

The relationship between attachment styles and Iranian life styles in different ethnicities

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Abstract. Undoubtedly, attachment theory is one of the most prominent and most important achievements of modern psychology. Some researchers know the attachment theory as psychoanalysis' new resurrection and important factor of this school's new revival. According to John Balbi, attachment is one of the human fundamental needs (Ghorbani 1382). With this view, it is tried to compare the relation of life styles in Iran in Bakhtiari tribes Nomads, Lors, Turks as well as rural and urban lifestyle with adult attachment style.

Perceived self-efficacy is defined as individuals believe about their capabilities for offering the levels of operation that affects their life events.

Self-efficacy believes determines that how people feel, how they think, how they motivate themselves and behave. These beliefs make different effects during 4 major processes. These processes include cognitive process, motivational process, emotional process and selective process. Strong self-efficacy, reduces the fear of failure, increases the dream level and improves the ability of problem-solving and analytical thinking (Bandura 1988).

Based on the recent intercultural empirical findings of Self-determination theory (SDT), which study the importance of internal natural factors in character development and behavior self-regulation, there are 3 basic psychological needs in human beings: 1- need for competency 2- need for autonomy 3- need for relationship and attachment (Ryan and Deci 2000). By using the questionnaire that was arranged by Collins and Rid, for attachment style and life style questionnaire were studied.

Key words : life style, attachment style, attachment style questionnaire and life style questionnaire

1. Introduction

Life style operation is the method of spending leisure time, efforts for body management, income level, its allocation method to expenses, (type and level of consumption), media consumption, properties and home appliances, (theoretical framework), social-economic status and class. It means that we can draw a table and mention these indicators on it in order to determine person life style. Lifestyle is not synonym of high-medium and low class but it can explain them....

One of the most important influencing factors on person or family life style, is his or her attitude toward life. The choice of the theoretical foundations of life can have direct and indirect impacts on other aspects of man's life. (Sheikhi Ghafour 2013)

One life includes a set of customs, identity, way of thinking, coexistence culture and in summary, many value elements, that the set of these lives will form the social-cultural system of that country.

In any laws or country, people aren't completely free to choose their own life style, and the set of regulations and norms and custom explains that people should act under country's outlook document and its ideals and goals. It is necessary that the life style be introduced to people in order to perform their and their family's mental, spiritual and visual health consciously and take care of flattened colorful traps in this globalization flow and changing life style. (Haman)

2. Iranian lifestyle

In principle, any country, nation or geographic region have its own ideas, beliefs, customs, traditions and culture. Iranian people have old tradition, that regarding their rich culture, civilization and historical antiquity during thousands of years, they take care and respect them.

In ancient Iran, regarding the large area of Iran (at that time they called Iran "Persian imperial") there

was a special customs among different ethnics and nations , specially holding events and certain ceremonies at the presence of kings and grandees or performing these events like Norouz and new year , 13 BEDAR (13th day of new year) , Yalda night, Sadeh celebration ,wedding ceremony, farewell to the dead and etc had special place among ethnics and Persian families.Now, in some provinces, cities , villages and different places of iran, there are special customs , that we will briefly discuss about some of them:

Nomads life style: in one word , it's the plural form of tribe and tribe means the collection of near and far family and it is so-called the total population who have a particular mode of conduct and mores with their fixed and mobile life .It seems that people in one colony are relatives (causal,parental) and in general they make a relative network, in some cases their relative relationship is hidden(Nik kholgh 1995).

The most important feature of their lifes is: human dependency on animal, using natural pasture, immigration of human and livestock (NiK Kholgh). At the beginning , nomdism had a simple and natural form and humans immigrated in small group and they began to domesticate animals (Eskandar Aman allahi 2002)

The definition of nomadic families in Iran: Family in nomadic society of iran consists of man , woman and some children who live together based on a series of spiritual and material relations in mutual settlements .

Division of labor in nomadic family:woman job is managing internal affairs and man job is managing political and economical affairs of family.Comparing men and women job in nomadic society suggests that women have a considerable share in society activities and affairs .

The problems of nomadic youngsters: 1- monotony of life 2-lack of programming 3- marriage problem 4- cultural invasion.

