



Analyzing the connection between Implicit and Explicit Self-Esteem with Borderline Personality among Students of Girls Dormitory in Islamic Azad University of Arsanjan, Iran

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ABSTRACT

The goal of current study is analysing the connection between Implicit & Explicit self-esteem with borderline personality among students of girls dormitory of Islamic Azad University, Arsanjan Branch. 950 students of girls' dormitory of Islamic Azad University, Arsanjan branch were firstly selected through sampling method and then being limited by employing purposeful sampling method. The manner of selection was as follows: firstly borderline personality questionnaire were distributed among samples. Then, 50 persons who had achieved the highest grade were selected through purposeful sampling method to complete Attachment styles questionnaire. Research tools were borderline personality questionnaire, Rosenberg Implicit Self-esteem questionnaire and self-esteem explicit connection questionnaire. The results indicated that there is a negative and meaningful connection between explicit self-esteem ($r = -0.23$, $p < 0.001$) and borderline personality. There is also a negative and meaningful connection between implicit self-esteem ($r = -0.17$, $p < 0.05$) and borderline personality. The regression model shows that explicit self-esteem ($\beta = -0.44$, $p < 0.05$) and implicit self-esteem ($\beta = -0.35$, $p < 0.05$) are negative and meaningful predictors for borderline personality. In whole, these two variables (implicit & explicit self-esteem) explaining 33 percent of dependent changes of borderline personality.

Keywords: Explicit Self-esteem, Implicit Self-esteem, Borderline Personality, Girl Students.

INTRODUCTION

Mental health is really important specifically in public places. Personality is a general cognitive label for visible manner and expressible mental experiences. The integrity of each personality indicates his/her both personal and social aspects. The expression "personality" may include psychological remarkable quality specifications such as passivation, aggressiveness, or other expression which didn't indicate psychopathy including ambitious, religious or nepotism. A homogeneous group of such specifications that are including cognition of personality disorder are stating some predictions about person's manner in specific situations and also probable psychic disorder. Personality disorder is a very common and chronic disorder which is spread among 10 to 15 percent of public. About half of psychiatry patients are suffering from personality disorder which is repeatedly coincide first axis disorders (such as major depression and drug abuse). This disorder may incline the personality for other psychic disorders and also interfere treatment results and increase patients' death rate. Borderline personality disorder is one of the most common personality disorders with signs of severe instability in humor, self-image and interpersonal relations and also impulsiveness. This disorder has been included in second axis personality disorders since 1980 [1].

Borderline persons have fervent but instable relations. They may act like an intimate friend one day and suddenly this intimacy being disappeared. There is often a dominating quality in such relations. Borderline

persons may impulsively perform self-destruction manners such as betting, stealing, gluttony, sexual abuse and also pretending suicide, self-mutilation, or disputing [2]. Self-esteem is one of the most important factors of mental health that had been concentrated by various researchers and psychologists during last decades. In whole, the personal assessments are forming the person's self-esteem [3]. Maslow [4] believes that self-esteem is competency, ability, trust, dependency and freedom. If self-esteem is being satisfied, persons will feel esteem, ability, effectiveness, and self-confidence but if not, the feelings of contempt, distress and impotence will be resulted.

All persons need a stable and normal assessment of themselves and also self and others respect. Therefore, these needs can be categorized in two minor groups. First, they are including eager to power, success, efficiency, domination, competence, confidence to facing the world, independence and freedom; second is that there is something in us which is deserved trust, dignity (self-respect), position, fame & trust, superiority, attention, primacy, honor and admiration. Nowadays, the principal importance of these issues has been concentrated by many psychologists [5].

Cooper smith [6] introduced four factors that are important in children and teenagers self-esteem:

- a) The esteem that child is receiving from others (passion, admiration).
- b) Successful experiences of the child; the situation for interrelating with environment.
- c) Child's method in opposing negative objections.
- d) Personal definition of child or teenage about success or failure [7].

Explicit self-esteem is a part of data processing system on the basis of profound insight and is defining as profound assessment which can be evaluated by direct methods. Implicit self-esteem is part of impulsive data processing system and is considered as an unconscious and automatic self-assessment that can be evaluated by indirect methods. This type of self-esteem may result in person's self-assessments regarding his/her reactions to related stimuli like his/her name or other self-indicators. Indirect assessments are being deviated less because of the ability to hide person's answers. As explicit and implicit self-esteem have very small correlation or even lack it, they both are considered as independent structures and there are often implicit & explicit self-esteem contradictions [8].

