Research Article

Investigating the Relationship between Personality Traits and High-Risk Behaviors among Students of Yasuj University of Medical Sciences in 2017

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ABSTRACT:
The purpose of the present study was to investigate the relationship between personality traits and high-risk behaviors among students of Yasuj University of Medical Sciences in 2017. The purpose of this research is applied research. It is also correlated in terms of the nature and method of the research, and it is temporally cross-sectional because it has been done within a certain time. The statistical population of this research is all students of Yasuj University of Medical Sciences, which has a total of 1,800 people. The sample size is 317 people selected by Morgan table. Sampling method was simple random. In this research, the risk behaviors questionnaire based on Mirkhani (2015) and Neo Personality Characteristics Questionnaire (QAQ) was used by Kazemeini et al. (2010). Pearson correlation coefficient and regression tests were used to analyze the data using SPSS software. Findings of this study showed that there is a significant relationship between personality traits and high risk behaviors among students of Yasuj University of Medical Sciences. On the other hand, there is a negative and significant relationship between personality traits (neuroticism, conscientiousness and conscientiousness) and high-risk behaviors. There is also a positive and significant relationship between personality traits (openness to experience and extroversion) and high-risk behaviors. The bachelor's variable with beta (0.851) had the highest role in high-risk behaviors among students of Yasuj University of Medical Sciences, after which the variables of extraversion, mental health, consent and openness were experienced.

Keywords: high-risk behaviors, personality traits, conscientiousness, extraversion, mental health, consent and openness to experience.

INTRODUCTION

Student health care is one of the most important issues in each country. This is considered in physical, psychological and social aspects. If the mental health and student personality are not sufficiently addressed, the frequency of mental and behavioral problems will be increased. The extent to which complications due to neglect in individual, social, familial, human, political, economic and cultural dimensions will have adverse effects. As social science progresses in recent times, it has been revealed that health is just one biomedical phenomenon Not, but something that can be under Impact of social, psychological,

cultural, economic, and political and biochemical factors (3).

In order to have a healthy and efficient society in which people are full of passion and vitality, with the motive and purpose in their lives, to build the dynamics of tomorrow's children and their community, providing the necessary facilities and creating the right land for such structures requires the It is the creation of a healthy environment free of any serious behavioral problems in which humans can be comfortably minded and creatively concerned with constructing their present and future lives, but unfortunately throughout the twentieth century, human beings, from a lifestyle, social relationship, and issues Health and medicine has undergone a change of all time. The hasty endeavor for industrialization and the rapid expansion of urbanization and machine life, which requires the adoption of new ways to live, has had a reverse effect on human health and has brought new health issues. The social, economic, political, and cultural conditions of the world and the social, environmental and psychological problems have created many pathological reactions in individuals and societies that have caused the deterioration of the environment and unfavorable environmental conditions (4).

One of the serious health threats that have been taken care of by health organizations, law enforcement and social policymakers in recent years is the spread of high-risk behaviors among the various strata. Although none of the community sectors is safe from the adverse consequences of health-threatening behaviors, some age groups and social groups, including adolescents and young people, are at greater risk (5). On the other hand, the signs of passing or moving from adolescence to adulthood are admission to the university, and one of the features of this period is the emergence of a new autonomy that influenced those students to feel more autonomy in their lifestyles and behaviors, and many They are more likely to find unhealthy behaviors and high-risk styles (6).

Risky behaviors refer to behaviors that endanger the health and well-being of adolescents, young

people and other people in the community (7). Risky behaviors in students can interact with their personality traits. Because the personality traits represent the general idea of the individual's responsiveness to various situations. Biological structures and social and cultural affiliations all contribute to shaping these features. Risky behaviors for students have irreparable consequences and can jeopardize the personality and socio-cultural aspects of students. But these behaviors can be unique to each person's personality traits (8).

Costa &Mccery(1985), using factor analysis, concluded that one can distinguish between individual differences in personality traits, five major dimensions. Neuroticism refers to the person's desire to experience anxiety, tension, pity, hostility, impulsivity, depression and self-esteem, while extraversion refers to the person's desire for being positive, dareable, energetic, and intimate. Slowly Openness refers to the person's desire for curiosity, love for art, art, flexibility and wisdom, while pleasing the person's desire for generosity, kindness, generosity, empathy, and thought, friendship and trust. Ultimately, tasking refers to the person's desire for regularity, efficiency, reliability and reliance, self-discipline, orbital progression, rationality, and calmness. On the other hand, high-risk behaviors occur in many cases and have a mutually reinforcing or amplifying effect. In the young population of the country, the growth of high-risk behaviors is exponential and the prevalence of smoking in university students is about 10% (9).

