

The Study of Relationship between Coping with Pain Experiences (Migraines) and Happiness

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Abstract

The purpose of present research is reviewing the relationship between coping strategies of headache and happiness so the method of copying strategies of headache and happiness. So the methodology of research is descriptive – measured statistical society of research included those students of Zabol University who have migraine headache. For selected statistical sample, caucus sampling method was used and 120 people were choose as statistical sample which included 67 boys and 53 girls. To collect information, were used Oxfords happiness questionnaire and checking strategies of migraine headache questionnaires of migraine headache questionnaire. Analysis of data was done in two statistical methods, descriptive statistics included frequency distribution, determination of mean. Standard deviation, drawing table, In information statistics, pierson correlation test and independent T test were used for analyzing data. The results of research indicate that, there is meaning correlation between varieties of checking strategies of headache and happiness. Also these are meaning fullness difference between create a disaster, soliloquy and reinterpretation among boy and girls students.

Keywords: Coping strategies of headache, Happiness, Create a disaster, Soliloquy and Reinterpretation

1. Introduction

Coping was defined as (permanent change of cognitive and behavioral efforts to overcome on needs that are originate from interior external, which beyond the personal resources or treated(Lazarus& Falkman,1984) and two main method or style were considered for it:

- 1)Problem-focused approach: person, in dealing with stress resources, tries to collate with stress by changing behaviors that maintain the problem or changing the environmental conditions.
- 2) Focusing on excitement method: person directly to eliminate or decrease the perturbation of stress.(Lazarus& Falkman,1988)

The focusing on problem method is appropriate for events which we can control them and focusing on excitement method is suitable for situations which we can't control them.(hashemi,1373)

The methods, which person uses them to deal with tensive situations have the main rule on physical and mental health.(coping methods are consciousness methods which person uses them in tensive situations and cases(Reber,1985) or in other words (they are evaluated process and cognitive and behavioral efforts coping of people in interpretation and overcome life s problems.(Moosd&Schaeffe,1993). People don't respond to their feelings passive but they try to find the meaning for their experiences. People evaluate their condition by adaptation their feeling with implicative models reach the conclusion that whether the specific sensation of physical ill necessitate to attention or not. So every person reacts against the fact have planned specifically.(Bissadi,1380)

Pain, according to definition of IASP, is An unpleasant feeling and unpleasant emotional experience is associated with tissue damage or achieved a state similar to the expression of tissue damage If we accept that pain is a complex and mental phenomenon which every person feels it in own way, then understanding specificity of believes, assessments and collection of coping methods will be important in designing the optimal treatment. (Raysur &Greg, 1988).

It should be noted that many researches were done with the goal of recognition the factors contributing in appearing the pain. (Jenson &Turner &Romano & Karoly, 1991-Turk, 1988-Rudy, 1992).

This researchers ,generally, have shown that ideas, believes and anticipation of patient about himself and their problems and coping resources with ill affect on incidence of ach, disability and reaction of patient against the therapy.(Flur&Turk,1988-Jenson&Turne&Romano,1994-Totar,fascette&Gil&Williamz culli, 1993).

Jensen, Tuner , Lavlo (1994), Have inferred that there is positive correlation between patients believes about impact of emotion on pain, need other's attention while pain and being weak and also psychological disorder. Studies have shown that of being coping the pain, inattention to pain, trying to do an particular activity, have adaptation results and transferred coping strategies for example depending to disaster coping strategies, have relationship with intensity of pain and depression, the ability of controllably the situation can be effective on increasing the ability of coping and present from tensive astrictive efforts on physical and mental health.(Kafi,1375)

There is direct correlation between happiness and anagogic support coping strategies, problem solving, effort and success, maintain fixation , social act, positive concentration, professional aid , ways of relaxation, physical recreation and there is indirect correlation between happiness and ways to self-control , blaming yourself , and not coping.(Mazaheri.N,1386)

In report of Mizeuer, Themas and billing (1988), about the relationship between pain and controlly felling, the have shown that a group of patients, who have migraine headache and were cured successfully, and shown some correlations between decreasing the headache and increasing the control on physiologic activities and their health. Jenson and Karoly(1997), have shown that believes of patient have relationship with measure of treatment success variates like the amount of drug use, activity and also psychological performances.

