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Title: Studying the Relationship Between Family Function, Perfectionism and Hidden Anxiety of Students

Authors: Shahnam Abolghasemi^{1*}, Jamile Tavakoli Azad², Maryam Biabani Asli³, Nasrin

Naderifar⁴

¹ *Ph. D, Associate Professor, Department of Psychology, Rasht Branch, Islamic Azad University, Rasht, Iran. sh.abolghasemi@toniau.ac.ir*

²*PhD student General Psychology, Department of Psychology, Rasht Branch, Islamic Azad University, Rasht, Iran. Mahrokhtavakoli2016@gmail.com*

³*PhD student General Psychology, Department of Psychology, Rasht Branch, Islamic Azad University, Rasht, Iran. Mary.biabani@gmail.com*

⁴*PhD student General Psychology, Department of Psychology, Rasht Branch, Islamic Azad University, Rasht, Iran. naderifar2n@yahoo.com*

Corresponding author and reprints: Shahnam Abolghasemi, Department of Psychology, Rasht Branch, Islamic Azad University, Rasht, Iran.
Email: sh.abolghasemi@toniau.ac.ir

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Abstract

Background: Perfectionism and anxiety are essential variables that the family and parents can play a vital role in its formation in their children. The purpose of this study was to investigate the relationship between family function, perfectionism, and hidden anxiety.

Methods: In this descriptive correlational study, all students of Rasht city selected. Among them, 220 accessible ones were selected as a sample. Family Assessment Device (FAD), Tria-Short Perfectionism Questionnaire, and Spielberg's Anxiety Inventory were used to collect data. The data were analyzed using correlation in IBM SPSS Statistics for Windows, Version 22.0.

Results: The results of this study by using the multivariate regression showed that the relationship between family performance, perfectionism, and hidden anxiety in the level of $P < 0.01$ was significantly correlated.

Conclusion: It can be concluded that there was a significant relationship between family performance, perfectionism, and hidden anxiety.

Keywords: family performance, positive perfectionism, negative perfectionism, hidden anxiety

Introduction

A healthy family is a family that serves different patterns of communication over time. These patterns form the formation of the family, and, while determining the role of family members, determine the domain of each member's behavior and facilitate their exchange of ideas (1) and the necessary foundations of individual personality development form. (2). The family's function is related to its ability to adapt to changes, to resolve contradictions, to solidify members, to succeed in applying disciplinary disciplines, observing the boundaries between individuals and implementing the rules and principles governing this institution to protect the entire family system (3).

Studies done on behavioral disorders often result in the conclusion that behavioral disorders are more likely to be the result of the relationship between parents and the child, then the inherited and biological factors. Moreover, the researchers have concluded that there is a relationship between parents' abuse and behavioral disorder in the child. This relationship is significant and indicates that the factor of the family and especially the behavior of parents during childhood plays an essential role in the development of behavioral disorders in childhood and adolescence (4). Researches done on the relationship between family function and test anxiety (5), obsessive beliefs (5), perfectionism and negligence (6), deviant behavior (7), Excitement And aggression (8), prevention of occurrence of high-risk behaviors (9), childhood physical symptoms, anxiety, sleep disturbance, depression and social function disorder (10), addiction Children (11)

Perfectionism is one of the variables that the family and parents can play an essential role in its formation in their children. Perfectionism means the tendency of a person to have a set of extreme measures, focusing on failures and violations in performance, and belief in being complete and feeling of anxiety and high psychological pressure, and fears that they will not be able to fulfill their expectations (12). From Lee et al.'s (13) point of view, there is a distinction between positive and negative perfectionism. Positive perfectionism is defined as trying to arrive at reasonable and realistic criteria, and negative perfectionism is the tendency to attempt to achieve very high standards, which is associated with fear of failure and focus on disgusting others (14).

As mentioned, the family function can contribute to the formation of problems such as anxiety. Anxiety is a multidimensional variable which consists of two main dimensions, hidden and apparent anxiety. Hidden anxiety indicates personality anxiety of a person, and some people are more likely to be suffered than others, and when people are struggling with stress, it appears. While

the apparent anxiety occurs in a particular position, a person has the feeling of tense and contradicting against it and does not have control of himself (15). In families where the family system goes away from the ordinary and desirable performance, the risk of psychological disorders such as anxiety increases.

Because of the importance of students to the progress of each country, their psychological health is essential, and the factors affecting their psychological health must be identified and to be used in relevant programs. In this regard, the present research seeks to answer the question of whether there is a relationship between family functioning and perfectionism and hidden anxiety of students.

