

THE RELATIONSHIP BETWEEN PERCEIVED SOCIAL SUPPORT, SELF-EFFICACY WITH PSYCHOLOGICAL WELL-BEING: THE MEDIATING ROLE OF PERFECTIONISM

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ABSTRACT

The purpose of this study was to investigate the relationship between the perceived social support, self-efficacy with psychological well-being considering the mediatory role of perfectionism. This research is a kind of applied, descriptive and correlation-model study while the population is included of all undergraduate students of Islamic Azad University of Urmia in the academic year of 94-1393. The population members were selected by stage cluster sampling method with the size of 188 among undergraduate students. The methods of Perceived Social Support Scale (MSPSS), self-efficacy scale, perfectionism scale and Reef psychological well-being scale (RSPWB-18) were also used for data collection. The stepwise regression analysis was applied for analysis of data and results have revealed that there is not a significant relationship between the perceived social support and self-efficacy. Also, there is a significant relationship between perceived social support and psychological well-being and also between self-efficacy and psychological well-being of students. In this way, although perfectionism does not act as a mediator variable between perceived social support and psychological well-being, it can be considered as a mediator variable between the self-efficacy and psychological well-being.

KEYWORDS: Psychological well-being; Perceived social support; Self-efficacy; Perfectionism

INTRODUCTION

Today, there are various definitions of 'psychological well-being' concept. The basic definition of psychological well-being was presented by Bradburn (1969) about its effect on increase of knowledge and awareness of positive and negative emotions. According to Bradburn's opinion, negative and positive emotions are negatively correlated and such complex relationships between them, harnesses the positive and negative emotions, but these two issues always exist and the balance between them means the concept of happiness. Psychological well-being can be stated in terms of human development and understand the existential challenges of life. However it can be expressed in different ways, it just depends on that we theorists about which one of the aspects of life (Wood and Joseph, 2010). The main elements of psychological well-being are included of spirituality, personal growth, life satisfaction, happiness, positive relationships with the others, self-acceptance, meaningful, environmental consistent and compatibility, self-following and optimism (Sarafino, 2008) and the purpose of life. Today, psychological well-being is not just the lack of a psychological trauma, but it aims to establish positive aspects of performance such as positive mood, purpose of life and social cooperation (quoted by Khodabakhsh and Kiani, 2013). On the other hand, family and friends play an important role in encouraging the person to achieve his health objectives and their help is the most important component of social support. Social support has been defined as follows: any stimulus that will help the development of supported individual's goals (according to Di Matteo, 1991, translation of Kaviani et al., 2010). In addition, the perceived social support affects the mental health (Riahi et al, 2011). In this research, social support is the first variable which is studied in the case of its relationship with psychological well-being.

Psychological well-being is a multi-component concept, which is associated with several factors. Perfectionism is one of the factors that can be associated with psychological well-being. Ellis (1975) was the first theoretician of cognitive-behavioral theorist who described the perfectionism. He defined the perfectionism as one of the twelve irrational beliefs that lead to psychological distress. He believed that perfectionism means that the person accepts that he must be fully qualified, competent, and intelligent. According to Ellis, perfectionists are people with main aim of progress and success in life. The perfectionist believe that incompetence in anything, is an indication of incompetence and worthless

of the person. He also said that the purpose of perfectionism is to believe that always there is an accurate, perfect and exact solution for humanitarian problems and if this solution is not found, it would be disastrous. He introduced the self-dissatisfaction and low self-esteem as key features of the perfectionism.

Perfectionism is associated with irrational beliefs, related to the anxiety and depression. Flett et al (1991) investigated the relationship between irrational beliefs with aspects of perfectionism, which means the self-oriented, other-oriented and community-oriented perfectionism. Irrational beliefs are associated with feeling and may cause the largest emotional distress. Irrational beliefs are included of high self-expectations, need for social approval, readiness to be blamed, reactions of helplessness, too much worry, avoid the problems, dependence, helplessness and need for complete solutions (Flett et al., 1991).