However, some subcultures of student groups sometimes encourage and encourage the testing of various types of high-risk behaviors such as smoking and materials, and students at the peak of experience behaviors such as substance use and sexual behaviors early in their youth. Brandy Risky behaviors are the most important risk factors for the health of the community. It is estimated that by the year 2030 only tobacco-related deaths will reach 10 million per year (10).

According to the World Health Organization, any behavior that threatens people's physical, mental

and social health is a high-risk behavior. But in humans, however, it tends to control and monitor their own behavior and others, or, in other words, the desire for internal control (self-control) and external control that prevent high-risk behavior. Humans, based on the nature of their perfection, and by their curiosity and searching, seek to discover their own truth and the world around them, and the question constantly arises in our mind why people who succeed in academic or social achievement? Is this a success because of their individual talents and efforts, or because of the favorable conditions that they have provided for them? Why is a country in progress, and another country, good? This attempt to understand the causes of events is, in fact, one of the most important sources of human motivation and is recognized as the key. Researchers have estimated that the character of seventy-five percent of people in the present-day culture of society is influenced by exogenous factors rather than internal factors (11).

According to the above, high-risk behaviors have many personalities, emotional and cognitive problems that can be related to the personality factors and the source of youth control (12). Identify the dimensions related to this topic and provide useful feedback on the presentation of dimensions related to high-risk behaviors and since universities and student environments, especially the Yasuj University of Medical Sciences, which include a significant section of the young elite and young people of the society, are in line with the space In the current transition, they have been involved in challenges and transformations; hence the nutrition and mental, psychological and social support of students and academics need to train the culture of dialogue, critical thinking and develop skills and abilities to strengthen the source of internal control, Informed decision making, other psychological abilities of the community And it is necessary to take effective steps along with prevention of possible injuries in order to improve the level of individual and social mental health of students and reduce the risk behaviors in them. Regarding the

mentioned issues, the present research seeks to find a scientific answer to the question whether there is a meaningful relationship between personality traits and high-risk behaviors among students of Yasuj University of Medical Sciences during 2017.

BACKGROUND RESEARCH

Askarizadeh et al. (2015). In a study on the relationship between personality traits and the level of social acceptance and internet addiction in students, the results showed that there is a relationship between neuroticism and internet addiction in students.

Mirkhani (2015) studied the relationship between personality traits, excitement and religiosity with a tendency towards high-risk behaviors in Arak students. The results showed that between variables, prediction of psychosis, extraversion, flexibility, adventure, experientialism and escape from inhibition of high-risk behaviors are positive and significant. It also predicts that responsibility, religious knowledge and religious beliefs, and the practice of religious duties of high risk behaviors are negative and significant. Based on the results of any lesion and failure in the physical and mental health of students, it is unavoidably slow to progress in society.

Mohammad salari(2013), in their research entitled "Comparison of Negative Psychosis, Negative Emotions with Risk in Delinquent Adolescents with Non-Beneficent", showed that adolescent delinquents had a high risk of neuroticism and low emotional and high risk appetite compared to non-adolescent adolescents.

Haddadiet al (2012) in his research entitled "The Relationship of Emotional Intelligence with Risk and Sensitivity in Interpersonal Relationships in Delinquent Adolescents" showed that riskiness and sensitivity in the interpersonal relationships of offenders can be predicted from their emotional intelligence before Nose The results also showed that delinquent adolescents with higher emotional intelligence had less risk and less susceptibility to interpersonal relationships, but offenders with

lower emotional intelligence had more risk and sensitivity in more interpersonal relationships.

Kazemeini et al (2011) in his research entitled "Relationship between personality traits and high-risk behaviors in Mashhad University of medical sciences students", there was a significant negative correlation between personality traits, neuroticism, consent, and conscientiousness with high risk behaviors and the characteristics of extraversion and openness to Experiences with high risk behaviors had a significant positive relationship.

Ying, Ge (2015) In a research on the relationship between personality traits and mental health with Internet addiction in Chinese lean children, the results showed a significant relationship between personality traits, mental health and Internet addiction, as well as between neuroticism and addiction to the Internet. And internet addicted children have more anxiety and depression.