Bakhtiari : The Bakhtiari lands locates in the Central Plateau and the both sides of Zagros Mountains within highlands, including some parts of the provinces of Khuzestan, Chaharmahal and Bakhtiari, Isfahan, Lorestan. Environmental factors and social facilities and the attitude and mentality of the population has a considerable impact on the quality of population distribution. About the intellectual usual belief and social unity of the same tribe, its enough to say that even a non-Shiites duodenal and followers of other religions can not be found among them.

Matchmaking and marriage practices: In addition to the equivalent marriage meaning :the tribes and families are in equal situation for the social aspects,they have other marriages as well: 1. Cord-

blood cutting 2 khoon bas (stop blood)3-Ga be Ga 4. Family

Kurds : and its clear that the kurds life style is going toward a style -from tradition form, based on livestock and agriculture , with its own customs and traditions- in which profit-seeking, body management,rationality, using technology, increasing privacy ,borrowing from dominant cultures can be seen largely . Today Iranian kurd life style, is a combination of the remaned teachings of Zoroastrianism and ancient iran , traditional customs and culture of Islam and Shi'ism (especially in the provinces of Kermanshah and West Azarbaijan) .They care about work and effort in life , and by avalabe resources they try to get the desired results. (These efforts in Iraqi Kurdistan seem to be less) – education is of high importance among them and they support their son and daughters in continuing their education ,with all their power.(this case seems less among the skeptics of northwest) (Haman)

- Family is respected and necessary for them and they are committed to Family and tribal ties, especially in major decisions. In the field of leisure, travel and entertainment, they are satisfied with the minimum content and don't have standard facilities ,they don't spend money for them lot. At weddings and funerals, childbirth, and nomination, the resolution of disputes and conflict, the type of wearings for close relatives,they behave traditionally and adult leadership (Sheikh, G 2013)

Comparing rural and urban life

Rural life is settled based on"production", meanwhile , urban life is settled based on"consumption"

Rural life is based on "work" concept, and leisure don't have exact meaning in it, but urban life is based on"work and leisure"

Rural life is based on"functional value" of goods ,meanwhile, urban life is based on "symbolic and functional value"

Rural life is based on continuity and repetition of past traditions, while urban life is based on"cultural innovation culture" (Fazeli,nemat allah. 2006)

Attachment theory : according to john Balbi , attachment is one of human fundamental needs (Ghorbani 2002)

Based on the recent intercultural empirical findings of Self determination theory(SDT), which study the importance of internal natural factors in character development and behavior self-regulation, there are 3 baisc psychological needs in human beings :1- need for competency 2-need for autonomy 3 –need for relationship and attachment (Rayan Vedsi 2000).Accoriding to Davanlou(1990, quoted from Ghorbani 1382)<<only, the capacity of making warm and emotional relationship with parents or

their surrogates, is innate>>.Other psychoanalyst theorists believed that explanation of adolescent behaviours roots from childhood. With this difference that they believe human motivation is guided by innate behavioral systems, instead of biological drives such as sexual desire, hunger. Balbi and Inzorth, in addition to paying attention to scanning unconscious processes, they had special attention to real interpersonal experiences and the emotional and cognitive consequences of these relations, as effective factors on next relationships (Inzorth 1989, Shaver and Mikolincer 2005)

Statistical society method, sample and sampling method:

In this research, based on Iranian different ethnicities including Nomadic, Bakhtiari, Kurd, also urban and rural society are considered. And sampling is done randomly and from each ethnicity 10 people (man and woman) are selected.

3. Research materials:

Life style questionnaire, attachment style questionnaire:

Life style questionnaire

sex : age : education Major :
 total average : Birth order : at second
 son : father job : father age :
 mother job : mother age :
 resident in village or city

Respondent or his family record of immigration :
 income:

Number of family members :

physical or mental illness record:

Marital status : dwelling status

Please study each phrase carefully and select one of the options according to your interests, criteria, desires, pleasures and worries during the last 4 weeks and put checkmark in the pertinent square (questions are assorted)

Adult attachment style questionnaire of Collins and Rid, (standard)

There are some phrases in the following. Please read each of them carefully and indicate that, how much this phrase can describe you. Choose the first answer that comes to your mind

For each phrase there are 5 answers, that you can put check mark in the square of your pertinent response.