Self-efficacy is the other variable examined in this study. Self-efficacy is more a personality trait and arises from behavioral aspects. Existence of these characteristics in the person shows the self-satisfaction, positive judgments about capabilities and being sure about the successful performance of the tasks. It seems that self-confidence and self-esteem have positive correlations with this concept. Knowing ourselves enough to make decisions, no need to ask for help from others and lack of dependence on others, makes self-efficacy apart from other similar concepts. Also, contrast of this concept with a feeling of inferiority is greater than the other concepts. Some features are more clear in the people with mentioned characteristics including: doing independent activity despite the lack of consideration and external approval of the independent activities, feelings of self-control, ability to work, responsibility, lack of a sense of inferiority, having positive thoughts and expectations, Two other problems will also be examined here according to the social and personal aspects of self-efficacy, including the relationship between self-efficacy and psychological well-being variables and the perceived social support. Regarding the mentioned issues, psychological well-being is affected by different factors, So, recognition of these factors is very important in improvement of community mental health. Also, since in the past studies the relationship between perfectionism and perceived social support with academic achievement were examined individually, while relationship between self-efficacy and psychological well-being was rarely studied, the researcher was motivated due to the important role of these variables and decided to study all of the examined variables and determine their share in prediction of psychological well-being.

Therefore, the most important question of present study is that whether it is possible to predict the psychological well being based on the perceived social support, self-efficacy and perfectionism, or, does perfectionism have a mediating role in the relationship between the self efficacy and perceived social support with psychological well being?

MATERIALS AND METHODS

This research is an applicable type in the case of purpose, and correlation descriptive in the case In the case of type of data collection. For the present study, population was composed of all students of Islamic Azad University of Urmia in 2014-2015, including 8270 patients (1652 Discrete BS, 6476 BS and 142 of undergraduates). The sample size of the study selected by multistage cluster sampling was calculated based on the plant formula ($N > 50 + 8M$). Considering the possible fails, finally 188 students were selected as the sample group.

Research tools

The multidimensional Perceived Social Support Scale is a 12-phrases tool, prepared for evaluation of Perceived Social Support from three sources, including: family, friends, and significant others in life, and was firstly introduced by Zimet et al (1988). The multidimensional Perceived Social Support Scale examines the value of perceived social support by each participant in the mentioned three areas and is included of three subscales of family (phrases of 11-8-4-3), friends (12-9-7-6) and significant others (10-5-2-1). This scale is a relatively short, simple and time-affected tool and for this reason, it has been used in many studies. The multidimensional Perceived Social Support Scale possessed a good internal consistency. Cronbach's alpha coefficient of total test was 0.91, while that of subscales was within the range of 0.9-0.95. Multidimensional Perceived Social Support Scale also possessed desirable simultaneous validity factor, because it is inversely related to depression and coronary heart disease in type A. In addition, the authors stated that the structure validity of the test is appropriate, because it is not correlated with Marlowe's social desirability Crohn's scale. The value of Cronbach's alpha coefficient was determined to be 0.85 in this study.

To scale of self-efficacy

The self-efficacy was introduced test by Jalali, Najinia and Ghafuri (2011), aiming to measure and evaluate the self-efficacy in order to measure and explain the conceptual and applicable differences between concept of self-efficacy and similar concepts such as self-efficacy and self-esteem. This tool has 31 questions, where based on the positive and negative sides, every question is scored between 0-1. The respond procedure to the questions on the questionnaire is that the participant selects between the positive and negative sides of each question and chooses the one that more agreed. Consistency indicators of the self-efficacy questionnaire were calculated via internal consistency (Cronbach's alpha) and splitting in two half methods. Test consistency was determined to be 0.84 in the Cronbach's alpha test and 0.83 in splitting method of calculation, which confirms the high and considerable reliability of the mentioned questionnaire. In present study, Cronbach's alpha was obtained as about 0.72. In order to calculate the structure validity, exploratory factor analysis via principal component analysis, and also to identify factors and determine the structure, Varimax rotation method were used. The total score of self-efficacy of the test was obtained by adding all six scores of the factors.

