



# High school teachers Sensation seeking, quality of life and hope of life<sup>1</sup>

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## Abstract

This paper examines relationship between Sensation seeking and quality of life with hope of life in Tehran high school teachers. Sample consists of 300 students which have chosen by multi-cluster random sampling. Quality of life questionnaire, life hopes questionnaire and sensation seeking questionnaire were employed to collect data. Data analysis involved both descriptive and inferential statistics including mean, standard deviation, Pearson's correlation coefficient and multi stage regression analysis and sequential equational modeling. Finding reveals that Sensation seeking, hope of life and life quality can significantly predict quality of life. Among 7 sub variables of sensation seeking 3 sub variables (total sensation seeking variety seeking and get redness) and hope of life and motivation in hope of life variable have significant effect on quality of life. Finally all factor load predicted latent variables significantly. Positive sensation seeking helps teacher to increase their hope of life.

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## **1. Introduction**

It seems that, if people aim to have more hope in their life they should invest more on the quality of their life. So the quality of life can be one of the important determinants of life expectancy. Cella (1995) believes that all aspects related to well-being are quality of life. Billington, Landon, Krägeloh and Shepherd (2010) defined the quality of life as an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns.

McMillan & Weitzner (1998) believed that the quality of life as includes three dimensions of psychological, physiological, functional, and spiritual social well-being. Mental Health Services Palliative Care Development Group believe that specified components in a different approach to quality of life are: physical (eg, pain control, symptom management), functional ability (such as activities of daily living), the family wellbeing and emotional well-being of the individual, spirituality (this can take different forms for different people), Social wellbeing, satisfaction of therapeutic intervention, cultural beliefs, and future plans and hopes and dreams. Zuckerman (1994) defined sensation seeking as a personality trait characterized by seeking "varied, novel and complex sensations & experiences". According to Zuckerman some examples of Sensation seeking are tendency to use drug, aggression, risky sex, jump height, physical contact sports, mountaineering, and exciting computer games. Scientific evidence has shown that sensation seeking is associated with a variety of illegal and dangerous activities.

Fiori and Antonakis (2012) to represent these relationships refers to various studies such as: The use of illegal drugs (Gallagher & Lopez, 2009; Jenaabadi & Nastiezaie, 2011; Maslowsky, Buvinger, Keating, Steinberg, & Cauffman, 2011; Giné & et al., 2013). ), Risky sex (Lu, 2008; Mariani, Perez-Barahona & Raffin, 2010), Reckless driving (Ortin, Lake, Kleinman, & Gould, 2012), Smoking (Zuckerman, Ball & Black, 1990), Alcohol abuse (Stacy, Newcomb & Bentler, 1993) and family dysfunction (Sands, Goldberg-Glen & Shin, 2009; Sanchez-Alvarez et al., 2013). Some of

sensations seeking features are as follows; Sensation seeking people unreliable and embrace new experiences, they do not let previous decision be a barrier that they cannot take advantage of new experiences. Sensation seeking can lead to delinquency on the one hand and on the other hand it leads to creativity. A lot of people who are known as sensation seeking to satisfying their need have tend to be entertained by arousing stimulus of dangerous behavior.

They search more stimulating content on the Internet to meet their special needs such as pornography, games, music, and online communication, including chat, instant messages on the Internet. They value diversity. For example, they have a lot of friends with different ideas about the world. Sensation seeking people want to have sex with different people. They interested to party's libertarianism are whose main characteristic and are ready to accept artistic activities (Lu, 2008; Wisawatapnimit, 2009).

Research and theoretical evidence suggests that studies conducted on the relationship between quality of life and life expectancy has been done mainly in groups of patients than ordinary people (Mental Health Services Palliative Care Development Group, 2008). About the relationship between sensation seeking and life expectancy in spite of the theoretical and rationale basis for the existence of this relationship, using search on information sources, we not observed a study that clearly examined the relationship between the two. Accordingly investigating the relationship between quality of life and sensation seeking appear necessary in the ordinary people.

A hope for the future, is one of the main issues is to create peace and improve the chaotic life of man. In positive-thinking psychology, it is believed that structures such as hope can protect people against stressful life events (summers, Poston, Turnbull, Marquis, Hoffman, Mannan & Wang, 2005). It seems that identifying predictors of life expectancy is more important and it is necessary to do research to accurately determine their predictive power. In this study we investigated the predictive role of two quality of life and sensation seeking variables for life expectancy. The quality of life is chosen because

despite the theoretical and empirical evidence in support of its role in life expectancy, but this role has been confirmed in patient's not normal people. Additionally, the selected samples have also been a group of teachers that this review is necessary because of the special status of a teacher's life.