There are two types of self-esteem contradiction in combination of implicit and explicit self-esteem:

- a) A combination of high implicit self-esteem and low explicit self-esteem (defective self-esteem)
- b) A combination of high explicit self-esteem and low implicit self-esteem (damaged self-esteem).

Different studies indicated that the contradictions between implicit and explicit self-esteems are unusual which are related to defensive humors and health disorders in healthy persons. Such differences are being experiences as unpleasant feelings and are related to suffering states of internal negative pressure [8].

The results of a study on depressed patients indicate that thinking about suicide is related with defective self-esteem (low explicit with high implicit self-esteem). Experimental data provided evidences confirming that patients with borderline personality disorder are indicating lower degrees of implicit and explicit self-esteem comparing control group [8]. In a research performed by Buhlmann et al. [9] with title of "the concept of beauty, implicit and explicit self-esteem and attractiveness beliefs in body deformation disorder", the results show that people with borderline personality disorder have lowest degree of self-esteem comparing healthy people; and low self-esteem predicting the severity of borderline personality disorder's signs.

Accordingly, the main purpose of current study is providing appropriate answer for following question: Is there any relation between implicit & explicit self-esteem with borderline personality specifications among the students of girl's dormitory of Islamic Azad University, Arsanjan branch?

MATERIALS AND METHODS

Current study is a descriptive-correlation study which the relation between variables will be analyzed on the basis of research purpose. Correlation studies can be categorized in three different groups on the basis of their purpose: a) two variable correlation study; b) regression analysis; c) correlation matrix analysis or co-variance. The goal of studies employing regression analysis is usually predicting one or more basic variables from one or more provident variables. Multiple regression models are being employed when the goal of the study is predicting one basic variable from more than one provident variable. In cases that the goal of the study is coincidental prediction of more than one basic variable from provident variables or their subcategories, multivariate regression model will be used [10].

Population, Sample Size and Sampling Method

Population of this study includes all students in girls' dormitory of Islamic Azad University, Arsanjan branch that have been studying during 2011-2012 academic year. 950 persons were selected as sample according to Morgan Table. Firstly, available sampling method was being employed and then borderline personality questionnaire was being distributed among samples. Then, 50 persons who had achieved the highest grade were selected through purposeful sampling method to complete implicit & explicit self-esteem questionnaires.

Performance Method

After receiving permit, the students were guaranteed about the confidentiality of research results and their answers. Then borderline personality questionnaire was distributed in aforesaid population and finally 50 persons who had achieved the highest grades were selected to complete attachment questionnaire. Data analysis was performed according to the results of these 50 samples.

Data Gathering Tools

Following tools were being employed for data gathering:

a) Borderline Personality Scale (STB): Borderline personality scale includes 24 articles that will be answered in yes/no form. Yes answer will receive (1) mark and No answer will receive (0) mark. This scale has three factors: hopelessness factor, impulsivity factor and stress related paranoid/dissociative symptoms factor. Jackson et al. [11] reported 0.61 for stability coefficient of borderline personality scale. Rawlings [12] was also reported 80 alpha coefficients for borderline personality scale. In Iran, Mohammadzadeh et al. [13] reported the amount of 0.84 for retest of STB during 4 weeks and amounts of 0.53, 0.72 and 0.50 respectively for hopelessness, impulsivity and related paranoid/dissociative symptoms. Alpha coefficient for total scale is 0.77 and 0.64, 0.58 & 0.57 for hopelessness, impulsivity and related paranoid/dissociative symptoms. STB has good validity in Iran.

b) Rozenberg Self Esteem Scale (1964): This is a well-known and standard scale for self-esteem that had been compiled by Risenberg in 1964. Rajabi et al. [14] had translated some articles of this scale on 2007. Stability & Validity: Greenberger et al. [15] reported 0.84 for internal similarity of this scale in a study on 197 Estonian students. They also reported reliability coefficients of retesting Rosenberg self-esteem scale about 0.84 on 78 students through 2 weeks. This amount was 0.67 & 0.62 accordingly for 82 students through 5 months and 81 students through one year that all were meaningful. Rajabi et al. [14] achieved stability coefficient of Alpha Cronbach's scale of Rosenberg self-esteem in a research on 2007. This amount was 0.84 for total student sample that were 0.84 & 0.77 for first and second factors; 0.87 for boy students that were 0.83 & 0.76 for first and second factors; and 0.80 for girl students that were 0.68 & 0.77 for first and second factors which all are representing good internal similarity of this scale.

c) Implicit Association Test with Alphabetical Priority (IAT) (1998): This scale was provided by McGhee and Schwartz in Germany. In this study, different articles of that scale were translated to Persian and English alphabets were substituted by Persian alphabets. This questionnaire includes 32 questions that had been graded in 7 choices scale [16].