Perfectionism Scale

Persian version of perfectionism list included 58 words and 6 subscales (adaptive: targeting- organizing- aiming at perfection and non-adaptive: interpersonal sensitivity-perceived parental pressure-high standard for the others), which was subjected to evaluation of consistency and validity by Hooman Vasmaei (2011) in Iranian sample. The population consisted of all students, girls and boys at all levels (BSC, MSC. And PhD) in universities of Tehran in the academic year of 2010-2011, as a sample consist of as much as 550 people was selected via stratified sampling method proportional to the volume. The method of stratified sampling proportional to the volume is well-known because of considering the ratio in the sample and since one of the goals of the research was to prepare a software for the mentioned list, it should represent the population (Samaei, 2010). The validity and reliability of the scoring method in this scale was studied based on Likert scale in four options including 1- completely disagree, 2- disagree, 3- agree, 4- completely agree. In order to evaluate the reliability of this set, method of estimation of Cronbach's alpha coefficient besides re-estimation were used. The Cronbach's alpha coefficient of whole set which is an index for evaluation of validity of the questionnaire was calculated as about 0.926, while the consistency coefficient of the perfectionism list was repeated again on 50 persons within 2-6 weeks (mean=4 weeks). The calculated Pearson correlation factor between two runs was equal to 0.736, which was significant at the level of 0.001. Re-estimating investigation of reliability of perfectionism list shows the stability of its basic structure. In this study, Cronbach's alpha was obtained to be 0.88. In order to determine the content validity of the questionnaire, specialist's ideas in the field of psychology was considered and reliability and validity of perfectionism list was confirmed.

Reef psychological well-being scale

In recent decades, the tendency to investigate positive aspects of health has been increased. Reef and Keyes presented the well-being psychological pattern in the last decade, which has been widely studied by other researchers.

1. To measure these structures, Reef designed the psychological well-being scales such as a questionnaire with 20 words, 14 words, 9 words and 3 words. After initial studies, the main version of psychological well-being scales including 84 phrases was being prepared (1989). Then, the 54 words versions and the 18 phrases short form were designed. The short version of this questionnaire evaluates the 6 main components of the psychological well being pattern and therefore included of 6 subscales (each subscale has 3 phrases).

The questionnaire which has been prepared for adults, participant should be subject to a 6-point Likert scale (1 = strongly disagree to 6 = strongly agree) and determine the extent to which he agree or disagree with each statement. Scoring method of Reef psychological well-being options is as follows.

1 = strongly disagree 2 = somewhat disagree, 3 = slightly disagree 4 = Little agree 5 = somewhat disagree, 6 = strongly agree.

To obtain the score of each subscale, it is sufficient to add the scores of all statements related to the considered factors. The total score of 18 phrases shows the overall psychological well-being achieved score.

The internal consistency coefficient for subscales of the 18-items Short Form of psychological well-being scales as well as the internal consistency of the total test was about 0.70. In the present study, Cronbach's alpha was obtained to be 0.71.

Evidence of convergent validity of psychological tests show that six factors of psychological well-being is positively correlated with life satisfaction, self-esteem, creativity, and negatively related with depression, chance and external control source.

Findings

The sample consisted of 188 people (112 female and 76 male). Most of the statistical sample age ranged in 20-25 years including 44 of undergraduates, 144 of BSC, 158 of singles and 20 of married persons.

Descriptive analysis of research findings

Descriptive findings of the research variables are shown in Table 1.

Table 1. Descriptive finding of the research subscales

Standard deviation	Mean	Number	statistical index scale
5.51	23.88	200	Perceived social support
5.19	29.34	200	Self-efficacy
6.44	25.18	200	Perfectionism
3.20	13.54	200	Psychological well-being

The main part of the statistical analysis is composed of inferential statistics. In this study, as mentioned in the second section, a hypothetical model was developed according to the theoretical and research studies including factors like perceived social support, self-efficacy and perfectionism and finally the psychological well-being. This section seeks to answer the question of whether the explanation of psychological well-being model based on perceived social support, self-efficacy considering the meditating role of perfectionism fits the experimental data. In this way, IMUS software and path analysis methods were used.

