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Research Paper

Investigating The Perfecting Role of the Attachment in the Corona Anxiety to Primary Schools Students of Ardabil city



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ABSTRACT

Objective This study aimed to investigate the relationship between attachment and coronary anxiety in students of Ardabil province.

Methods The research method is correlational. The statistical population in this study includes 125,000 primary school students in Ardabil province. In this study, we tested 1062 people using a stratified random sampling method based on the Morgan table, of which 531 were girls and 531 were boys. To assess corona anxiety, we used the edited Coronavirus Anxiety Scale (CDAS), which has been prepared and validated in Iran. To assess children's attachment, we used the edited questionnaire on the relationship between child attachments. (KCAQ) used Halpern and Rotenberg.

Results The results of the present study showed that attachment and its subscales have a positive and significant relationship with corona anxiety. To answer the first question of the study, indicate that corona anxiety. And each of its dimensions in the statistical population is in an unfavorable situation. In response to the second question of the research, it should be show that the state of attachment and each of its dimensions (except positive adaptive change) in the statistical population is unfavorable according to the results.

Conclusion Statistical analysis suggestion that families should modify their parenting and care patterns to decrease stress, fear, and corona anxiety in their children, and to know that their anxiety can be effect on their children.

1. Introduction

The coronavirus and its spread prevalence have cause great problems and engaging for people around the world (Alipour et al., 2020). Take the method of social distancing and creating comprehensive restrictions (Fathi et al., 2021).

Covid-19 illness, additionally, individual effects, also has social dimensions that can be attributed to hunger (Ansari et al., 2020), health mentally (Hagerty and Williams, 2020), the spread of obsessive-compulsive disorders in society, despair (Shaw, 2020), problems.

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Family (Kazemi and Sadeghi, 2020), Anxiety (Fathi et al., 2021), and also we can mention to the social isolation resulting from the closure of schools and public and recreational places (Qiu et al., 2020). The subject of corona anxiety and the resulting psychological and physical symptoms. It is a case study that has been discussed by researchers and experts in the field of psychology in difference age, especially elementary students so that Wang et al. (2020) in a study concluded that school vacation and quarantine of students can improve physically health. And psychology effect on them and consequently cause to reduction physical activity, reduce social interactions, fear of contracting the virus, and the emergence of negative spontaneous thoughts. Also, in another study, it indicate that students who have corona anxiety disorder are more prepared than other groups to suffer from other mental illness (Shahyad and Mohammadi, 2020; Alipour et al. (2019).

Anxiety is one of the symptoms that is seen in the majority of people with various types of acute respiratory diseases (Roy et al., 2020). Most of the definitions of anxiety refer to the existence of physical and mental sample together. for example; Fillenbaum et al. (2019; quoting Amir Fakhraee et al., 2021) consider anxiety to be a physical-psychological condition that all human beings share in experiencing throughout their lives, but if these states and symptoms exceed their balance, as It is considered a mental disorder. To forward the definitions of corona anxiety disorder, we can refer to the research of Alipour et al. (2020) that in one definition, they attention coronary stress to include worried that people experience when they faced the Covid-19 virus. These situations are accompanied by mysterious reasons and a kind of cognitive complexity. Most of the research on the psychological symptoms of coronary heart disease has been on coronary anxiety disorder, but it should be noted that in addition to anxiety, afraid of die, fear of disease, obsessive-compulsive disorder, and grief over the loss of a loved one Coronavirus (Covid-19) is also one of the issues and problems that endanger the mental health and quality of life of humans (Fischhoff, 2020). Amir Fakhraei et al. (2016) in a study concluded that competencies such as health anxiety, role cognitive stubbornness, and desirable well-being have a positive and significant relationship. They also reported that the severity of coronary anxiety in the statistical population (diabetics) is high. Has it. In another study, Rajkumar (2020) found that anxiety, depression, and health

concerns are major psychological and emotional reactions caused by coronary anxiety. Zolfaghari and Elahi (2020) also reported that there is a positive and significant relationship between the level of anxiety in children and their awareness of the coronavirus. They also concluded that there is a fear between fear and physical injury and Corona careers in this group of children is a positive relationship. Another study discover that people's fear of the unknown reduces their perception of immunity, and the coronavirus is no exception, and having little information about it can cause anxiety and exacerbate it (Bajema et al., 2020). In another study of the psychological effects of the Covid-19 virus, it was found that the lack of treatment and prevention methods, as well as the failure of epidemiologists to predict at least 60% of members of the community, can lead to a variety of disorders. Anxiety, stress, anxiety, and fear in society (Anderson et al, 2020).

