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Comparison Between the Communication Skills in Two High and Low Levels of Need for Love and Belonging

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ABSTRACT

Background: The need to belonging is a general and human need. All the people like social interaction. Anyone wants to have friends. Due to form and maintain the warm, close and loving relations with others all tend to do something. We like others understand us as Just as we are and want to be valuable for them. We like others include us and be sensitive to our needs. We tend to make relations with people that honestly give important to our Welfare. We want our relationship to be mutually, So that not only would like to establish intimate relationships and loving, but we want others like to have the same kind of relationship with us too. The desire to establish a relationship with people, expand to relationships with groups, organizations and societies. In other word we need to relatedness. **Objective:** The current research compared the communication skills in two levels; high and low levels of need for love and belonging in young people. Participants were 90 persons from Tehran citizens that were selected between 20 to 30 years old. They were collected from three parts of Tehran. In order to getting better collecting, three parks were considered from north, middle and south of Tehran. The manner of sampling was random sampling. To assess the level of the communication skills, Karami questionnaire was used, and also for assessment of need for love and belonging, Glosser questionnaire was used. The validity of the questionnaires was approved by the valid faculties. Also reliability using Cronbach's alpha are respectively, 0.66, 0.89 and 0.68. Data obtained were analyzed by using the average of two independent samples. **Results:** The results showed that, among the communication skills of the people who need love and belonging, with two levels (low and high), there is a significant difference. The people with higher demand of love and belonging are more capable in communication skills than the lower demand. **Conclusion:** Perception of others is entry into the private world of another person and fully understands that leads to knowing what the other person is feeling and experiencing.

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INTRODUCTION

Today, communicate with others, makes one of the most important and most precious part of life for each of us. In fact, life is spent with others for most of us. Consequently, the type of communication plays a very important role in everyone's life (Robert, 1986). The communication seems a simple matter and we all know ourselves experts. But in between, when conflict arises, it is time that you should be judged on their verbal and communication skills (Berbner, 1998). While we are in relatedness with each other every day in different ways, we transmit our thoughts, feelings, and desire to each another, to show the amount of interest and our respect and to share our pain, sorrow, joy, happiness, our doubt and hesitation with others. A simple connection or set of connections, willingly or unwillingly, predetermined or random, active or passive and desirable or undesirable relationships, forms a major part of our daily schedule (Seligman, 2006). In the initial investigation, the need for savings bonds was defined as: to establish, maintain or restore a positive emotional relationship with someone else (Veroff, 1985). Need to kindness and compassion include to love and to be loved that It is required of all ages and Shortages or lack of it, creates bad effects and painful lesions in the spirit of people, and would affect relations with others (Leo, Buscalia, 1986). In the present study, we compared the communication skills developed by Karami (2012) and the need for love and belonging developed by Glasser (1925). Participants

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were divided in both the upper and lower need for love and belonging and then Communication skills be compared to those groups.

Today, many people wish of an intimate relationship with others, have a positive and significant, but they seem incapable of experiencing. Hary Stack Sullivan psychiatrist raises this issue; in our society, people's deepest problems are Loneliness, Isolation and Self-esteem. While, the problem in the early decades of the era of Freud is Sexual repression, and A major problem in the early thirties (Current century), means when Karen Horney starts to write, is Violence Converter. Today, the main problem is loneliness. Our culture is a culture that teaches people to suppress their feelings (Bolton, 1986). Buscalia (1987) expresses; I'm really considering the fact that we all need love but we see so low on those around.

Glosser (1925) believes all activities are to satisfy their psychological needs (including the need for love and belonging), If they succeed, they will obtain the tipping point and self-actualization, which is the acceptance of personal responsibility for their health that the result is reliance on internal protection. In otherwise they will be the cause of their suffering and the suffering of others. Also there are a lot of people due to different needs, have different personalities, and they cannot enjoy being together.

2. Methodology:

2.1. Participants

The population of the study is Tehran citizens. Ninety participants, mean age between 20-30 years, took part in this study. In the first, three parks were selected purposefully, from all of Tehran's parks, located in the north, center and south of the city. Then 30 participants as available that were interested were collected from each park. Therefore in this research, the Control variables were "20-30 years of age" and "Tehran citizens".

2.2 Population specification of the sample group:

Here, the demographics of the sample group based on sex, age, education and location are discussed in Table 1.

Table 1: The Abundance distribution and percent of samples based on Population specification (n=90).