Alfeldet al (2015) in their research entitled "Relationship between control source with personality traits and emotion regulation" showed that there is a negative correlation between the scores of self-concept and the symptoms of depression, and those who have external control source have low self-esteem, feelings of guilt and they experience more disappointment. They have fewer emotional and emotional feelings in terms of psychosocial personality characteristics, and less extroversion and empiricism.

Finchamet al (2014) in their study, "Investigating the Relationship between Source of Control and Risk", found that the source of internal control plays a very important role in reducing risk.

Hokansoon et al. (2012) concluded in their research entitled "Neuroticism and Extrovert Relationship with Mental Health and Risk in Boys Adolescents" that individuals with fewer neuroticism and anorexia are less likely than those of normal self-esteem Higher, have a higher mental health and less risk.

In his research, "The Source of Control and Psychological Well-being," kadvik et al (2009) found that the external control source reduces individual self-esteem and psychological well-being of the individual.

Kadvik (2003), in his research entitled "The Relationship between Personality Brigades, Source of Control and Positive Self-Concept", showed that extraterrestrial bridges with positive self-concept had a positive correlation with the source of internal control. But neurotic genotypes are associated with the external control of negative self-concept and lower self-esteem.

RESEARCH METHOD

The purpose of this research is applied research. It is also correlated in terms of the nature and method of the research, and it is temporally cross-sectional because it has been done within a certain time. In order to collect information in this research, library studies have been used in the study of subject literature and theories and the history of the subject matter from internal and external books as well as the collection of articles and journals in the organizations and library. A survey method has been used for data collection. According to the characteristics the statistical population of this study has been used to examine the variables studied and the hypotheses presented by various tools and techniques for obtaining and supplying required information and collecting the data. Books, dissertations, subject studies and sample individuals, Internet resources, English articles and organizational information were the major sources of information required. The statistical population of this study is all students of Yasuj University of Medical Sciences, whose number is 1800; the sample size of the study is 317 people by Morgan table. Sampling method was simple random.

In this research, Risky Behavior Questionnaire Mirkhani (2015) and Neo Personality Characteristics Questionnaire (QAQ) were used from Kazemeini et al. (2011). To analyze the data, Pearson correlation coefficient and multiple regression tests were used to analyze the relationship between independent variables and dependent variables using spss software.

RESEARCH HYPOTHESES

1- There is a significant relationship between ill-health and high-risk behaviors among students of Yasuj University of Medical Sciences.

2- There is a significant relationship between consenting and high risk behaviors among students of Yasuj University of Medical Sciences.

3- There is a meaningful relationship between dignitaries and high-risk behaviors among students of Yasuj University of Medical Sciences.

4. There is a significant relationship between extroversion and high-risk behaviors among students of Yasuj University of Medical Sciences.

5- There is a significant relationship between openness to experience and high-risk behaviors among students of Yasuj University of Medical Sciences.

Analysis of the findings

Hypothesis 1: There is a significant relationship between the severely neglected psychological and high-risk behaviors among students of Yasuj University of Medical Sciences.

As shown in table (1), the correlation coefficient between the two variables is -0.510, and the relationship between neurotic psychological variables and high risk behaviors is negative and is significant at the level of 0.001. Therefore, the first hypothesis is confirmed.

Table (1): The results of the correlation test between neuroticism and high-risk behaviors

Variable	High-risk behaviors		
	Pearson		Abundance
Neuroticism	The correlation coefficient	Significance level	317
	-0.510**	0.001	

**: Significantly at 99% level   *: Significantly at 95% level

Hypothesis 2: There is a significant relationship between consenting and high risk behaviors among students of Yasuj University of Medical Sciences.

As shown in Table (2), the correlation coefficient between the variables of agreeing with high-risk behaviors is -0.261, and their relationship is negative and is significant at the level of 0.003. Therefore, the second hypothesis is confirmed.

Table 2: The results of the correlation test between consenting to high-risk behaviors

Variable	High-risk behaviors		
	Pearson		Abundance
Agree	The correlation coefficient	Significance level	317
	-0.621**	0.003	

**: Significantly at 99% level   *: Significantly at 95% level

Hypothesis 3: There is a meaningful relationship between dignitaries and high-risk behaviors among students of Yasuj University of Medical Sciences.

As shown in table (3), the coefficient of correlation between duty and risk behaviors is -0.600, and their relationship is negative and is significant at the level of 0/004. Therefore, the third hypothesis is confirmed.