The range of anxiety disorders in the age groups of children and adolescents is very common, as about 42% of the age groups who suffer from anxiety are children and adolescents (Hudson and Rapee, 2001). According to the principles rooted in humanistic psychology, He hoped that man would have the ability to overcome the emotions and worries that prevent him from achieving his goals (Bronz, quoted in Qarchadaghi, 2006). Bones of anxiety and worried that people experience at a young age (especially childhood and adolescence). Their relationships with primary caregivers (mothers) should be explored, as Alban et al. (1996) concluded in a study that behaviors and the expression of a variety of maternal emotions have a positive and significant effect on a child's anxiety responses. Riggs and Jakovitz (2002) believe that researchers should prioritize childhood attachment relationships because children's anxiety and disturbances are described in terms of disorders rooted in the process. It has an attachment and its challenges (Riggs and Jacobiz, 2002). Platts Mason and Tyson (2005) to sum up in a study that the interactive patterns of the first years of each person's life, which stem from his communication experiences with primary caregivers, especially the mother, have a significant impact on the formation of psychological structure and emotion and communication functions. Increases self-esteem and also acts as a neutralizing factor against any kind of anxiety, while the emergence of any kind of disorder in these early relationships can overshadow the performance of people in future

relationships and increase concerns (Mikulincer, Florian, Bernbam, & Mikulincer, 2002).

Mikulincer and Shaver (2012) found in a study that the severity of anxiety decreases when attachment figures in their relationship with the child observe the aspect of support. This is the same style of secure attachment that Malik et al. (2015) pointed out in a study and found that people who have this type of attachment experience a healthier mental life can actually be considered according to the above. One study found that attachment styles have a significant effect on the regulation of emotional experiences resulting from interpersonal relationships (Levert and Sagi, 2015) so that people with a safe attachment style, when faced with emotional pressures caused by factors Different (such as coronary artery anxiety) seek different social support, while this practice is quite different in people with insecure attachment styles, and they choose the option of isolation, which creates low emotional distress. Self-esteem and anxiety occur (Koohsar and Bonab, 2011) In a study conducted by Pashazadeh Moradi (2020), these obtaining showed that people with coronary heart disease show difference psychological reactions so that people with secure attachment style Emergency They have healing water and experience less pain and psychological distress, but people with insecure attachment styles experience more intense emotional and psychological reactions and behaviors and find the disease extremely threatening. Also, Hojjati and Darabi (2020) in another study concluded that there is a significant relationship between different types of attachment styles and anxiety caused by corona. Given what has been said, in this study, we want to answer the question of whether attachment styles have a significant effective on anxiety caused by a coronavirus in primary school students in Ardabil province.

2. Materials and Methods:

The method of this research is based on the practical and based on descriptive and it study the correlation variables. The statistical population in this study includes 125,000 primary school students in Ardabil province who were studying in the academic year 2020-2021. In this study, we selected the samples using the stratified random sampling method, which

tested 1062 people based on the Morgan table, of which 531 were girls and 531 were boys.

To achieve corona anxiety, we used the modified Coronavirus Anxiety Scale (CDAS), which has been developed and validated in Iran. The final version of this scale consists of 18 items and 2 components. Items 1 to 9 assess psychological symptoms and items 10 to 18 assess physical symptoms in individuals. This scale is scored in the 4-point Likert scale. A high score (54) indicates a high level of anxiety in statistical samples and a low score (0) indicates the lowest level of anxiety in statistical samples. The validity and reliability of this tool have been proven in a study by Alipour et al. (2017) to examine children's attachment. The purpose of this questionnaire is to assess and evaluate the attachment of children aged 3 to 12 years. This questionnaire has 20 questions and for scoring it from a range of 5 points, the purpose of this questionnaire is to assess and evaluate the attachment of children aged 3 to 12 years. Likert 5 - 0 (always - never) The results of factor analysis show that there are 4 factors in the items. The components of the scale of attachment intermediate relations include a sub-factor (subscale) or a score of g and four subscales or a score of p, which include; The first subscale (6 questions) was "Positive Adaptive Evolution", in which the average load of this subscale was in the range of 0.56 to 0.68. The second subscale (6 questions) "Negative Behaviors" with a factor load between 0.47 to 0.60, the third subscale (4 questions) "Emotional reactions" with a factor load between 0.41 to 0.69, and the subscale Fourth (4 questions) "Avoidance of attachment face support/caregivers" whose factor loading of this subscale was between 0.58 to 0.65 The reliability of this questionnaire in a study conducted by its creators, based on internal correlation of 0.85 In another study, this scale was tested on 23 children, the reliability of which was 0.79 by the retest method (repeatability of the test). Cronbach's alpha value for its subscales was The order (positive adaptive development) was 0.69, (negative behaviors) was 0.63, (emotional reactions) was 0.65 and (avoiding the caregiver) was reported to be 0.56. The construct validity of this questionnaire was evaluated in comparison with the Randolph Attachment Disorder (RADQ) questionnaire, the results of which were satisfactory (Halpern and Kappenberg, 2006).