		Frequency	Percent
Sex	Female	38	42.2
	Male	52	57.8
Age	20-25	41	45.6
	25-30	49	54.4
Education	Undergraduate	49	54.4
	Graduate	27	30.0
	Master	12	13.30
	PhD	2	2.20
Location	north of the city	30	33.30
	center of the city	30	33.30
	south of the city	30	33.30

According to Table 2-1 It can be seen that the samples are considered to be equal, of three parks in the north, center and south of the city, more participants in terms of gender, male / age, people aged 25 to 30 years / terms of education, those with undergraduate have formed.

2.2. Measures:

The tools were used in this study are questionnaire; the Karami questionnaire and the need for love and belonging Glasser questionnaire.

Communication skills questionnaire

Reliability:

Cronbach's alpha reliability coefficient for the estimation method is based on variance was used. Tests were conducted on 30 people and coefficient alpha was 0.66.

Validity:

1 - The face validity; Face validity was confirmed by MS students.

2 - Logical validity; According to the proposed theoretical research and communication skills, and Argyle (2001) and their colleagues had raised questions, with the proviso that with the supervisor, and the culture and society of the study is adapted, and in some cases it has been modified or changed.

Need for love and belonging questionnaire

Validity:

Factor analysis and principal components analysis (PC) were used for surveying of questionnaire construct validity. With considering the default of sample adequacy ($KMO=0.612$) and Bartlett test sphericity ($0.001 > P < 327/114=2\chi$), results are presented in table 2-2.

Table 2: Results of factor analysis by using principal component analysis the need for love and belonging questionnaire.

Factor (question)	Equity	Percentage of variance explained	subscription rate	factor loading
1	2.344	33.480	0.320	0.565
2	1.466	20.938	0.212	0.460
3	1.010	14.422	0.479	0.692
4	0.702	10.028	0.424	0.651
5	0.609	8.703	0.454	0.674
6	0.541	7.703	0.310	0.556
7	0.145	4.699	0.145	0.381

An extracted factor of the questionnaire is explained about 5/33% of the total variance of the variable and each one of the seven questions of questionnaire is greater than 0.3 extracted loading factor (correlations).

Based on the above results, the need for love and belonging questionnaire is valid for measuring of this concept.

Reliability:

To check the validity of the questionnaire, Cronbach's alpha coefficient was used that the coefficient for the questionnaire was accounted 0.68.

3. Result:

In this section with describing the data and based on frequency and percentage of the sample group, providing measures of central tendency, scattering data from the measured variables and drawing graphs for testing the research hypothesis and respond to research questions, the T-test statistical method is used.

3.1 frequency and description of data:**Communication skills**

The indexes of central tendency and dispersion of score of communication skills in the sample group are shown in table 3.

Table 3: Indexes of central tendency and dispersion of score of communication skills.

	No.	M	Med	Exponent	St dev	Min	Max
Women	38	111.5	108	111.32	9.74	89	133
Men	52	114.5	122	113.21	10.09	93	134
North	30	112.5	106	113.20	7.85	98	133
Center	30	112.5	104	113.23	10.47	94	133
South	30	112.5	93	110.80	11.30	89	134
Total	90	112.5	116	116	9.93	89	134

Also the indexes of central tendency and dispersion of score of communication skills in the sample group are shown in figure 1.

As can be seen in Table and Figure 1, the level of communication skills are collected in point of sex and the location of the sampling parks. In sum, we see that the ratio of men to women in the study population has a score greater communication skills and the mean score on the samples taken from the north park and downtown park of Tehran more than the total mean.

Need to love and belonging

The indexes of central tendency and dispersion of score of Need to love and belonging in the sample group are shown in table 4.

Table 4: Indexes of central tendency and dispersion of score of Need to love and belonging.

	No.	M	Med	Exponent	St dev	Min	Max
Women	38	27	24	27.74	4.34	14	34
Men	52	27	25	27.65	3.84	17	35
North	30	27	26	27.87	3.64	20	34
Center	30	26.5	23	26.93	5.28	14	35
South	30	28.5	29	28.27	2.82	23	34
Total	90	27	26	27.69	4.04	14	35