2. Research methodology

This study reviews the relationship between coping strategies of headache and happiness. So the research methodology is descriptive – measured and statistical universe of research included those students of Zabol University who have migraine headache. For selection of statistical sample, Due to the limited number of students who have headaches experienced sampling method was used and 120 people were chose as statistical sample which included 67 HE students and 53 Ms.students. To collect information were used Oxfords happiness questionnaire and checking strategies of migraine headache questionnaires of migraine headache questionnaire.For the analysis of research data used Descriptive statistics and inferential statistics methods, descriptive statistics included frequency distribution, determination of mean and standard deviation , drawing table, In inferential statistics section, were used pierson correlation test and independent T test for analyzing data.

3. Research hypotheses:

- 1) There is meaningful relationship between happiness and ignoring the pain.
- 2) There is meaningful relationship between happiness and create a disaster.
- 3) There is meaningful relationship between happiness and soliloquy.
- 4) There is meaningful relationship between happiness and deviation from the subject.
- 5) There is meaningful relationship between happiness and reinterpretation of pain.
- 6)There is meaningful difference between happiness and coping strategies in experience of pain among men and women.

4. Research findings

4.1 Descriptive findings

The table **number 1** shows the percentage frequency distribution of respondent by gender and indicates that among number of respondent is 55.8% are girls and 44.2% are boys.

The table **number 2** shows the frequency distribution of respondent by age and indicates that among number of respondent , 12.5% are 18-20,54.2%, 9.2% are 24-26 and 24.2% are 27-29 and is the most common age-related related 21-23.

Table **number 3** indicates that among number of subjects, 23.3% have, 55.8% have B.A and 20.8% M.A and the most frequency is related to respondent who have B.A degree.

4.2 Inferential Findings:

The first hypothesis of research: There is meaningful relationship between happiness and ignoring the pain.

Table **number 4** indicates that the correlation coefficient between happiness and ignoring the pain is $r= 0.385$, it is more than the critical value of table in level of 99% that shows meaningful relationship in level of 99% ($P<0.01$). So we can conclude that is meaningful relationship between happiness and ignoring the pain.

The second hypothesis of research: There is meaningful relationship between happiness and create a disaster.

Table **number 5** indicates that the correlation coefficient between happiness and create disaster is $r=0.185$. it is greater than the critical value of table in level of 95% . it shows meaningful relationship at level of 95% ($p<0.05$). so we can conclude that there is meaningful relationship between happiness and create a disaster .

The third hypothesis of research: There is meaningful relationship between happiness and soliloquy.

Table **number 6** indicates that correlation coefficient between happiness and soliloquy is $r=0.363$. it is greater than the critical value of table at level of 99%. it shows meaningful critical value of table in level of 99% . it shows meaningful relationship at level of 99%. It shows (99% ($p<0.01$)) so we can conclude that there is meaningful relationship between happiness and soliloquy.

The forth hypothesis of research: There is meaningful relationship between happiness and deviation from the subject.

Table **number 7** indicates that the correlation coefficient between happiness and deviation from the subject is $r=0.2990$, it is greater than the critical value of table at level of 99% that it shows meaningful relationship in level of 99% ($p<0.01$) so we can conclude that there is meaningful relationship between happiness and deviation of subject.

The fifth hypothesis of research: There is meaningful relationship between happiness and reinterpretation of pain.

Table **number 8** indicates that correlation coefficient between happiness and reinterpretation of pain is $r=0.247$, it is greater than the critical value of table in level of 99%. It greater than the critical value of table in level of 99%. It shows meaningful relationship at level of 99% ($P<0.01$). So we can conclude there is meaningful relationship between happiness and reinterpretation of pain.

The sixth hypothesis of research: There is meaningful difference between happiness and coping strategies in experience of pain among men and women.

The data of table **number 8-1** indicates that T-test about coping strategies to deal with pain and happiness among men and women students. About happiness of men and women students, the results of T test is suggest that the calculated $t(0.286)$ with Freedom degree (118) is less than the critical value of table at level of 95%. So we can conclude there is not meaningful difference between happiness among boy and girl students.

Ignoring the pain especially with regard to gender student, the results of T-test indicates calculated $t(1.38)$ with freedom degree(118) is less than the critical value of table at level of 95%. So we can conclude that there is not meaningful difference between ignoring the pain among boy and girl student.