3. Results

Findings show that 50% of the subjects are male students and 50% are female students. According to statistical analyzes, 318.1% (n = 14) of the statistical samples have a disease or disability and 98.682 (1050) of the statistical samples are healthy in terms of health status. 38.3% of the statistical samples are in the age group of 6 to 9 years and 61.7% of the statistical samples are in the age group of 10 to 13 years. Most of the statistical samples are studying with 26.7% in the sixth grade of elementary school and 10.4% of the

statistical samples in the third grade of elementary school. Cronbach's alpha coefficient of the 18-item Corona Anxiety Questionnaire was 0.904 and considering that it is higher than 0.07, so it can be said that it has good reliability. Also, the attachment questionnaire with 20 items has acceptable reliability and Cronbach's alpha coefficient. 0.606 was obtained for this questionnaire.

Original hypothesis: attachment and corona anxiety have significance and positive relationship together.

Table 1. Investigating relationship between attachment and corona anxiety

Fortuneteller variable	Basis variable	Pearson correlation	Sig
attachment	Corona anxiety	0/236	0/000

Considering pearson correlation is, 236 and significance level is,000 that it is fewer from 0,05. so we can said that theoretical research (attachment and corona anxiety have significance and positive

relationship together) is approved.

First adjunct hypothesis: positive additional evaluations and corona anxiety have significance and positive relationship with each other.

Table 2. Investigating relationship between positive additional evaluations and corona anxiety

Fortuneteller variable	Basis variable	Pearson correlation	Sig
Positive adaptional evolution	Corona anxiety	- 0/054	0/052

** P<0/01 , * P<0/05

Considering pearson correlation is -,54 and significance level is ,052 that it is equal with 0,05. so such we can calculate that theoretical research (positive adaptional evolution and corona anxiety have significance and positive relationship together) is

approved but this communication is negative and reverse.

Secnd adjunct hypothesis: negative behaviors and corona anxiety have significance and positive relationship together.

Table 3. Investigating relationship between negative behaviors and corona anxiety

Fortuneteller variable	Basis variable	Pearson correlation	Sig
Negative behaviors	Corona anxiety	0/290	0/000

Considering pearson correlation is,290 and significance level is,000 that it is fewer from 0,05. so we can said that theoretical research (negative behaviors and corona anxiety have significance and positive relationship together) is approved.

Thirst adjunct hypothesis: emotional reflex and corona anxiety have significance and positive relationship together.

Table 4. Investigating relationship between emotional reflex and corona anxiety

Fortuneteller variable	Basis variable	Pearson correlation	Sig
Emotional reflex	Corona anxiety	0/180	0/000

Considering Pearson correlation is, 182 and significance level is, 000 that it is less than from 0, 05. so we can said that rhetorical research (emotional feelings and corona anxiety have significant and

positive relation with each other's) is approved. Source adjunct hypothesis: avoid from attentive person and corona anxiety have significant and positive relation with each other.

Table 5. Investigating relationship between avoid from attentive person and corona anxiety

Fortuneteller variable	Basis variable	Pearson correlation	Sig
avoid from attentive person	Corona anxiety	0/211	0/000

Considering Pearson correlation is,211 and significance level is,000 that it is fewer from 0,05. so we can said that rhetorical research (avoid from attentive person and corona anxiety have significance and positive relationship together) is approved. First research question: how are the corona anxiety position and anyone its aspects in research case statistical population?

Explanation: To examine the current state of coronary anxiety and each of its dimensions in the statistical population, we have used the One Sample T Test to test this hypothesis. We divide and put the result as the average of each scale and considering that the questionnaire questions are based on a 5 Likert scale, we consider 3 as the average and the criterion of the criterion and use it to calculate.

Table 6. Investigating the corona anxiety position and anyone its aspects in research case statistical population

Measure name	N	Mean difference	t	Sig	Mean
Corona anxiety	1062	2,447	27,402	0,000	0,553
Mental factor	1062	1,912	10,845	0,000	1,088
Physical factor	1062	2,5527	16,042	0,000	0,447

Considering significance level is,000 that it is fewer from 0,05 and according to mean of the whole measures is fewer from medial (3) so we can said that the corona anxiety position and anyone its aspects is undesirable in research case statistical population.

Second research question: how are the attachment position and anyone its aspects in research case statistical population?

Explanation: To examine the current state of

attachment and each of its dimensions in the statistical population, we have used the One Sample T Test to test this hypothesis. First, divide the average obtained by each subscale by the number of questions in that subscale. We take the result as the average of each scale and considering that the questions of the questionnaire are based on a 5 Likert scale, we consider 3 as the average and the criterion of the criterion and use it to calculate Investigating.