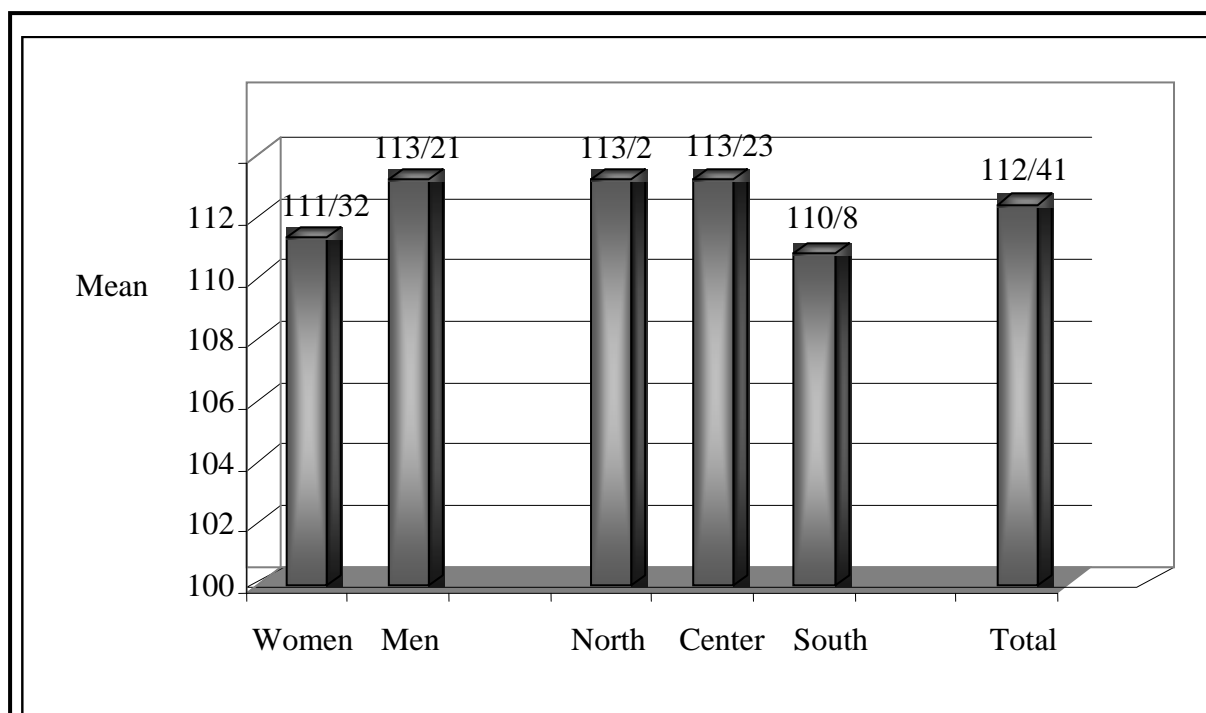


Fig. 1: Indexes of central tendency and dispersion of score of communication skills.

Also the indexes of central tendency and dispersion of score of Need to love and belonging in the sample group are shown in figure 2.