Methods

The present research is a descriptive-correlation study. The statistical population of the study was all university students of Rasht city, which was 44628 students. There are 16 scientific and academic centers in Rasht. 220 students were selected using the convenient sampling method, The method of selection was that by referring to colleges and libraries of Rasht universities, students who were willing to participate in the research were asked to respond to research questionnaires. Participants filled out the informed consent form.

Family Assessment Device (FAD): This scale is a 60-item instrument that is made based on the McMaster model of family functioning. This family assessment test assesses seven areas: problem-solving, role relationship, emotional response, emotional involvement, behavioral control, and overall performance. Whatever the score of people on this scale is higher, their family characteristics are ineffective. Cronbach's alpha coefficient for the sub-scales is from 0.88 to 0.91. The correlation coefficients were calculated for four-week intervals from ($r = 0.83$) to $r = 0.89$ in two turns (16). The validity of this questionnaire has been reported in some studies in Iran up to 0.91 and 0.93, the subscale alpha coefficients of this tool have been reported from 0.72 to 0.92 (17). In the current study for the family functioning questionnaire, the reliability obtained was $\alpha = 0.89$.

Positive and Negative Perfectionism Questionnaire: This questionnaire designed by Terry-Short et al. (18) and had 40 items, of which 20 items measure positive perfectionism and 20 other negative perfectionism. Each sentence based on the five-point Likert scale measures the perfectionism of the subjects from one to five in both the positive and negative fields. The minimum score of the subject in each of the test scales is 20 and a maximum of 100. Terry-Short

et al. (18) presented Cronbach's alpha with positive and negative perfectionism of 0.83 and 0.81, respectively. In the Persian version of this Cronbach Alpha questionnaire, the questions of each sub-scale in one sample of 212 students were 0.90 and 0.87 for all subjects, 0.91 and 0.88 for male students, indicating the higher internal consistency of this scale. Basharat (19) indicated the correlation between the test scores in terms of four weeks' re-test for 212 subjects ($r = 0.86$), which is a sign of appropriate validity of this scale.

Spielberger's state-trait anxiety Questionnaire: The First version of the state-trait anxiety Questionnaire was introduced in 1970 by Spielberg and colleagues. The questionnaire consists of 40 questions, which the first 20 questions assess the state anxiety, and the second 20 questions measures trait anxiety. The scores of each of the two-state and trait scales can range from 20 to 80. The state-trait questionnaire with credibility, reliability, and desirable validity can be used in different populations. A correlation with Cattle's Anxiety Inventory also shows its validity. Chadri (20) reported the correlations of the English form and the Bengali form for women and men 0.92 and 0.89, respectively for state anxiety scale, and 0.94 and 0.91 for the trait anxiety scales, respectively. The correlation of this questionnaire with TMAS from 0.79 to 0.83. Since the correlation between TMAS and ASQ and the STAI trait anxiety scale is close to the validity of these scales, these three questionnaires are seemingly parallel for trait anxiety. In the study of Bong (21), Cronbach's alpha method was used to calculate the validity of the apparent anxiety scale, which was 0.91. Cronbach's alpha method was used to calculate the validity of the hidden anxiety scale (trait), which was 0.90 for a normal group with 600 people.

Data were analyzed using correlation and multiple regression analysis. The data were analyzed using correlation in IBM SPSS Statistics for Windows, Version 22.0.

Results

A total of 100 participants were male students and 120 female students. The mean (SD) of age in The mean (SD) age of female students was 27.8 (6.9) and male students were 28.1 (9.9). Data analysis results presented in tables 1.

Table 1: Correlation between the components of family function with positive perfectionism, negative perfectionism, and hidden anxiety

Family Function Components	Positive Perfectionism	Negative Perfectionism	Hidden Anxiety	Significant Level
problem solving	.25	.24	-.19	.001
Relationship	.23	-.56	-.12	.001
Roles	.21	.22	-.16	.001

Emotional response	.54	.29	-.54	.001
Emotional involvement	.27	-.37	.33	.001
Behavior Control	.28	.22	-.20	.001
Overall function	.31	-.34	-.21	.001

Table 2: Standard and non-standard coefficients of family function and positive perfectionism

Variable	coefficient predictors	non-standard coefficients		standard coefficients		
		B	Standard Estimated Error	Beta	t	significant level
	Fixed value	59.26	3.29		15.89	.001
	Emotional Response	2.09	.079	.94	26.51	.001
	Emotional involvement Roles	1.77	.073	1.35	24.11	.001
	Behavior control	.389	.057	.51	6.81	.001
	Overall performance	.965	.065	1.39	14.80	.001
	Problem-solving relationship	.419	.086	.42	4.88	.001
		1.16	.182	.548	6.37	.001
		.375	.112	.209	3.36	.001

