

*Original Article*

## Comparison of Self-Differentiation Amount between Two Groups of Anxious and Non-Anxious People in Bandar Abbas

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### ABSTRACT

This study examined comparison of being distinctive amount between two groups of anxious and non-anxious people in Bandar Abbas. The study is causal-comparative research or after the event. Sample size in this study was 120 people. 60 people attended each group equally. For selection of sample, available sampling method was used. Distinctive Questionnaire of 46 questions (DSI) and Beck anxiety Inventory of 21 questions (BAI) for collecting, and multivariate variance analysis test was used to analyze the data of research. The main findings in the study showed that there are significant differences between anxious and non-anxious people about being distinctive amount but there is significant difference between men and women in this subject. Between anxious and non-anxious people about the four components of reactivity emotional, emotional faulting, emotional mixture, I position there was a significant difference, but between men and women only on the components of reactivity emotional, significant differences were observed. About components of the emotional faulting, emotional mixture, I position, significant difference between men and women was not observed. Generally, the study found that non-anxious people have higher level distinctive amount than anxious people and this led to reduce their anxiety.

**Key words:** distinctive, anxious, non-anxious

### INTRODUCTION

Many theorists have tried to explain the operation of the family. The famous theorists of the field, is Murray Bowen [1] that has provided family systems theory. This theory is based on the concept self-distinction [2 and 3]. From the view point of Bowen, a kind of emotional system has control over on the family structure that the ability to transfer between generations and the person's mental health depends on separation level or his separation of this system [2 and 3].

Bowen theory plays an important role in the growth of theory and clinical work of family therapy [1 and 4]. According to the Bowen pattern, a person who is reached the balance distinction has the lowest level of anxiety and symptoms psychological level. The concept of self-Distinguish is a base of Bowen theory that including the Intra psychic and Interpersonal. In Intra psychic, self-Distinguishes related to ability of self-separation feeling and in Interpersonal, refers to the ability of person to balance in distinction from others also in addition of intimacy with others. Intra psychic dimension includes reactivity emotional and I position and Interpersonal dimension includes Emotional cutoff, intermingling with others (With others fusion). These cases refer to Emotional cutoff and close relationship to others in stressful life situation. People with high distinction levels are not highly dependent emotionally to others and have not need to break away from others and in the view point of feeling and mental has a "self-balanced" situation and do not have confirm or deny others [4 and 5]. According to this theory, individuals with high levels of their separation who have feeling and thinking level flexible in coping with the pressures of life and they have clear emotions correlation with others and in the near of correlation has the mental breakdown and individuals with weak self-separation level have non-flexible thinking, and overall experience high level of anxiety and emotional [6].

Researches that are about mental health and self-distinction level research showed that people who have high level of self-distinction have less avoidance and mistrust [7]. The psychological distress [8], operation disorder, anxiety and depression [9]. In a research that about self-separation was conducted by skowron and

Friedlander [10] results showed that, between the high level self-distinction and down level of syndrome, mental illness there is a relationship and they stated that 42 percent of the variance of distress be determined by self-distinction. In another study, which was conducted by peleg-popko [11] the results showed that between self-distinction and social anxiety and symptoms of mental illness, there is a negative relationship. In another study with 221 young people by skowron et al [12], was performed, findings showed that the self-distinction has a significant relationship with subjective well-being. Two other studies that tested Bowen theory was conducted in different cultures reached the same conclusions, one by tuason [8], was performed with the Philippian sample, the results showed that between self-distinction, the mind Welfare and anxiety, there is negative relationship, that their results were similar to the results of two American samples.

Bhatt, in research concerning the family functions system, physical health concluded that poor family relationships cause emotional reactions such as anger, fear, grief, physical arousal and heart rate increasing [13]. Several Research show negative effects of anxiety and stress on physical health while self-distinction of family about Bowen theory and in background researches has positively correlated with anxiety [14].

Results show that the dynamic of a mixed family, that are specified with emotional dependence, lack of autonomy and the one extreme (high support), may cause a sense of confusion, stress and anxiety in a family. These relationships help us to understanding of family processes such as making triangle [12].

Basis on the results of previous researches, the aim of performing this research is examination of self-distinction amount between two groups of anxious and non-anxious in Bandar Abbas.