In the attachment style questionnaire, items are assorted based on 5 factors also the lifestyle questionnaire is assorted based on 3 attachment styles of safe, avoidance and ambivalent (anxiety). Also factors of nutrition, physical activity, accountability toward health, stress management, interpersonal relations, spiritual growth and self-actualization are regarded as well.

| row | factor items | self-esteem | Physical discomfort | Mental pressures | Positive activity | Availability |
|-----|---|-------------|---------------------|------------------|-------------------|--------------|
| ١ | In general, how much are you satisfied with your life quality? | * | | | | |
| ٢ | How much do you enjoy your life? | * | | | | |
| ٣ | In your opinion, how much is your life significant (valuable)? | * | | | | |
| ٤ | Is your image and appearance accepted by you? | * | | | | |
| ٥ | How much are you satisfied with your health? | | * | | | |
| ٦ | How much your environment is healthy? | | * | | | |
| ٧ | Do you have enough energy for everyday life? | | * | | | |
| ٨ | For doing everyday activities, how much medical treatment (special medical drug or prescription) do you need? | | * | | | |
| ٩ | How much do the physical pains and problems prevent you from doing your favorite activities? | | * | | | |
| ١٠ | How much satisfied are you in using your working capacity (market, purchase, walking, relatives house)? | | | * | | |
| ١١ | How much do you feel safe and secure in your daily life? | | | * | | |

| | | | | | | |
|----|---|--|--|---|---|---|
| 12 | Do you have enough money to satisfy your needs? | | | * | | |
| 13 | Howmuch are you satisfied with your sleep? | | | * | | |
| 14 | Are you satisfied with your ability of working? | | | * | | |
| 15 | Howmcuh do you feed these things like disappoinment,anxiety,...? | | | * | | |
| 16 | Howmcuh can you focus on doing your daily works and affairs? | | | * | | |
| 17 | Howmuch do you feel secure and safe in your daily life? | | | * | | |
| 18 | Howmcuh satisfied are you from your friends and families support? | | | | * | |
| 19 | howmuch do you feel satisfied about your sextual relationships? | | | | * | |
| 20 | How much do you feel satisfied about social relations with others? | | | | * | |
| 21 | Howmcuh do you feel satisfied about your working ability, sleep , food and traffic? | | | | * | |
| 22 | Howmuch oppourtunities do you have for doing your favorite things? | | | | | * |
| 23 | Howmuch news and necessary information are available for you? | | | | | * |
| 24 | Howmuch are you satisfied with transportation facilities and terrific status? | | | | | * |
| 25 | Howmuch are you satisfied with availabilities of health and medical services? | | | | | * |
| 26 | Howmuch are you satisfied with conditions and possibilities of your lives | | | | | * |