Regarding the fact that path analysis is based on variance-covariance matrix or correlation between the variables, Table 3 shows the matrix of correlation among the research variables.

Table 2. Matrix of correlation of research variables

4	3	2	1	
			1	1- Perceived social support
		1	0.12	2-self efficacy
	1	0.17*	0.03	3- Perfectionism
1	0.34*	0.23*	0.15*	4-Psychological well-being

Results of Table 2 shows that relationships between all the research variables except the relationship between the variable of perceived social support with self-efficacy and perfectionism are significant at the confidence level of 95% ($p < 0.05$). In continuee, the standardized path coefficients not-standardized coefficieents of final model are presented in the table and figure.

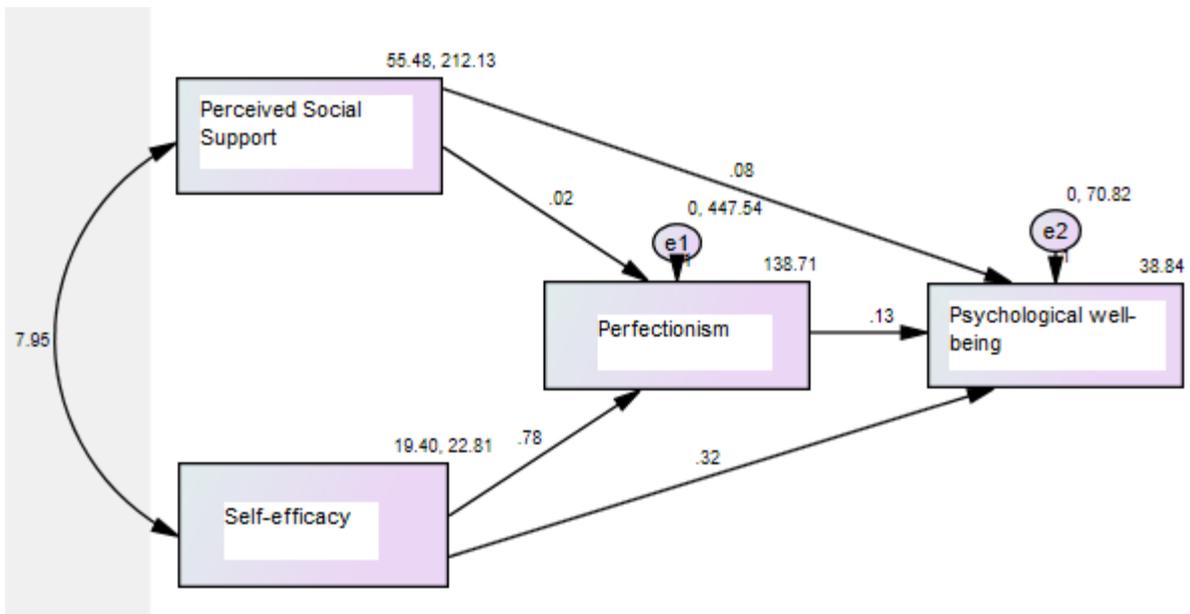


Figure 1. Model in the case of non-standard coefficients

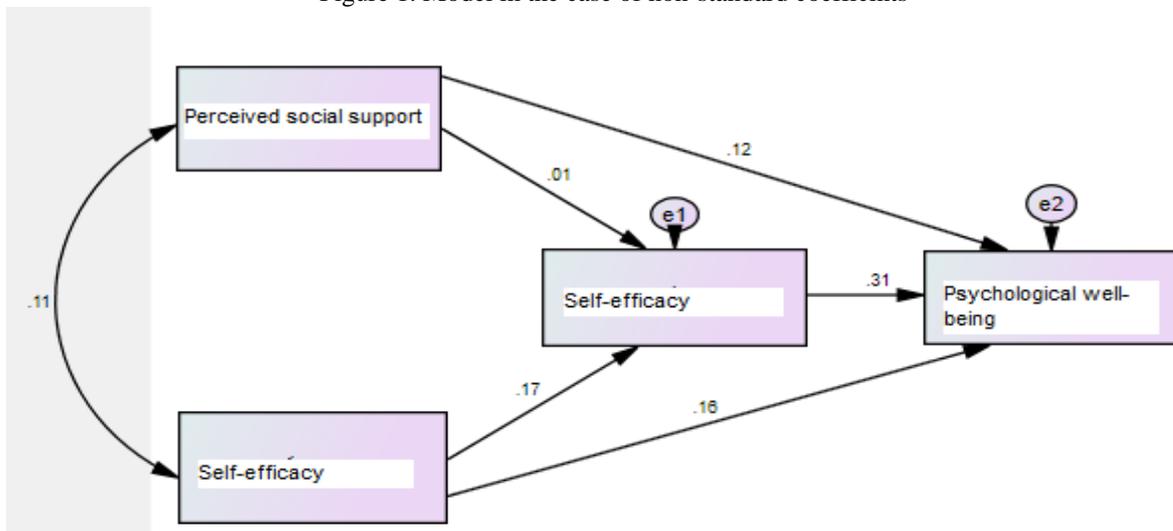


Figure 2. Model in the case of standard coefficients

Since in the above tested model paths among the variable are the research hypotheses, in continue research first and second hypothese are investigated together with Tables of direct effect.

Table 3. Coefficients and significance of indirect effects of perceived social support on psychological well-being

sig	Significance statistics	Standardized β	Non-standard coefficients	Type of effect	Predictor variable	Criterion variable
0.94	0.06	0.003	0.002	Indirect (because of perfectionism)	Perceived social support	psychological well-being

Results of above Table show that the relationship between the perceived social support and psychological well-being are not significant because of the meditating role of perfectionism. Therefore, the presented hypothesis is rejected with 95% of confidence.

Table 3. Coefficients and significance of indirect effects of self-efficacy on psychological well-being

sig	Significance statistics	Standardized β	Non-standard coefficients	Type of effect	Predictor variable	Criterion variable
0.04	2.05	0.15	0.10	Indirect (because of perfectionism)	Self-efficacy	psychological well-being

Results of the above Table show that self-efficacy has an indirect impact on psychological well-being. The relationship of self-efficacy with psychological well-being indirectly was equal to ($\beta=0.15$ and $t=2.05$). So the presented hypotheses stating that perfectionism act as a meditating variable among the psychological well-being and self-efficacy is confirmed by 95% level of confidence.

