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Unrealistic optimism among university students

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Abstract--University students belong to the youth stage, especially as young people suffer from pressures in their lives and their future, not to mention the developments and changes taking place in all areas of life as they keep pace with the technical revolution and social communication. Another, the youth stage, is a transitional stage between adolescence and adulthood and the stage of setting goals and heading towards the future and independence (Masoudi, 2018: 16), and failure to achieve this may lead to many psychological problems, and in order to alleviate the burden of these problems, some of them may resort to their dimensions About their lives, the anticipation of positive events and optimism for life and the future, (Ghazwan, 2019) indicates in this regard that "the youth stage characterizes by speed, impatience, impulsiveness, adventure and unlimited optimism. The current research aims to identify: 1- Unrealistic optimism among Kufa University students. 2- The statistically significant differences in the unrealistic optimism of the students of the University of Kufa according to the two variables: A: Gender (males/females) B: Academic specialization (scientific/humanitarian).

Keyword--unrealistic optimism, university students, social communication.

Introduction

The current research aims to identify

Unrealistic optimism among Kufa University students: Statistically significant differences in unrealistic optimism among Kufa University students according to

two variables: A: Gender (males/females) B: Academic specialization (scientific/humanitarian)

The current research determines the students of the University of Kufa according to two variables:

- A: Gender (male/female)
- B: Academic specialization (scientific/humanitarian) for the academic year (202-1-2022 AD) (1442-1443 AH)

To achieve the objectives of the research, the researchers relied on the following

- Using the (descriptive associative approach) to detect unrealistic optimism.
- The two researchers adopted the theory (Weinstein, 1980) as a theoretical framework for the current research, and accordingly, the researchers adopted the definition of (Weinstein). It applies to writers a lot; it applies to writers to a moderate degree, it applies to writers to a small degree, and it does not apply to writers at all).

To complete this, the two researchers applied the tool to the statistical analysis sample of (300) male and female students. The psychometric characteristics of the tool extract. In contrast, the final application sample amounted to (400) students in the fourth grade, which were withdrawn by the stratified random method with equal distribution and after data collection and processing statistically using the help of Using the statistical package (SPSS), the researchers reached the following results:

- The students of the University of Kufa are not characterized by unrealistic optimism.
- There are statistically significant differences in gender between (males and females) in unrealistic optimism in favour of females among Kufa University students.
- There are no statistically significant differences in the academic specialization between (scientific and humanitarian) in the unrealistic optimism of the students of the University of Kufa. The two researchers recommended several recommendations suggestions to complement the research findings.

First, the research problem

University students belong to the youth stage, especially as young people suffer from pressures in their lives and their future, not to mention the developments and changes taking place in all areas of life as they keep pace with the technical revolution and social communication. Another, the youth stage, is a transitional stage between adolescence and adulthood and the stage of setting goals and heading towards the future and independence (Masoudi, 2018: 16), and failure to achieve this may lead to many psychological problems, and in order to alleviate the burden of these problems, some of them may resort to their dimensions About their lives, the anticipation of positive events and optimism for life and the future,

(Ghazwan, 2019) indicates in this regard that "the youth stage characterizes by speed, impatience, impulsiveness, adventure and unlimited optimism. Optimism is a psychological mechanism that pushes the individual to resist depression, failure and despair. It impacts a person's life for the better, resulting from his excessive positive expectations and daydreaming away from reality when these expectations and future aspirations increase at the acceptable limit.

Research goal

The current research aims to identify:

- Unrealistic optimism among Kufa University students.
- The statistically significant differences in the unrealistic optimism of the students of the University of Kufa according to the two variables: A: Gender (males/females) B: Academic specialization (scientific/humanitarian).

Fourth: The limits of the research: The current research is limited to fourth-grade students of the University of Kufa of both sexes (males - females) and from both academic disciplines (scientific - human) for the academic year (2021-2022).