:Attachment relationship

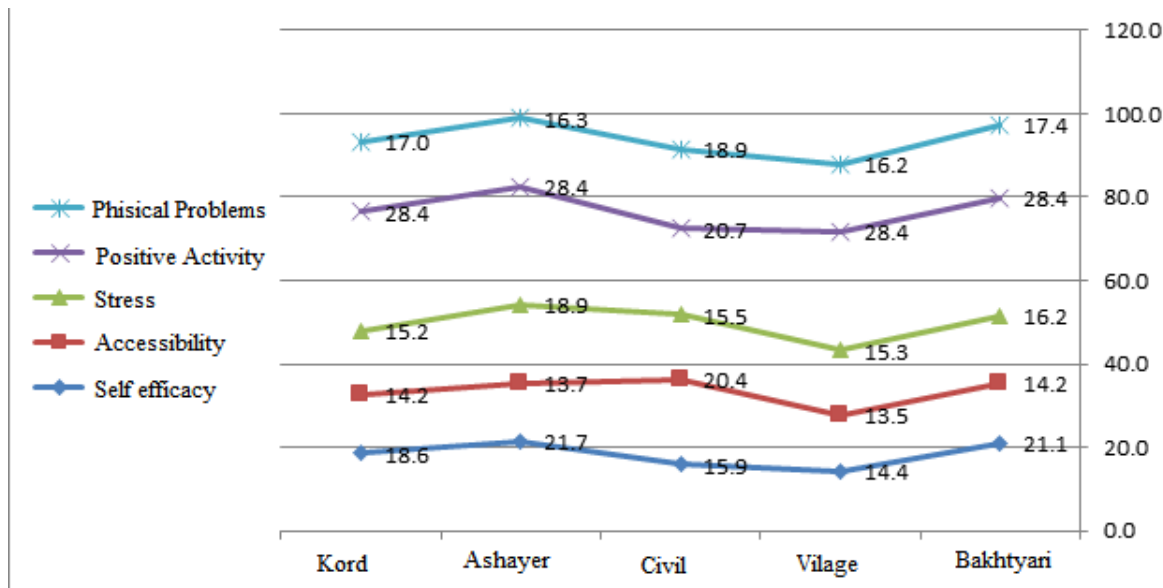
| Avoidance | anxious | Saftey | Row |
|-----------|---------|--------|---|
| | | * | Relationship with others is easy for us. |
| | | * | I don't bother if somebody approach me. |
| | | * | I know if I need others,they will be available. |
| | | * | I can easily make a close and friendly relationship with others. |
| | * | | In my relationships, I am often worried that the opposite party really doesn't like me. |
| | * | | In my relations , I am often worried that the opposite party doesn't want to continue his/her relationship with me. |
| | * | | I am not sure if I can trust people who are available when needed. |
| | * | | In my relations, I often ask myself if my partner take care of me. |
| | * | | When I show my feelings to others, I am afraid that they don't feel the same about me |
| | * | | In my relationships, I often ask my self if my partner care about me. |
| | * | | I think when I need others , they are never available. |
| * | | | When somebody is intimate with me , I become nervous. |
| * | | | I think its difficult to trust others completely . |
| * | | | Most people want to be intimate with me more than I feel comfortable. |
| * | | | I barely let myself to attach to others |
| * | | | I am not sure if I can rely on people who are available when needed. |