Multiple linear regression method was used to test the hypothesis that which of the aspects of social support can play an important role in prediction of self-efficacy. In this way, after confirming the pre-assumptions of regression, this method was applied to answer the question whether the components of social support can predict the self-efficacy.

Table 5. Regression results of factors of social support on self-efficacy

sig	R^2_{adj}	R^2	R	F	Mean squares	Degree of freedom	Sum of squares	Model
0.08	0.03	0.04	0.20	2.23	54.38	3	163.14	Regression
					24.32	162	3940.36	Residual
						165	4103.50	Total

Obviously, sig value was more than 0.05, showing the insignificance of regression model. It also means that the predictor variables (aspects of social support) do not have a significant impact on criterion variable. Therefore, the hypothesis will be rejected with 95% of confidence.

The multiple linear regression was also used to test the hypothesis that which aspects of social support can play an important role in prediction of psychological well-being. After confirming the pre-assumptions of regression, the method was used to answer the question of whether supporting components of social support can predict psychological well-being.

Table 6. Results of regression of social support factors on psychological well-being

sig	R^2_{adj}	R^2	R	F	Mean of squares	Degree of freedom	Sum of squares	Model
0.02	0.04	0.06	0.24	3.17	243.71	3	731.15	Regression
					76.76	162	12435.05	Residual
						165	13166.19	Total

As seen in the table, the sig value is less than 0.05 showing the significance of regression model, it means that at least one of the predictor variables have a significant impact on criterion variable. The R^2 index (multiple determination coefficient): This index indicates that what percent of variations of criterion variables can be explained by predictor variables. In other words, it shows that how many percents the predictor variables can fit the dependent variable. In this study, the value of R^2 is equal to 0.06 indicating that factors of social protection can predict the psychological well-being as 6 percent and remained 94 percent is related to other factors. The R^2_{adj} index (Modified determination factor): This index investigates the ability of prediction of dependent variable by predictor variable in the population. In fact, by some adjustment, it extends the sample to whole population.