Table 7. Attachment position and anyone its aspects in research case statistical population

Measure name	N	Mean difference	t	Sig	Mean
Attachment	1062	0,364	1,582	0,000	2,636
positive adaptional evolution	1062	1,151	8,468	0,000	4,151
negative behaviors	1062	0,236	2,126	0,000	2,764
emotional reflex	1062	1,747	10,783	0,000	1,253
avoid from attentive person	1062	1,446	17,851	0,000	1,554

Considering significance level is,000 that it is fewer from 0,05 and according to mean of the whole measures is fewer from medial (3) so we can said that the attachment position and anyone its aspects (than positive adaptional evolution) is undesirable in research case statistical population.significance and fit indicators.

5. Discussion and Conclusion:

The results of the present study showed that attachment and its subscales have a positive and significant relationship with anxiety caused by coronary heart disease. According to the empirical background of research, there is a significant relationship between attachment styles and vulnerability to anxiety disorders and unbalanced and insecure attachment styles can play a role in creating and maintaining anxiety disorders (Pajuhinia et al, 2014). These findings overlap with the findings of the present study, or we can refer to the research of [Hudson and Rapee \(2004\)](#) who concluded that insecure attachment styles cause symptoms of anxiety in individuals.

The second hypothesis of the study based on positive adaptive development with coronary anxiety in primary school students in Ardabil province was also confirmed according to the results of statistical analysis. Similar test results for this research hypothesis can be seen in the research findings of [Strauss et al. \(2019\)](#). In a study, they concluded that adaptive regulation of emotion was significantly associated with anxiety. In examining the third hypothesis of the study, it was found that negative behaviors have a positive and significant relationship with coronary anxiety in primary school students in Ardabil province. A similar finding of this research can be found in the research of [Shirzadi et al. \(2020\)](#). They found in a study that aggression as a negative behavior has a positive and significant relationship

with coronary anxiety.

The fourth hypothesis of the study that emotional reactions with coronary anxiety of primary school students in Ardabil province have a positive and significant relationship was confirmed. The test result of this hypothesis overlaps with the results of [Pashazadeh Moradi \(2020\)](#) research, so that he concluded in a study that emotional reactions can be evaluated as a predictor of coronary anxiety. The fifth hypothesis of the study that avoiding caregivers has a positive and significant relationship with coronary anxiety in primary school students in Ardabil province was also confirmed. According to the research background, the type of relationship between parent and child has a significant relationship with children's anxiety due to coronary heart disease ([Kazemi and Sadeghi, 2020](#)).

For answering to the first question of the research, it should be mention that the state of corona anxiety. And each of its dimensions is in an unfavorable situation in primary school students in Ardabil province, which is similar to the results, and answers to this question can be seen in the research of [Yao, Chen, and Zhou \(2020\)](#). Actually, they obtained in their study that Covide-19disorders has a low psychological tolerance capacity, and the statistical population is exposed to a variety of mental disorders such as anxiety, depression, obsessive-compulsive disorder, and it's acutely. They also concluded that people involved have negative thoughts.

In response to the second question of the study, it should be said that the status of attachment and each of its dimensions (except positive adaptive change) in primary school students in Ardabil province is unfavorable and undesirable. According to the research background during the outbreak of coronavirus are also at a disadvantage and often have an insecure attachment style ([Melnyk et al, 2020](#)).

According to the results of statistical analysis, testing the hypotheses of the present study and comparing it with the research of Fathi et al. (2021), it is suggested that families, in order to reduce stress, fear, anxiety due to correlation in their child's stress, their educational and care patterns And know that their anxiety and worry can be passed on to their children.

According to the result of the study on the unfavorable attachment situation of elementary students in Ardabil city, is recommendation to hold interactive skills workshops to improve parent-child relationships. It is also recommended that subjects with attachment disorders and anxiety disorders under counseling and psychotherapy. To be placed in the research discussion, we suggested that cooperation and researchers examine this issue at other education levels or other social and occupational groups.

The present study is limited to primary school students in Ardabil city and there are limitations in generalization the results to all students in all grades and should be due to the lack of trust of research researchers findings due to data sampling in absentia (virtual and online questionnaire) Also mentioned. It should also be noted that the research design is cross-sectional, which has limitations compared to length designs.

5. Ethical Considerations

Compliance with ethical guidelines

All ethical principles are considered in this article. The participants were informed about the purpose of the research and its implementation stages. They were also assured about the confidentiality of their information and were free to leave the study whenever they wished, and if desired, the research results would be available to them.

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Authors' contributions

All authors have participated in the design, implementation and writing of all sections of the present study.

Conflicts of interest

The authors declared no conflict of interest.

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