## MATERIALS AND METHODS

This study is causal-comparative research or after the event. Statistical society of this study included all anxious and non-anxious individuals in Bandar Abbas. Sample size in his study was 120 people, including 60 non-anxious individual and 60 anxious individuals who were selected by available sampling method. Questionnaire of self-distinction (DSI)

This questionnaire is made by skowron [12] that has 46 questions that is used to measure the differentiation of self-distinction. Its main focus is on the important relationships of life and current relationships with family, and it is now [12]. This questionnaire is composed of 4 subscales included the reactivity emotional (11 questions = ER ), intermingling with others (12 questions= FO ), I position (11 items = IP ), Emotional cutoff (12 questions= EC ) [12].

Knerr [4] is reported total Cronbach's Alpha reliability 0.90 and the reliability range of 0.76 to 0.86. The validity of this questionnaire is confirmed by Skiyan using of comments of 10 experts in this field [15].

### Beck Anxiety Inventory (BAI)

Beck Anxiety questionnaire, is a self-administered questionnaire that is provided for measures severity of anxiety in adolescents and adults. This questionnaire is a scale with 21 substances that subjects in each of case, one of the four options, which reflects the anxiety are choose. Four options for each question in a range from 0 to 3 are scored. Each of the test substance describe one of the common symptoms of anxiety (subjective symptoms, physical, and fear). Studies show that this test has high reliability and validity [16].

## RESULTS

The first research hypothesis: according to sex (female and male), between anxious and non-anxious individuals, about the level of "distinction", there are differences.

**Table 1.** The variance analysis of multivariate of group type

Source	SS	DF	MS	F	P.
<b>Type (non-anxious and anxious)</b>	224208.07	1	224208.07	40648.97	0.000
<b>Gender (male and female)</b>	9.07	1	9.07	0.16	0.68
<b>Interactive effects (gender and type of group)</b>	261.07	1	261.07	4.73	0.03
<b>Error</b>	6397.10	116	55.15		
<b>Total</b>	230876.32	119			

To test this hypothesis, statistical analysis of multivariate analysis of variance (MANOVA) was used. As Table 1 shows the observations, based on the independent variable of type of people (non-anxious and anxious), with  $F = 40648.97$  in the alpha level  $P = 0.000$  there are significant differences in the distinction. According to the independent variable of gender with  $F = 0.16$ , in Alpha level  $P=0.51$ , the significant difference was not observed in distinction. Interactive effects between gender and type of group (non-anxious and anxious) with  $F = 4.73$ , in the alpha level  $P = 0.03$  Significant differences in the distinction is created. Generally, from two main effects, only main effect of type of people (non-anxious and anxious) and interactive effects of gender (men and women) on the type of group (non-anxious and anxious) in distinction have created significant differences and the effect of gender (female and male) in distinction has not created any significant difference.

**Second research Hypothesis:** based on sex (female and male), between non-anxious and anxious individuals, about the level of "emotional reactivity", there is significant difference.

**Table 2.** The variance analysis of multivariate of group type (non-anxious and anxious) and gender on emotional reactivity

Source	SS	DF	MS	F	P.
<b>Type (non-anxious and anxious)</b>	48000.00	1	48000.00	4272.560	0.000
<b>Gender (male and female)</b>	1.20	1	1.20	4.11	0.049
<b>Interactive effects (gender and type of group)</b>	4.80	1	4.80	0.42	0.51
<b>Error</b>	1303.20	116	11.23		
<b>Total</b>	49309.20	119			

To test this hypothesis, statistical analysis of multivariate analysis of variance (MANOVA) was used. As table 2 shows the observations, based on the independent variable of type of people (non-anxious and anxious), with  $F = 4272.560$  in the alpha level  $P = 0.000$  there are significant differences in emotional reactivity. According to the independent variable of gender with  $F=4.11$  in Alpha level  $P=0.049$ , there is significant difference. Interactive effects between gender and type of group (non-anxious and anxious) with  $F=0.42$ , in the alpha level  $P=0.51$  Significant differences in the distinction is not created. Generally, from two main effects, type of people (non-anxious and anxious) and interactive effects of gender (men and women) on the type of group (non-anxious and anxious) in distinction have created significant differences and the effect of gender (female and male) on group type in emotional reactivity has not created any significant difference.

**The third research hypothesis:** according to sex (female and male), between individuals non-anxious and anxious people, about the level of "Emotional cutoff", there is significant difference.