Table 3: Standard and non-standard coefficients of family function components and negative perfectionism

Variable	coefficient predictors	non-standard coefficients		standard coefficients		
		B	Standard Estimated Error	Beta	t	significant level
	Fixed value	59.17	3.77		15.70	.001
	relationship	-3.76	.20	-.794	-23.43	.001
	Emotional involvement	-6.51	.21	-1.49	-30.34	.001
	Overall performance	-1.64	.14	-0.500	-11.42	.001
	Emotional Response	3.87	.23	1.520	16.66	.001
	Problem solving	7.78	.45	1.10	16.99	.001
	Behavior control	2.93	.19	1.26	15.25	.001

Table 4 - Standard and non-standard coefficients of family function and hidden anxiety

Variable	coefficient predictors	non-standard coefficients		standard coefficients		
		B	Standard Estimated Error	Beta	t	significant level
	Fixed value	-39.32	1.10		-35.81	.001
	Emotional Response	-3.32	.035	-1.21	-94.78	.001
	Emotional involvement	2.53	.034	1.58	75.26	.001
	Overall performance	-.16	.033	-.13	-4.98	.001
	Behavior control	-.87	.029	-1.02	-30.19	.001
	Problem solving	-1.58	.057	-.60	-27.50	.001
	Role	-.17	.016	-.18	-10.57	.001

The results of this study by using the multivariate regression showed that the relationship between family performance, perfectionism, and hidden anxiety in the level of $P < 0.01$ was significantly correlated.

Discussion

As the research results showed, the hypothesis of the research that was the relationship between the components of family function and positive and negative perfectionism was confirmed. That is, there is a relationship between the components of family function and positive and negative perfectionism. These results are consistent with the results of Mandel et al. (22), Affrunti (23) and confirmed the finding. In explaining this finding, it can be said that behavioral control has the most contribution in predicting positive perfectionism. The favorable climate of the family, coupled with the sense of mutual responsibility, is a favorable environment for gaining positive qualities such as targeting, trying for excellence and order and organization. Also, most of the perfectionist children are raised in families that respond to less than perfect performance with overt or implicit critique. As a result, the children of these expectant families may learn critical methods of evaluating their performance.

Moreover, in explaining the relationship between family function and negative perfectionism, it can be said that the low performance of the family shows that the children have little control to their destiny, and they have to coordinate with the goals and roles that the parents determine for them. However, the parents' emphasis is on the wishes and expectations of their children. In

families with lower performance, parents express their wishes more clearly, and the children will find that they will receive parental support if they fulfill these demands. Another result of the research showed that another hypothesis of study that was the relationship between a family function with hidden anxiety was confirmed. That is, there is a relationship between the components of family function and hidden anxiety. These results are consistent with the results of Klibert et.al (24) and affirm them. The emotional response is the highest variable in the prediction of hidden anxiety. In explaining this finding, it can be said that what goes on inside the family is a crucial factor in creating flexibility and reducing the present and future risks associated with adverse events and inappropriate conditions. Therefore, disturbance in the function of the family causes its members to be confused, worried, and challenging to communicate and the health of its members endangers. Also, a high level of emotional conflict and a low capacity for adjustment to stress in these families (25).

It seems that the positive atmosphere of coherent families combined with the sense of mutual responsibility is a good basis for gaining positive qualities such as targeting, trying for excellence and order and organization. Regarding the variability of family flexibility, the findings of this study indicate that flexibility predicts both the positive aspects and the negative aspects of perfectionism (26). In other words, the flexibility of the family, with an increase in the positive and negative dimensions of perfectionism, shows a dual function. Studies show that flexibility, in contrast to family cohesion (which always leads to positive outcomes), has no fixed findings, especially in traditional and collectivist cultures.

From the Minuchin structural and therapeutic perspective, one of the leading causes of anxiety in a child, in addition to conflicts between parents and other members of the family, can be the transmission of problems within the family system to one another, especially children, and the creation of triangles in the relationships of family members, especially parents with the child (27). Anxiety disorder in diagnosing all kinds of structural disabilities in disturbed families is considered as part of chronic border problems and is the result of the transfer of stresses from one subunit to other subareas (28). If a sub-region always uses a particular person who is not a member of their subordinate to expand a sub-objection conflict, the situation will be degraded. This situation is often observed when parents use a child to distract or discourage marital conflicts. In this case, the boundary between the parents and the child becomes unclear, and in this case, the parents foster the development of childhood illness. Then, they unite to care for him. In such a situation, the goal

of the therapist is to reconstruct the organization of the subunit, according to the pattern of parenting and the child (29).

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