About create a disaster especially with regard to student gender, the results of T test indicate that calculated $t(2.03)$ with freedom degree(118) in greater than the critical value of table at level of 99%. So we can conclude there is meaningful difference between create a disaster variates among girl and boy. And male student have higher average variable than the female student. In soliloquy according to student gender T-test results indicates that calculates $t(2.42)$ with freedom degree(118) is greater than the critical value of table at level of 99% .So we can conclude that there is meaningful difference between variate of soliloquy among boy and girls students and boy students have higher mean than girl students. regarding to deviation from the subject according to gender, the results of T test indicate that calculated $t(0.419)$ with freedom degree (118) is less than the critical value of table at level of 95%. So we can conclude that there are not any meaningful differences between variates of deviation of subject among boy and girl students and male and female student have same performance in this regard. Regarding to reinterpretation of pain according to gender, the freedom results of T test indicates that the calculated T (3.86) with freedom degree (118) is greater than critical value of table in level of 99%. So we can conclude that there is meaningful difference between reinterpretation of pain variate among boy and girl students and boy students have higher mean than the girl students.

5. Conclusion

Associated with ignoring the pain and happiness, the results of research shows that the correlation coefficient between two variates is $r=0.385$. it is greater than the critical value of table at level of 99% so we can conclude that there is meaningful correlation between happiness and ignoring the pain($p<0.00$).Also in connection with the second hypothesis of research, the results of research shows that correlation coefficient between creat a disaster happiness is 0.185. it is less the critical value of table at level of 99% so we conclude that there critical value of table in level of .95% so we can concluded that there is not meaningful correlation between soliloquy, deviation from the subject and reinterpretation of pain, the value accessing correlation are greater than the critical value of table in level above variates and happiness among students.

In connection with the last hypothesis, the results of research indicate that about happiness and gender of respondents, calculated $t(0.284)$ with freedom degree (118) is less than the critical value of table so we can conclude that there is not meaningful difference between happiness among boys and girls. Also about create a disaster and soliloquy and reinterpretation of pain, the rate of calculated t is higher that the critical value of table at level of 95%. So we can conclude that there are meaningful differences between above variates among boy girls students.

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Table 1. Percentage frequency distribution of respondent by gender

Gender	Frequency	Percentage of frequency	Cumulative frequency
Men	67	55.8	55.8
Wemen	52	44.2	100.000
Total	120	100.000	-

Table 2. percentage distribution of respondent by age

Age	frequency	percentage of frequency	cumulative frequency
18-20	15	12.5	12.5
21-23	65	54.2	66.7
24-26	11	9.2	75.8
27-29	29	24.2	100.000
Total	120	100.00	-

Table 3. percentage frequency distribution of respondent by education

Education	frequency	percentage of frequency	cumulative frequency
Associated Degree	28	23.3	23.3
B.A	67	55.8	70.2
M.A	25	20.8	100.000
Total	120	100.00	-

Table 4. The results of correlation coefficient between happiness and ignoring the pain

Variables	number	r	sig
Happiness/ignoring the pain	120	0.385**	0.000

(** significat at 0.99% level)

Table 5. the results of correlation coefficient between happiness and create a disaster

Variables	number	r	sig
Happiness/create a disaster	120	0.185**	0.043

(** Significant at 95% level)

Table 6. The results of correlation coefficient between happiness and soliloquy

Variables	number	r	sig
Happiness/soliloquy	120	0.363**	0.000

(** significat at 99% level)

Table 7. The results of correlation coefficients between happiness and deviation from the subject

Variables	number	r	sig
Happiness/deviation from the subject	120	0.290**	0.001

(** significant at 99% level)

Table 8. The results of correlation coefficient between happiness and reinterpretation of pain

Variables	number	r	sig
Happiness/ reinterpretation of pain	120	0.247**	0.007

(** significant at 99%level)

Table 8-1. The results of T test about Sixth hypothesis of research

Variables	Group	M	SD	OF	T	P
Happiness	Men	42.53	12.81	118	0.284	0.773
	women	47.86	12.81			
Ignoring the pain	Men	23.50	4.65	118	1.38	0.169
	women	23.50	5.63			
Create a disaster	Men	17.29	6.69	118	2.03	0.044
	women	15.15	4.22			
soliloquy	Men	10.25	2.10	118	2.42	0.17
	women	9.24	2.35			
Deviation from the subject	Men	10.00	2.89	118	0.419	0.675
	women	9.79	2.41			
Reinterpretation of pain	Men	7.32	1.8	118	3.86	0.000
	women	6.16	1.38			