Practical part

Search procedures

In order to achieve the objectives of the current research, it was necessary to define the research and society approach, choose a representative sample for it, prepare the appropriate tools for measurement, ensure their validity, and then apply them to the selected research sample, and use the appropriate statistical means to analyze and treat the data. The current research community consists of fourth-grade students from the supporting colleges at the University of Kufa in its two branches (scientific and humanitarian) and both sexes for the morning study for the academic year (2021-2022). humanly, (5368) scientifically and (17312) females distributed by (11399) human and (5913) scientific, like a sample of the clarity of paragraphs and instructions and a sample of stability by re-testing like a sample of statistical analysis.

Sample search

Statistical analysis sample

Its purpose is to obtain data to conduct the statistical analysis of the scale items, which is one of the basic steps for its construction as the sample of the statistical analysis of the items chooses randomly. Hence, the two researchers chose a sample of (300) male and female students by a stratified random method to account for gender. Academic specialization and the sample was from the fourth grade.

The primary research sample

The research sample chooses by the stratified random method with equal distribution. Its idea is based on equally distributing the sample size between the classes in each layer of the sample population (Al-Zamili and others, 2009). The

greater the sample size, the greater the degree of confidence. Thompson considered the proportion of variance and error in his equation to create a sample representing the community (Steven Thompson, 2012: 59-60). He found that the number (of 400) male and female students represent a percentage (1.41%). Of the total population, the sample was from the fourth grade.

Research tool and its application

The two researchers built a scale to measure unrealistic optimism to achieve the current research objectives. The following are the procedures adopted by the two researchers in the construction process

Preparing a scale of unrealistic optimism

Where the two researchers resorted to a series of procedures for building the scale, which requires the availability of psychometric properties of (veracity, stability and discrimination), and these procedures are represented by the following:

Determining the goal: measuring the unrealistic optimism of university students

Defining the concept: After the two researchers familiarized themselves with the psychological theories that explained unrealistic optimism, and since the two researchers adopted the theory (Weinstein, 1980) as a theoretical framework for the current research, and accordingly, the researchers adopted Weinstein's definition of unrealistic optimism: a belief that makes individuals look at events Positive events that occur to them to a greater extent relative to others, and that adverse events occur to them less than others." Weinstein, 1980: 806).

Determine the areas covered by its paragraphs

The scale consists of six areas:

- **The first field:** is the economic field: the positive and negative expectations of the individual in an exaggerated way, represented in obtaining a profession, getting rid of unemployment and the nature of the economic situation in which he is living.
- **The second domain:** is the social domain: the individual's positive expectations that occur if significantly about others, and adverse events occur if less than others, represented by the social attitudes surrounding the individual and affecting his life and daily events.
- **The third domain:** the health domain: is the individual's positive expectations that occur if more about others, and adverse events occur if less than others, represented by health-related situations.
- **Fourth Domain Family Domain:** Positive expectations of the individual occur if more about others, and adverse events occur if less than others are represented by family attitudes.

- **Fifth Domain Academic Domain:** Positive expectations of the individual that occur if more about others and adverse events occur, if to a lesser extent than others, represented by situations with a relationship.
- **In the academic and academic fields, the sixth domain:** the personal domain: the individual's positive expectations that occur if more about others, and adverse events occur if less than others, represented by attitudes related to the personal sphere and individual attitudes.

Scale Paragraphs Validity

The two researchers verified the validity of the paragraphs of the unrealistic optimism scale by presenting them in their initial form to a group of specialists in education and psychology. Their number was (30) arbitrators. 2, 12, 15, 21, 26, 34, 36), to obtain a higher degree than the value of a square, such as the tabular value of (3,84) at a significance level of (0.05) and with a degree of freedom of one. The two researchers took all the linguistic modifications suggested by some arbitrators. Paragraph analysis of the scale: In order to calculate the discriminatory power for each of the paragraphs of the unrealistic optimism scale, the two researchers applied the scale to the sample of analysis, which amounted to (300) male and female students from the scientific and humanitarian specializations, and thus the sample size met the conditions of the analysis. The two researchers applied the t-test for two independent samples to test the significance of the differences between the two groups because the calculated t-value represents the discriminatory power of the paragraph between the two groups (Al-Batsh and Abu Zina, 2007: 211), and the calculated t-value was considered an indicator to distinguish each paragraph from By assaying it with the tabular value of (1.96) at the significance level (0.05) and the degree of freedom (160) (Allam, 2010: 614), and in light of this procedure, all paragraphs distinguish at the significance level (0.05).