Preference of person's name first letter is an indicator of implicit self-esteem and according to this hypothesis first letter of person's name and its related ranking will be applicable to relying on personal self-assessments. However, different studies indicated that people prefer the alphabets of their name to other alphabets and the changes of people's preference in their names alphabets is a valid and reliable assessment for implicit self-esteem. This scale had not been used in Iran and it was the first time that some parts of that were translated and employed.

Stability coefficient calculated by aforesaid scale through retest method was 0.86 after three weeks from completion of scale on the basis of Alpha Cronbach's. Correlation coefficient in $p < 0.001$ was meaningful indicating high stability of aforesaid measuring tool.

RESULTS

The results of table 1 indicate that the sample group includes nineteen students between 18 to 20 years old; twelve students between 21 to 23 years old; 11 students between 24 to 26 years old; and 8 students between 27 to 29 years old. The results of Table 2 indicate that the sample group includes 24 single, 16 married, and 7 divorced and 3 widow students.

Table 1. Age Status of Research Population

Age	Frequency	Percentage
18 to 20	19	38
21 to 23	12	24
24 to 26	11	22
27 to 29	8	16
Total	50	100

Table 2. Marital Status of Population

Age	Frequency	Percentage
Single	24	48
Married	16	32
Divorced	7	14
Widowed	3	6
Total	50	100

Research Hypothesis: there is a relation between explicit & implicit self-esteem and Borderline Personality Specifications.

In order to analyze this hypothesis stating that there is a meaningful relation between explicit & implicit self-esteem and Borderline Personality Specifications, Pierson Correlation Coefficient was employed. The results are shown in Table 3. The results of table 3 indicate that there is a negative and meaningful relation between explicit self-esteem ($r = -0.23, p < 0.001$) and borderline personality. There is also a negative and meaningful relation between implicit self-esteem ($r = -0.17, p < 0.05$) and borderline personality.

Table 3. Correlation Coefficient between implicit/explicit self-esteem and borderline personality

Variables	Explicit Self Esteem	Implicit Self Esteem	Borderline Personality
Explicit Self Esteem	1		
Implicit Self Esteem	0.31**	1	
Borderline Personality	-0.23**	-0.17*	1

* $p < 0.05$ ** $p < 0.004$

Analyzing borderline personality prediction according to implicit and explicit self-esteem by employing multiple regressions in a coinciding method. The results of table 4 indicate that explicit self-esteem ($\beta = -0.44, p < 0.05$) and implicit self-esteem ($\beta = -0.35, p < 0.05$) are negative and meaningful predictors for borderline personality.

Table 4. Prediction of Borderline Personality on the basis of Implicit & Explicit Self Esteem

Independent Variables	Statistical Indices					Level of Meaningfulness
	R	R ²	B	Beta	t	
Explicit Self Esteem	0.58	0.33	-0.31	-0.44	2.49	0.05
Implicit Self Esteem			-0.23	-0.35	2.33	0.05

DISCUSSION

Hypothesis: there is a relation between implicit and explicit self-esteem and borderline personality. Analyzing research hypothesis indicates that there is a meaningful and negative relation between implicit & explicit self-esteem and borderline personality.

The research results indicate that borderline personality patients tend to absolutely negative or positive assessments about themselves and sometimes they are not informed about their capabilities which will result in type of self-instability [17]. On the other hand different self-assessments of implicit and explicit self-esteem may result in discordant humor and self-control disorder that will finally indicate higher degrees of internal negative pressure and unpleasant impassion feelings [8].

Lower degrees of explicit and implicit self-esteem are related with factors such as severity of borderline disease signs, self-aggression, insufficient self-perception and instability. Also discordant implicit and explicit self-esteem are related with severity of disease signs that may be related with internal tensions of patients with borderline disorder [8]. Therefore, it can be mentioned that the results of this study are in accordance with the results of Clifton et al. [2], Vater [8], Buhlmann et al. [9] and Lori, [18] researches. Totally it can be said that any changes in environmental, economic, social and cultural status, beliefs and knowledge, respecting self and personal characteristics, changing life style and unhealthy behaviors of students may affect the adjustment of borderline personality problems and signs.

According to results of current study, there is a negative and meaningful relation between implicit & explicit self-esteem and borderline personality disorder which is predictable. Therefore, current study is confirming the results of many studies performed by internal and foreign researchers and also aiding other researchers who are interested in same subjects.

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