological capital predicts the hope and self-efficacy in recovering addicts.

Based on the results of table above, the statistical analyses of research hypothesis indicate that the psychological capital predicts the hope and self-efficacy in recovering addicts. ($p < 0.05$) This finding is consistent with the local studies by Akbarzadeh et al (2014), Fathi (2013), and Mirzaei (2011), and foreign studies Dolan et al. (2008), and Vecchio et al (2007).

In line with the findings of this study, the results of research by Dolan et al (2008) indicate that there is a significant correlation between the self-efficacy and drug abuse in adolescents. Furthermore, Vecchio *et al.*, (2007) have concluded that the self-efficacy beliefs reduce the

individual passivity and adjustment to problems and encourage the person to challenge with problems, and thus he will be less attracted to drug abuse. Akbarzadeh et al (2014) have found that there is a significant difference between the addicted and normal students in psychological capital and meta-cognitive beliefs; in other words, the addicted students have disturbed psychological capital and meta-cognitive beliefs. According to the results of research by Fathi (2013), there is a significant difference between the addicted and non-addicted groups in terms of three variables namely the thrill-seeking, hyperactivity disorder/ deficit attention and resilience. In other words, the hyperactivity disorder/ deficit attention can significantly predict the resilience and thrill-seeking in addicts, but this ability is not seen for thrill-seeking

and resilience. According to the research by Mirzaei (2011), there is a significant difference between the resilience and meaning in life in ordinary and drug addicted people. Furthermore, the research results indicate that the more the duration of drug consumption, the less the semanticization and resilience. Furthermore, it should be concluded that the psychological capital refers to the features such as the self-reliance on the abilities to achieve the success, perseverance in the pursuit of goals, creating the positive self-attributions and tolerating the problems, and thus it reduces the tension in people during the stressful situations in addition to better respond to them, and increases their power against the problems, and thus increases the hope and self-efficacy in addicts.

SUGGESTIONS

1- According to the cross-sectional research, it is suggested utilizing the prospective and longitudinal studies for further understanding of change in psychological variables of addiction. Furthermore, the experimental studies can be used for investigating the impact of psychological capital variable on the hope and self-efficacy in drug addicts.

- 2- Since the type of consumed drug by addicts is inseparable in this study, it is suggested considering this factor in future studies in order to control its possible effects.
- 3- Controlling the intervention variables such as the method of addiction treatment and the number of addiction years.
- 4- It is suggested implementing different psychological evaluations on drug addicts at the beginning of each treatment program. Since the psychological capital including the reduced resilience and optimism, which are caused by drug, may lead to the individual failure in treatment, failure to use the after-treatment service, reduced life expectancy, and obsessive desire to reuse, and decreased self-efficacy, the results of this research should be taken into account in treatment programs.
- 5- Teaching the people involved in the field of addiction about the fact that the drug-dependent people are gradually weakened in terms of psychological capital, and thus they need the problem solving technique training and psychological interventions for increasing the

level of hope, optimism, and self-efficacy.

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