**Table 3.** The variance analysis of multivariate of group type (non-anxious and anxious) and gender on Emotional cutoff

Source	SS	DF	MS	F	P.
<b>Type (non-anxious and anxious)</b>	53046.07	1	53046.07	1539.06	0.000
<b>Gender (male and female)</b>	6.07	1	6.07	0.17	0.67
<b>Interactive effects (gender and type of group)</b>	21.67	1	21.67	0.62	0.42
<b>Error</b>	3998.10	116	34.46		
<b>Total</b>	57071.92	119			

To test this hypothesis, statistical analysis of multivariate analysis of variance (MANOVA) was used. As table 3 shows the observations, based on the independent variable of type of people (non-anxious and anxious), with  $F = 1539.06$  in the alpha level  $P = 0.000$  there are significant differences in Emotional cutoff. According to the independent variable of gender with  $F=0.17$  in Alpha level  $P=0.67$ , there is no significant difference. Interactive effects between gender and type of group (non-anxious and anxious) about level of emotional development with  $F=0.62$ , in the alpha level  $P=0.42$  there isn't significant difference. Generally, from two main effects, only type of people (non-anxious and anxious) has created significant differences in Emotional cutoff level. The effect of gender (female and male) and the effect of gender interactive on group type in Emotional cutoff level have not created any significant difference.

**The fourth research hypothesis:** according to sex (female and male), between non-anxious and anxious individuals, about the level of "Emotional intermingling", there is significant difference.

**Table 4.** The variance analysis of multivariate of group type (non-anxious and anxious) and gender on Emotional intermingling

Source	SS	DF	MS	F	P.
<b>Type (non-anxious and anxious)</b>	57290.70	1	57290.70	8748.97	0.000
<b>Gender (male and female)</b>	24.30	1	24.30	3.71	0.057
<b>Interactive effects (gender and type of group)</b>	86.70	1	86.70	13.24	0.000
<b>Error</b>	759.60	116	6.54		
<b>Total</b>	58161.30	119			

To test this hypothesis, statistical analysis of multivariate analysis of variance (MANOVA) was used. As table 4 shows the observations, based on the independent variable of type of people (non-anxious and anxious), with  $F = 8748.97$  in the alpha level  $P = 0.000$  there are significant differences in Emotional intermingling. According to the independent variable of gender between two groups of men and women with  $F=3.71$  in Alpha level  $P=0.057$ , there isn't significant difference. Interactive effects between gender and type of group (non-

anxious and anxious) about level of Emotional intermingling with  $F=13.24$ , in the alpha level  $P=0.000$  there is significant difference. Generally, the main effect of type of group (non-anxious and anxious) and gender have not created significant differences in Emotional intermingling. The main effect of gender (female and male) has not created significant differences in Emotional intermingling.

**Fifth Research Hypothesis:** according to sex (men and women), between anxious and non-anxious individuals, the level of "My position", there are differences.

**Table 5.** The variance analysis of multivariate of group type (non-anxious and anxious) and gender on my position

Source	SS	DF	MS	F	P.
<b>Type (non-anxious and anxious)</b>	46334.70	1	46334.70	2380.55	0.000
<b>Gender (male and female)</b>	10.80	1	10.80	0.55	0.458
<b>Interactive effects (gender and type of group)</b>	86.70	1	86.70	4.45	0.037
<b>Error</b>	2257.80	116	19.46		
<b>Total</b>	48690.000	119			

To test this hypothesis, statistical analysis of multivariate analysis of variance (MANOVA) was used. As table 5 shows the observations, based on the independent variable of type of people (non-anxious and anxious), with  $F = 2380.55$  in the alpha level  $P = 0.000$  there are significant differences in my position. According to the independent variable of gender between two groups of men and women with  $F=0.55$  in Alpha level  $P=0.458$ , there isn't significant difference. Interactive effects between gender and type of group (non-anxious and anxious) about I- position with  $F=4.45$ , in the alpha level  $P=0.037$  there is significant difference. Generally, the main effect of type of group (non-anxious and anxious) and the effect of gender Interactive on group type group (non-anxious and anxious) have created significant differences in my position. The effect of gender (female and male) has not created significant differences in me- position.