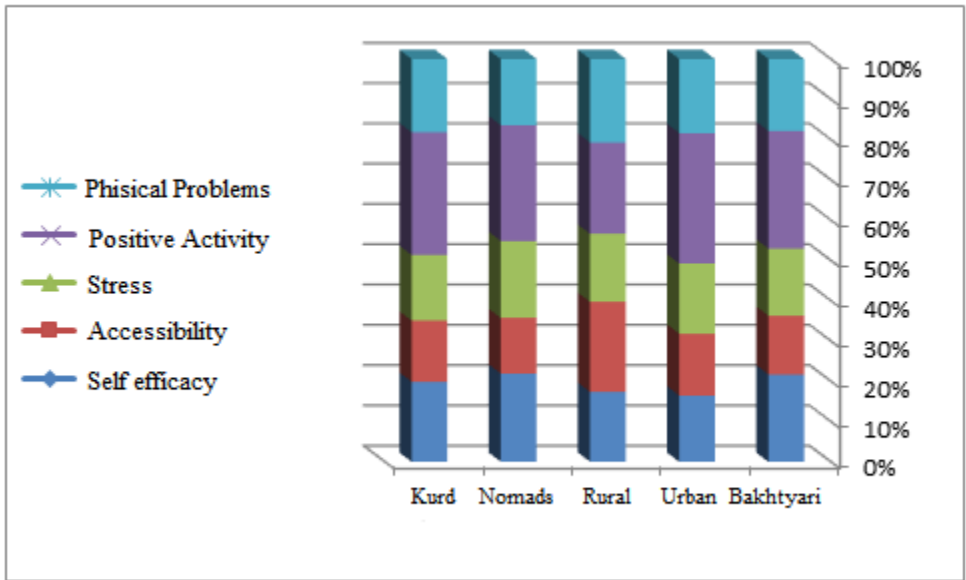
Results of life style questionnaire

| Sum of \ . . . | Column Labels | | | | | |
|----------------|---------------|--------------|------------------|-------------------|---------------------|-------------|
| Row Labels | Self-esteem | Availability | Mental pressures | Positive activity | Physical discomfort | Grand Total |
| Bakhtiari | 21.1 | 14.2 | 16.2 | 28.4 | 17.4 | 97.4 |
| Rural | 14.4 | 13.5 | 15.3 | 28.4 | 16.2 | 87.9 |
| Urban | 15.9 | 20.4 | 15.5 | 20.7 | 18.9 | 91.5 |
| Nomads | 21.7 | 13.7 | 18.9 | 28.4 | 16.3 | 98.9 |
| Kurd | 18.6 | 14.2 | 15.2 | 28.4 | 17.0 | 93.4 |
| Grand Total | 91.66666667 | 76.08888889 | 81.03703704 | 134.5185185 | 85.77777778 | 469.0888889 |

According to the data , most self-esteem is for nomads-most availability is for urbanate , most mental pressure for urbanism, least positive activities

for urbanates , and rurals have the least physical discomfort.

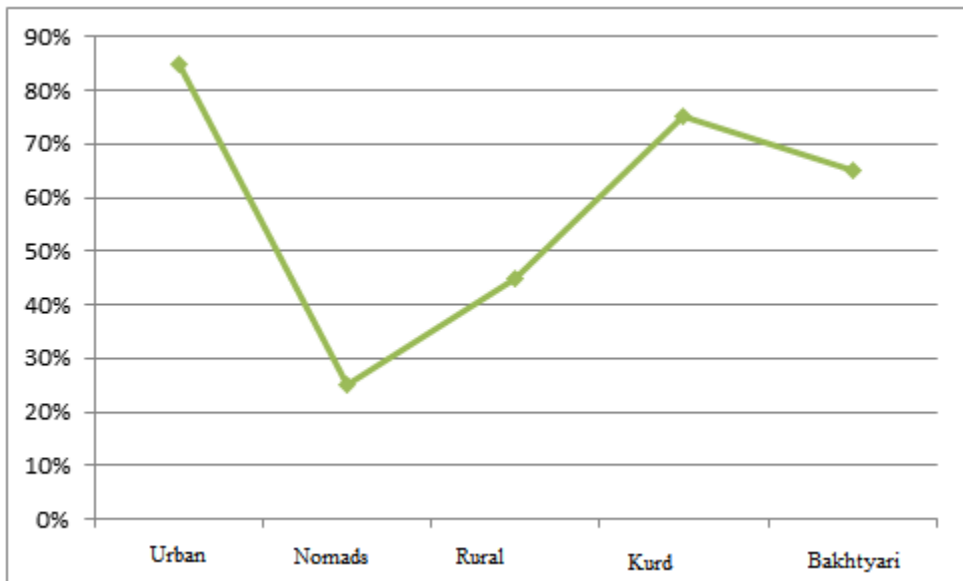




According to data,, most self-esteem is for nomads-most availability is for urbanate , most mental pressure for urbanism, least positive activities for urbanates , and rurals have the least physical discomfort.

The results of attachment questionnaire

| urban | nomads | Rural | Kurd | Bakhtiaro |
|-------|--------|-------|------|-----------|
| 85% | 25% | 45% | 75% | 65% |



4. Conclusion

the aim of present article was to study the relationship between attachment style with lifestyle of these ethnics .

For this resean, 10 person from each ethnicity were selected randomly .This paper-pencil questionnaire , examines person belief about its interests and life styles .It is practicable in group or individually , although there is no time limit for answering, the necessary time for answering questions of this questionnaire is 5-10 minutes .After ensuring the validity of translation , uising statistical analysis as a percentage of results of items analysis, indicated that items are able to distinguish between different people .Also they have effective role in arranging with other items , and in general , they are appropriate for participating in next stages.(Adult attachment style questionnaire Collins and Rid) , they confimed 5-factor standard , no item is removed from any factor , in other words, items content , from subjects view, related to pertinent factors of each item.

In general , it can be said that, life style questionnaire and attachment style questionnaire, are validated , and regarding the present statistical results , it can be said that most self-esteem is for nomads-most availability is for urbanate , most mental pressure for urbanism, least positive activities for urbanates , and rurals have the least physical discomfort. Therefore, by comparing 2 questionnaires we conclude that people with lower class have less thinking problems and easier life, but , the higher the class of people, the more their problems and the harder their life.

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