The value of this coefficient was determined as 0.04 in this study. In other words, components if social support can predict the psychological well-being as about 4%. Regarding the significance of whole model, now it should be investigated that which one of the coefficients are non-zero or which variables have a significant effect in the model. In this way, t-test method was used.

Table 7. Standard, non-standard coefficients and t statistic inserted in regression equation

Level of significance	sig	t statistic	Regression coefficient		Predictor variable
			Standardized	Non-standardized	
0.005	0.001	23.21		64.27	Constant value
0.005	0.21	1.24	0.12	0.19	Family
0.005	0.32	0.99	0.08	0.13	Others
0.005	0.04	1.76	0.23	0.23	Significant other

As the following table shows, the subscales of important people in social support has a significant effect on psychological well-being at the level of 5%, and in reality the positive coefficient indicates that increase of this factor increases the psychological well-being.

Also a regression analysis was used in order to test the hypothesis that which aspects of self-efficacy can play an important role in prediction of psychological well-being. In this way, after confirming the pre-assumptions of regression, this method was used to answer the question whether the self-efficacy component can predict psychological well-being.

Table 8. Results of regression analysis of self-efficacy factors on psychological well-being

sig	R ² _{adj}	R ²	R	F	Mean of squares	Degree of freedom	Sum of squares	Model
0.007	0.07	0.11	0.32	3.10	229.27	6	1375.61	Regression
					73.95	159	11759.08	Residual
						165	13134.71	Total

Table 9. Standard, non-standard coefficients and t statistic inserted in regression equation

Level of significance	sig	T statistic	Regression coefficients		Predictor variable
			Standardized	Non-standardized	
0.05	0.001	20.79		59.99	Constant value
0.05	0.01	2.39	0.21	1.01	Independency
0.05	0.42	0.81	0.06	0.51	Dominant
0.05	0.28	1.08	0.08	0.65	Self-confidence
0.05	0.81	0.24	0.02	0.12	Courage
0.05	0.13	1.49	0.12	1.12	Self-esteem
0.05	0.11	1.61	0.86	1.39	Scheduling

As seen in the table, the sig value is less than 0.05 showing the significance of regression model, it means that at least one of the predictor variables have a significant impact on criterion variable. The R² index (multiple determination

coefficient): This index indicates that what percent of variations of criterion variables can be explained by predictor variables. In other words, it shows that how many percents the predictor variables can fit the dependent variable. In this study, the value of R^2 is equal to 0.11 indicating that factors of self-efficacy can predict the psychological well-being as 11 percent and remained 89 percent is related to other factors. The R^2_{adj} index (Modified determination factor): This index investigates the ability of prediction of dependent variable by predictor variable in the population. In fact, by some adjustment, it extends the sample to whole population. The value of this coefficient was determined as 0.07 in this study. In other words, components if self-efficacy can predict the psychological well-being as about 7%. Regarding the significance of whole model, now it should be investigated that which one of the coefficients are non-zero or which variables have a significant effect in the model. In this way, t-test method was used. As the following table shows, the subscales of independency in self-efficacy has a significant effect on psychological well-being at the level of 5%, and in reality the positive coefficient indicates that increase of this factor increases the psychological well-being.

RESULTS AND DISCUSSIONS

The results showed that the predictor variables (aspects of social support) do not have a significant impact on the criterion variables (psychological well-being) and research hypothesis would be rejected by 95% of confidence and cannot be said that perfectionism acts as meditating variable between perceived social support and psychological well-being. This hypothesis can be explained by researches of Stober, Hopfield and Wood (2008), that in a study they investigated on the relationship between perfectionism, self-efficacy and level of enthusiasm. Different effects of penchant for perfectionism and self-criticism after the success and defeat were also examined. Results showed that the strong tendency to perfectionism has a direct relationship with self-efficacy and the desire to work before self-orientation feedback. More importantly, severe desire for perfectionism increases the levels of enthusiasm to do it after achieving success. Inversely, self-criticism is negatively correlated with self-efficacy and reduces efficacy after feedback. This study confirms the perfectionism can have two aspects of adaptive and non-adaptive.