## DISCUSSION

This study was done in order to compare distinction amount between two groups of non- anxious and anxious people. Findings from multivariate analysis of variance showed that between non- anxious and anxious people about distinction amount and its components, there are significant differences, namely non- anxious people have higher distinction, lower reactivity, lower emotional faulting, low Emotional intermingling and higher I- position than anxious individuals. Results of current research findings are consistent with pervious researches [7, 8, 9, 10, 11 and 14].

In explaining these findings can be said that low level of distinction according to the Bowen can be pulled psychological and interpersonal problems. Bowen believed that the main reason for mental illness signs is the absence of distinction in the family system. No distinction means a lack of enough clear boundaries for maintaining individual identity and intimacy. Differentiated individuals have the ability to control their interpersonal relationships. People with high distinction awareness of their emotions and are able to measure the position. These people, have ability to seamlessly grow in intimate relationships and can in deep relationships, keep calm and comfortable, therefore are avoided Emotional fusion or emotional cut off to adjust its internal tensions, while the less differentiated people, or to be disposed fusion with others, So, with the separation from important people in life come down or the fault of their emotional and so when faced with emotional intimacy, show anxiety reactions. Emotional reactivity is case that his feeling is dominant on his intellect and logic and he in various situations only with emphasis on the emotional climate and the environment, regardless of possible logical solutions, makes decisions, so in dealing with life problems behave as emotional. So person is suffering from chronic anxiety and this can cause new problems. Also can be said, since people with high emotional reactivity can't in deal with situations and problems of life use their knowledge well and is not capable to choose innovative and effective responses, so in dealing with situations, deal problem and this leads to increase level of their anxiety. People who of emotional and physical have faulting of their parents, are in trouble in their nuclear families and are elusive of the problems that occur in life. Separation of emotional keeps triangles with any change, it prevents more distinction. Emotional cutoff can be occurred as physical separation or a form of emotional detachment. Different findings indicate that whatever emotional escape level of people be more, that means whatever they were more in the family projection process, and whatever they have been used more unsuitable strategies to escape the unresolved emotional relationship of their families, they have a higher anxiety level, that these findings are consistent with the concepts of Bowen theory. So it seems, people with high levels of emotional cutoff, have had difficulty communicating with others and usually deal with issues have been used withdrawal pattern. There are various degrees of intermingling in human emotional and intellectual Systems. High intermingling does not allow to distinct itself from others. Intermingling also refers to two aspects of emotional immaturity: firstly, there is a kind of feeling and thinking of the intermingling that because of the

masonry and rationalization to justify giving of emotional immaturity. Secondly, cut off refers to lack of borders and the lack of individuality between two or more persons such as symbiotic relationship. When people are unable to separate helmet from their original families as well, Emotional disease can get. The other hand, fusion has different types in terms of severity. Family members whatever feel more insecure, are inclined to intermingling. Whatever people feel more anxiety or sadness, come back to the unique security that the result of that is intermingling with family. Chronic anxiety can be brought to people who are emotionally ill and can't distinct helmet from their families. They always stick to the family and families stick to them. Differentiated People have a strong personal identity or my position and the consent of others do not change their opinions or their behavior. People, who have a strong sense of self, propound strong opinions and beliefs in life. As a result, they will be aim paired simply in a stressful situation. Integrated is determined with a clear definition of their beliefs, beliefs, and certain rules of life. This concept allows people to be more responsible in their behavior and its consequence. There is coordination between these beliefs and principles and rules to live for them and they use comfortable even for situations with high anxiety and force.

Overall, these results of above findings suggest that the distinction have the effective role in anxiety of people. Level of distinction among non- anxious people is more than anxious people; being significant differences between anxious and non- anxious people in all four components of emotional reactivity, emotional faulting, emotional intermingling, my position (its integral) is another result of findings and this is consistent with Bowen theory. According to Bowen theory, people with low distinction, are people who have mixed wisdom and emotion, so their life influenced other feelings. Consequently, they simply become impaired in stressful conditions. Because of their emotional needs and their fears, their individuality is sacrificed to ensure the acceptance of others. According to Bowen, they represent a kind of pseudo-self non distinct that makes imagine that they have real character with error, but this character is not something other than others ideas and the beliefs. But a distinct people, are mature in terms of emotionally. They can, according to their own desires are involved feeling or emotions in decision making. Since them mental or intellectual functioning during stressful periods remain relatively dominant, about who they are and what they believe, they have more certainty.

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