Internal consistency method

The relationship of the paragraph with the total degree: using the same data that was adopted in the method of the two extreme groups, according to the Pearson correlation coefficient (person) to extract the correlation between each paragraph of the scale and the total score of the scale, and when testing the significance of the correlation coefficients using the statistical bag for social sciences (SPSS)), All correlation coefficients were significant when compared with the T-table value at a significance level of (0.05) with a degree of freedom (298).

Psychometric characteristics of the scale

The psychometric (standard) characteristics of the scale as a whole indicate its ability to measure what it prepares to measure and that it measures the characteristic with acceptable accuracy and with the least possible error (Melhem, 2010: 433), and for the psychological or educational measurement tool to be effective in measuring the psychological or educational phenomenon and gives us A quantitative description of this phenomenon, it should characterize by some common characteristics, the most important of which are honesty and stability (Al-Batsh and Abu Zina, 2007: 250).

- **Apparent honesty:** This type of honesty is represented by the preliminary examination of the contents of the scale, that is, looking at the paragraphs and knowing what they seem to measure. (Weiner & Stewart, 1984:79)
- **Discriminatory honesty:** The discrimination coefficients for the items were extracted by the method of the two extreme groups, and all items were distinct for the two scales.

Construction Authenticity

It means analyzing the degrees of the scale based on the psychological construction of the characteristic to be measured; that is, it shows the extent to which the scale contains a specific theoretical construct or a specific feature (Stanley & Hopkin, 1972:111) or it is the extent to which we can decide that the scale measures a specific theoretical construct or Specific property (Anastasi,1988:151))

Scale stability indicators

- Test-retest method
- Half-segmentation method
- Alpha-Cronbach's method for internal consistency

Results

The first goal: Unrealistic optimism among Kufa University students

To achieve this goal, the two researchers applied the scale of unrealistic optimism to the members of the research sample, numbered (400) individuals. The mean with the hypothetical mean of the scale of (108) degrees and using the t-test for one sample, it was found that the difference is statistically significant in favour of the hypothetical mean, as the calculated t-value was (-3,392) degrees higher than the tabular t-value of (± 1.96) with a degree of freedom (399) and a level of significance (0.05), and Table (1) shows this.

Table 1

Shows the results of the t-test for one sample to indicate the difference in the unrealistic optimism of the students of the University of Kufa

variable	Sample	Arithmet ic mean	Standar d deviatio n	Hypoth esis mean	degree of freedom	T_ value		Significan ce level (0.05)
						Calcula tion	Tabular	
Unrealist ic optimism	400	100,49	17,91	108	399	-3.392	1.96	in favour of the hypothetic al mean

Table (1) shows that university students are not characterized by unrealistic optimism behaviour, and this can be explained that Kufa University students do not have unrealistic optimism. This result shows that unrealistic optimism is far from the nature of their lifestyle, and this indicates that students have a realistic

view of life and its variables, as unrealistic optimism has adverse effects on the student and reduces the possibility of exposure to adverse incidents in the foreseeable future and even in the future. It leads the owner to see the various risks. It pushes him to ignore social, health and academic problems, and the fact that unrealistic optimism drives the owner to the illusion of being able to perform the tasks required of him.

The second objective

Is to identify the significance of the differences in unrealistic optimism among university students according to the variables of gender and academic specialization among students of the University of Kufa. To achieve this goal, the two researchers used the Two Way Anova analysis to identify the significance of the differences in unrealistic optimism according to gender (male-female) and academic specialization (scientific - human). The verify the homogeneity condition for the analysis of variance. Levene's test was applied to identify the extent of homogeneity of variance within cells, and table (2) illustrates this.