Self-criticism is associated with low self-efficacy that makes perfectionists lose their confidence. It seems that perfectionist people do not feel a great need for social support and defined some goals for themselves and try to achieve those objectives and seeks to provide them. In this way, they achieve psychological well-being, and it seems that is why perfectionism does not act as a mediator factor for perceived social support and psychological well-being. The second hypothesis: perfectionism acts as a mediator factor between self-efficiency and psychological well-being. Results of data analysis showed that the self-sufficiency factor could predict the perfectionism as 10 percent, and remained 90 percent is related to other factors. As the results show, the scale of independence in self-efficiency was significant on perfectionism at the level of 5% effect and positive impact of this factor, in fact, indicated that by increasing the factor, the perfectionism is also increased. So, we can say that perfectionism acts as a meditating factor between self-efficiency and psychological well-being. The result of the study are compatible with those of Basharat, Habibnejad and Granmayepoor (2009) who studied the relationship between perfectionism and mental health in a sample of students and concluded that the positive perfectionism has a positive relationship with psychological well-being and negative correlation with psychological distress. Also, results showed that negative perfectionism is negatively correlated with psychological well-being and positively related with psychological distress. Their findings were also compatible with researches conducted by Basharat (2004) who examined the relationship between the perfectionism and self-esteem in high school students. Results showed that there is a significant positive relationship between the positive perfectionism and self-esteem, and also there is a significant negative relation between the negative perfectionism and self-esteem. Positive perfectionism correlated to the sense of "personal suitability" and "self-acceptance" via increasing the levels of self-esteem and negative perfectionism also correlates with lower levels of self-esteem via negatively weakening of the sense of "personal suitability" and "self-acceptance" and also through the formation or intensification of psychological disorders including depression, anxiety and personality disorders and interpersonal problems. For explaining the hypothesis that perfectionism affects the psychological well-being, we can say that negative perfectionism which has some features including self-evaluation, self-criticism. So having much worry about mistakes and feeling difference among expectations, outcomes, uncertainty about performances and feeling of incomplete, having unrealistic expectations, parental criticism, and generally avoiding the negative consequences, lack of confidence in others and thus creation of depression, self-efficacy, can threaten the sources of self-efficacy including successful performance, succession experiences, verbal persuasion, physiological and emotional arousal. As a result, the psychological well-being of the negative perfectionist person has been reduced. Conversely, in the case of positive perfectionism, more effort is dedicated to achieve progress and positive outcomes, have perfectionism efforts, set strict criteria for the

operation which led to direct relationship with desirable psychological compatibility including positive affection and tolerance and academic success which improves the resources of psychological well-being via this method. Also, it should be noted that people with self-efficacy, feel more self-esteem, as according to the conducted studies, these people have more positive perfectionism and eventually this could lead to their further psychological well-being.