Table (3): The results of the correlation test between high-risk and high-risk behaviors

Variable	High-risk behaviors		
	Pearson		Abundance
Duty	The correlation coefficient	Significance level	317
	-0.600**	0.004	

**: Significantly at 99% level   *: Significantly at 95% level

Fourth hypothesis: There is a significant relationship between extraversion and high risk behaviors among students of Yasuj University of Medical Sciences.

As shown in Table (4), the correlation coefficient between two variables is 381/0 and the relation between extraversion with high risk behaviors is positive at the level of 0/001. Therefore, the fourth hypothesis is confirmed.

Table 4: Results of the correlation test between extraversion and high-risk behaviors

Variable	High-risk behaviors		
	Pearson		Abundance
Extroversion	The correlation coefficient	Significance level	317
	0.381**	0.001	

**: Significantly at 99% level   *: Significantly at 95% level

The fifth hypothesis: There is a significant relationship between openness to experience and high risk behaviors among students of Yasuj University of Medical Sciences.

As shown in table (5), the coefficient of correlation between two variables is 531/0 and the relationship between openness to experience and high risk behaviors is positive and at 002/0. Therefore, the fifth hypothesis is confirmed.

Table 5: Results of the test of correlation between openness and experience with high-risk behaviors

Variable	High-risk behaviors		
	Pearson		Abundance
Open to experience	The correlation coefficient	Significance level	317
	0.531**	0.002	

* The fitting of regression model of research is related to the effect of personality traits on risky behaviors

According to table (6), the coefficient of correlation shows the correlation coefficient squared or the coefficient of determination, so that the correlation coefficient between variables is 785. is. The coefficient of determination also indicates that 617 /. The percentage of high-risk behaviors among the students of the University of Medical Sciences is covered by personality traits.

Table (6): Model Summary

The correlation coefficient	Squared correlation coefficient	Corrected correlation coefficient squared	Estimated criterion error
0.785	0.617	0.602	6.86909

According to table (7) F calculated (311/41) at a confidence level of 95 /. The percentage is significant; therefore, it can be concluded that there is a significant relationship between the personality traits of high risk behaviors.

Table (7): Model summary

	Sum of squares	Degrees of freedom	Average squared	F	The significance level
regression	5847.689	5	1949.230		
Remaining	3633.200	311	47.184	41.311	0.001
Total	9480.889	316			

Also, according to Table 8, based on the calculated beta rate that prioritizes the effect of the variables in question, regardless of the index, the baccalaureate variable with the beta (0.851) has the highest role in high risk behaviors among the students of the University of Medical Sciences The city of yasuj, and then, respectively, the variables of extroversion and mental variability are good and agree and open to experience.

Table (8): regression coefficients

Variable	Not standardized coefficients		Standardized coefficients	t	The significance level
	B	The standard error	BETA		
Constant	10.051	3.844	**	2.615	0.011
Open to experience	0.238	0.299	0.177	2.795	0.029
Extroversion	1.346	0.251	0.454	3.951	0.001
Agree	-2.101	0.302	-0.295	2.315	0.007
Good mood	-1.852	0.341	-0.328	2.010	0.001
Duty	-2.320	0.456	-0.851	2.752	0.003

CONCLUSION

Findings of this study showed that there is a significant relationship between personality traits and high risk behaviors among students of Yasuj University of Medical Sciences. On the other hand, there is a negative and significant relationship between personality traits (neuroticism, conscientiousness and conscientiousness) and high-risk behaviors. There is also a positive and significant relationship between personality traits (openness to experience and extroversion) and high-risk behaviors. The bachelor's variable with beta (0.851) had the highest role in high-risk behaviors among students of Yasuj University of Medical Sciences, after which the variables of extraversion, mental health, consent and openness were experienced. The results of this research are consistent with the researches of Mirkhani (2015), Mohammadsalari and Efafi (2013), Kazemeini et al (2011), Hokansoon et al. (2012), Alfeld (2015) The following is presented: lectures, workshops or conferences in the presence of students in which to discuss and explain the personality traits associated with high-risk behaviors in a friendly and intimate atmosphere.Regarding the existence and high risk behaviors of students and the resulting psychological disorders such as anxiety, stress and depression that are currently increasing in students, it is suggested that educational interventions to prevent high-risk behaviors from the priorities of counseling centers for education and Breeding will be on the national level.

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