Table 2
Levin Test to find out the homogeneity of the research sample members on the scale of unrealistic optimism

Variables	Degree of freedom 1	Degree of freedom 2	Values of Levene's test		significance at the level 0.05
			Calculati on	Tabular	
Gender	3	396	1,32	2,66	Not significant
Specializat ion					
sex specialty					

From Table (2), it is clear that the calculated Levin Test value has reached (1.32) degrees, which is smaller than the tabular value (2.66) degrees at the significance level (0.05) and at two degrees of freedom (3, 396), which means that the cells are entering in the homogeneous analysis. By using a two-way analysis of variance to find out the interaction between the variables of gender and academic specialization and their impact on unrealistic optimism, the results were obtained, and the following is a presentation of that

First: The values indicative of the unrealistic optimism scale

About what was produced by the two-way analysis of variance, the two researchers found that the significant values were:

Statistical differences in sex (males and females)

The results indicate that the value of the calculated value for the sex of (8,009) degrees, which is greater than the tabular value of (3.84) degrees at the level of (0.05) and with two degrees of freedom (1, 396), which indicates that it is statistically significant, which means that females have higher unrealistic optimism behaviour than males. It is noted from the table (28) that the arithmetic means for females reached (95,840) degrees and with a standard deviation of (19,600) degrees, which is higher than the arithmetic mean for males (81,01) degrees and with a standard deviation of (19,983) degrees Table (3) illustrates this.

Table 3
Shows the averages between (males and females) on the scale of unrealistic optimism

Gender	Sample	Arithmetic mean	Standard deviation
female	200	95,840	19,600
males	200	81,01	19,983

It can be explained by the fact that females' view seeks harmony and psychosocial harmony. They find unrealistic optimism to reduce anxiety resulting from fear of imminent dangers, as females dream of marriage, family formation, and association. They always have a positive outlook on life and go in immersion in dreams. Vigilance to the fullest extent is avoiding the available reality, and thus unrealistic optimism is a motive for the possibility of the positive aspects and avoids thinking about the negative aspects that the female is always optimistic and dreamy and has an optimistic view of the future without diving into the facts experienced by her social environment and this is a naturally formed from her biological composition that Does not stand the odds compared to males and may be inclined to unrealistic optimism as a refuge as a result of their anxiety to overcome they may face problems in practical life, and several studies and research have proven that unrealistic optimism is a motive to reduce anxiety.

Second: The values are not a function of the differences on the scale of unrealistic optimism

About what was produced by the two-way analysis of variance, the two researchers found that the non-functional values were:

Differences in the academic specialization

It notes that the value of the calculated value for the academic specialization is (1) degree, which is smaller than the tabular value of (3.84) degrees at the level (0.05) and with two degrees of freedom (1,396), which indicates that it is not statistically significant, and it notes from the table (6) The arithmetic mean of the scientific reached (80,735) degrees, with a standard deviation of (17,946) degrees, while the arithmetic means of the human being reached (81,285) and with a standard

deviation (18,026) degrees. By comparing the two averages, we find that there are no apparent differences between them, which indicates that they are equal in the level of Unrealistic optimism; table (4) illustrates this.

Table 4
Shows the averages between the two specializations (scientific and human) on the scale of unrealistic optimism

Specialty	Sample	Arithmetic mean	Standard deviation
scientific	200	80,735	17,946
humanitarians	200	81,285	18,026

The two researchers attributed this to the fact that unrealistic optimism is the same among students of the scientific and humanitarian specialization as a result of their belonging to a similar university community, which leads to a convergence in their intellectual level, to the fact that they are exposed to the same educational and life events and conditions.) and it differs from the results of the study (Abdullah, 2018).

Conclusions

In light of the conclusions reached by the study, the two researchers recommend the following:

- The students of the University of Kufa are not characterized by unrealistic optimism.
- There are statistically significant differences in gender between (males and females) unrealistic optimism in favour of females among Kufa University students.
- There are no statistically significant differences in the academic specialization between (scientific and humanitarian) in the unrealistic optimism of the students of the University of Kufa.
- There are no statistically significant differences in the interaction between gender and academic specialization in the unrealistic optimism of Kufa University students.

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