The results showed that the perceived social support is not a predictor of students' self-efficacy. Among the correlated research studies, the researcher did not find the studies agree or disagree with this hypothesis, but in order to explain the findings, it can be noted that self-efficacy is more a character of trait, emerging at behavioral aspects. Existence of these characteristics in the person shows the value of satisfaction of self, positive judgments of capabilities and ensuring positive abilities to successfully perform the tasks. Confidence and self-esteem seem to have a positive correlation with this concept. It seems that self-confidence and self-esteem are more positively correlated with this concept. Knowing the self enough to make decisions and feeling no need to ask the others for help, and lack of dependence on others, makes self-sufficiency apart from other similar concepts. Also, contrast of this concept with a feeling of inferiority is greater than the other concepts. There are characteristics in patients with these characteristics including doing an independent activity, despite the lack of external considerations and approval, feelings of self-control, ability to work, responsibility, lack of a sense of inferiority, having positive thoughts and expectations about the self. Since the self-efficient person emphasizes on doing works without the help of the others, cooperation by other people to achieve joint goals reduces such beliefs in the person. It seems that's why there is no significant relationship between the perceived social support and self-efficacy, which means that there is no need to perceived social support for self-efficacy. Results of data analysis in section 4 shows that subscale of significant others in social support has a significant effect on psychological well-being at the level of 5% and the positive coefficient shows that increase of this factor leads to raise of psychological well-being value. These findings were compatible with those of Lowingaston (2003), Martinez et al. (2002), Ghaedi and Yaghubi (2008) in the case of correlation of perceived social support and psychological well-being. These findings can be explained in the framework of social protection shield theory. Based on such approach, social support is effective on people's health via protection of them against too much stress effects and plays a protective role while the person is under severe stresses. In low-stressful conditions, little protection is provided at least in two ways. The first way is the cognitive evaluation. When the person faces the so stressful conditions, like financial crisis, those who have high social support, do not feel such stressful conditions rather than people who feel less social support. People under high social support, may think that some of the familiar people may help them. Therefore, they feel less stressful and do not consider the stressful situation. The second method is about adjustment of reaction against the stressful condition. Psychological well-being is one of the favorable perceived consequences of social support.

The relationship between social support and psychological well-being has been extensively studied. Several studies have shown that receiving a desirable social support guides the person toward physical and mental health (Robert and Gottlieb, 1997; Ryan and Deci, 2005). So we can say that regardless of stress value, social support is useful for your health anyway, because people who receive more social support, feel more self-esteem and dependence and the positive attitude created in such situations, can be useful for psychological well-being. The results showed that the self-efficiency factor can predict the psychological well-being for about 11%. As the results show, subscale of independence in self-efficiency has a significant effect on the psychological well-being on the level of 5% and a positive coefficient indicates that an increase in this factor increases the psychological well-being. These result are compatible with those of (Carroll, Houghton, Wood et al., (2008); Kaufman et al., (2001); Mavys, (2001); Vrut, Earth and Zeiburg, (2002), quoted by (Posadzki, Stockl, Musonda, and Tsourouflia, 2010). For explaining this findings it could be said that self-efficiency has a basic role in self-governing of emotional states and mental health of people. People with high self-efficiency have greater persistence and less anxious and are less depressed. They are more successful and less vulnerable to social-mental disorders such as addiction or neurotic disorders (Faure and Loxton, 2003 and Baker 1998). Moreover, those who believe they can control a potential threat, experience arousal and anxiety less than those who do not believe in the ability to handle potential threats. On the other hands, the lack of effectiveness in reaching the desired objectives, affects the personal evaluation of his self-worth and a sense of satisfaction and may lead to depression, sadness and the emptiness. Inefficiency in being effective on conditions that significantly influence the value of one's life, as well as inability in receiving the environmental reinforcements, arise the senses of sadness and despair and anxiety in the person and thus reduce the psychological well-being. In addition, many studies have shown that people who feel successful, effective and able, cope with the difficult challenges in the activities better, and vice versa those who feel defeated and ineffective, are easily defeated by difficult activities and

situations (Scott, 2002; Maciejewski, Prigerson and Mazure, 2000; McMugh and Debus, 1998). Independence component determines that how the person manages the social pressures and how evaluates himself. The person who is evaluated as high in this aspect has a sense of independence and self-determination, while those who are considered low in this aspect, are worry about the other people's idea and also about themselves. On the other hand, since self-efficacy is an independent and non-reliance activity and individual insists on doing tasks without help of the others, self-esteem is related to the ability to expect and positive attitude of self, positive judgments of self, and no need to other people's help. While the self-efficacy success means not only to insist on the independence of the other's help and individual doing of things, but also is extensively depended on doing works by the guidance and direction of others and alignment of collective efforts. It seems that people with high self-efficacy have more courage and more self-efficient in social and interpersonal relationships and this can improve the psychological well-being in these patients.

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