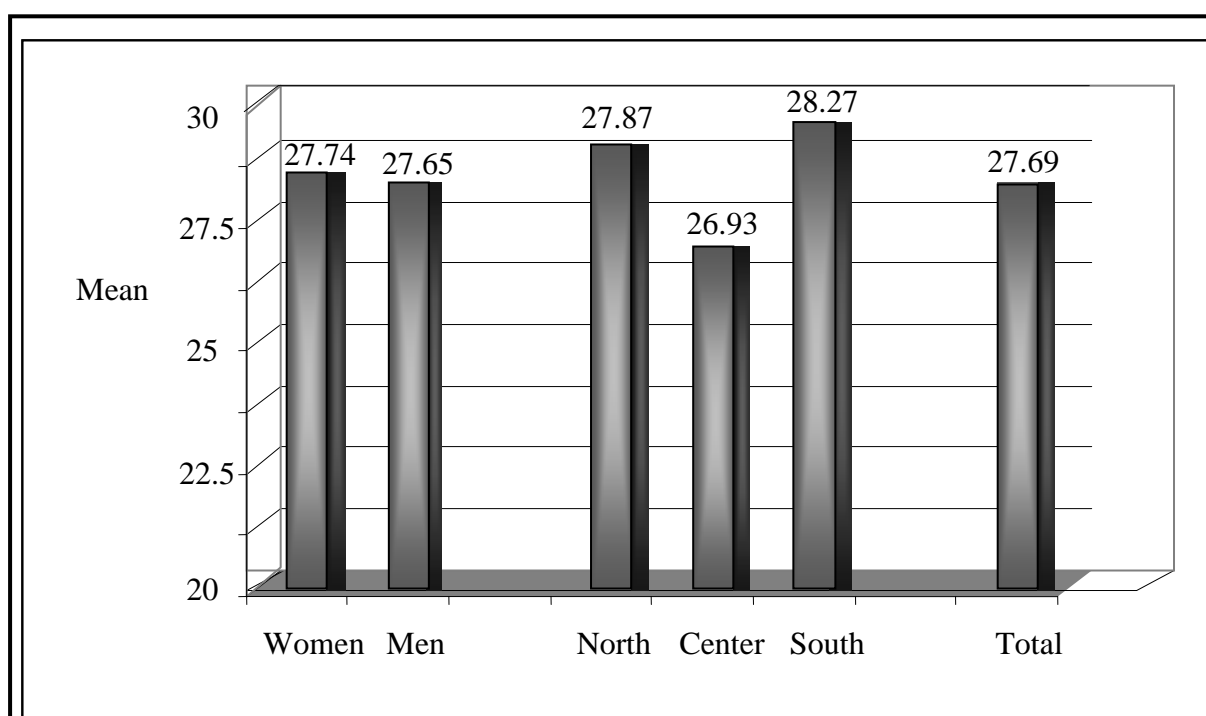


Fig. 2: Indexes of central tendency and dispersion of score of Need to love and belonging.

As it could be seen in table and Figure 2, the mean of need for love and belonging in the park that located north and south of Tehran is more than total mean and the park is located in downtown.

Now for comparing of communication skills we need to divide the participants in two groups; High and Low levels of need for love and belonging. To this end, first based on the mean and standard deviation of the questionnaire score (need for love and belonging); the participants are divided in three groups. Thus, individuals

who scored between one standard deviation above and below the mean were considered as individuals who have moderate levels of need, also individuals who scored one standard deviation above the mean were considered as individuals who have high levels of need and individuals who scored one standard deviation below the mean were considered as individuals who have low levels of need. The scores of above groups with considering of frequency distribution and percentage of them are shown in table 5.

Table 5: Frequency distribution and percentage based on the level of need to love and belonging.

Subgroup	Score		Frequency	Percent
High level	14-23.65	minimum→-1s	10	11.1
Moderate level	23.65-31.73	-1S→+1S	61	67.8
Low level	31.73-35.00	+1S→Maximum	19	21.1

To confirm a significant difference between the two levels of high and low of need to love and belonging, In addition to scores description, the means of two levels by using T-test are compared. The test result is shown below in table 5.

Table 6: Results of T-test, to compare the need for love and belonging between the two subgroups of low-level and high-level.

Group	No.	M	St dev	ANOVA	T-test			
				F	M diff	St dev diff	Df	t
High level	10	20.70	3.09	12.914	12.30	1.002	9.89	12.279
Low level	19	33	94					

Statistic results demonstrate as regards the calculated t index (12.279) is greater than $t_{0.01}$, with degrees of freedom 89/9 with two-tailed test (3.169), therefore the null-hypothesis of equal mean is rejected with 99% confidence.

In the final stages, for comparison between the communication skills in two high and low levels of need for love and belonging, T-test has been used. Results are reported in Table 7.

Table 7: Results of T-test, to compare between the communications skills in two high and low levels of need for love and belonging.

Group	No.	M	St dev	ANOVA	T-test			
				F	M diff	St dev diff	Df	T
High level	10	105.7	8.88	0.794	9.04	3.847	27	2.349
Low level	19	114.74	10.3					

Statistic results demonstrate as regards the calculated t index (2.349) is greater than $t_{0.05}$, with degrees of freedom 27; therefore the null-hypothesis of equal mean is rejected with 95% confidence.

4. Conclusion:

In conclusion with considering of table 7, it can be stated that the result of the need for love and belonging, there are significant differences between the two groups.

Also there are significant differences between communication skills, in two levels of low and high need for love and belonging. The communication skills of the people at the top need to love more than the people who are in low demand.

5. Discussion:

Perception of others is entry into the private world of another person and fully understands that leads to knowing what the other person is feeling and experiencing. Ability to understand the deep feelings, emotions and intentions lead to better communicate with others and the social world. Because, if a person feels that it is understood by others, certainly has shown a greater willingness to communicate (Farhangi, 1992). This theory is consistent somewhat this research results, Thus, if a person is able to understand others' feelings and experiences, can achieve communicate better with others. Better communication create tending to communicate more, it means encourage to more engage and loving and being loved.

Behavioral science researchers and theorists believe that there are three characteristics of the key, thereby fostering better communication; Integrity, non-monopolistic love and empathy. Love without monopoly is the second key trait that can promote meaningful communication (Bolton, 1986). As it can be seen Bolton does confirm result research.

According McAdams and Losoff (1984), individuals with a high need for intimacy, compared with those with a low need for intimacy, in an apparent effort to start a new friendship, often join social groups, to interact with others, and to establish lasting and durable friendship. This theory is confirmed by the research.

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