## 2. Method

This research is a descriptive research that is done by correlation method. In terms of purpose this study is among the basic researches. The present study was conducted with the aim to determine the relationship between quality of life and sensation seeking with life expectancy among male teachers in public schools in Tehran in the 93-92 school year. First 5 regions (6, 12, 17, 19, 3) were selected randomly among 19 educational districts of Tehran. In the next stage two schools selected from each region and all the high school teachers were

selected as examples. Then, according to researcher coordination with the teacher and school administrator, quality of life, life expectancy and sensation seeking questionnaires on break time and at the same time in a meeting were provided from teachers and required information regarding how to complete the questionnaires was provided to teachers and questionnaires were completed. It should be noted that 400 participants completed questionnaires that among them 37 questionnaires were excluded due to being incomplete and 367 completed questionnaires were entered into the analysis. In this study, stage cluster sampling method was used and sampling was done according to the formula of Krejcie and Morgan (1970) Table that from above community a sample to the volume of 367 subjects was selected.

## 3. Results

**Table1.** Descriptive statistic of quality of life, life expectancy and their sub-components

Variables	Mean	Standard deviation	Lowest score	Highest score
Quality of Life	87.21	8.66	31	41
Physical health	15.87	3.23	6	32
Psychological health	22.95	5.01	9	53
Social relations	18.61	4.19	9	30
Living environment	32.45	5.70	17	48
Pathway	11.35	3.19	5	15
Motivation	12.64	1.17	6	16
Life expectancy	32.31	5.12	8	31

Table 1 shows the descriptive indicators of quality of life, life expectancy and their sub-components, such as mean, standard deviation, minimum and maximum score scores. Accordingly, the highest and the lowest mean among sub-components of quality of life are the living environment (32.45) and physical health (15.87), respectively. Mean, minimum and maximum scores of quality of life variables are respectively (87.21, 13 and 41) and

the mean, minimum and maximum scores of life expectancy variable are (32.31, 8 and 31). Also, the lowest and highest of scores of sub variables of life expectancy are the motivation (11.35) and Pathway (12.64) and the mean, the lowest and highest sub scores of quality of life variables are the physical health (15.87) and living environments (32.45).

**Table2.** Descriptive statistic of sensation seeking and its subcomponents

Variables	Mean	Standard deviation	Lowest score	Highest score
Sensation seeking	6.21	1.15	0	6
Seeking experience	5.44	1.22	2	5
Adventure	4.60	1.07	3	6
dysphonic	55.2	1.42	3	6
Seeking diversity	6.22	1.23	2	5
Escape from inhibition	6.36	1.56	2	4
T Sensation seeking	21.78	7.43	8	3

Table 2 shows the descriptive indicators of sensation seeking variable and its sub components such as mean, standard deviation, minimum and maximum scores. Mean, minimum and maximum scores of total sensation seeking variable are respectively (21.78, 78.43 and 34). Accordingly, the highest and the lowest mean among subcomponents of sensation seeking variables are escape from inhibition (3.36) and Adventure (4.06). Also distribution of the quality of life variables with the value

of ( $z=1.21$ ) life expectancy with the value of ( $z=1.62$ ) and sensation seeking total with the amount of ( $z=1.31$ ) is normal in the population. As the probability values and ANOVA test in the sensation seeking variable ( $F=1.35$ ,  $P=0.56$ ) and life expectancy ( $F=1.33$ ,  $p=0.49$ ) shows, the assumptions of homogeneity of regression slopes about the research variables is established. So regression analysis test can be used to investigate the research hypotheses.

**Table3.** Multiple correlations between sensation seeking and life expectancy and sub variables

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1	1														
2	0.42**	1													
3	0.33**	0.76**	1												
4	0.43**	0.22**	0.36**	1											
5	0.76**	0.19**	0.79**	0.22**	1										
6	0.34**	0.23**	0.71**	0.19**	0.67**	1									
7	0.64**	0.36**	0.31**	0.23**	0.43**	0.50**	1								
8	0.32**	0.23**	0.67**	0.37**	0.57**	0.60**	0.66**	1							
9	0.61**	0.64**	0.73**	0.19**	0.35**	0.23**	0.75**	0.11**	1						
10	0.76**	0.35**	0.31**	0.23**	0.64**	0.36**	0.31**	0.23**	0.43**	1					
11	0.31**	0.54**	0.70**	0.15**	0.37**	0.23**	0.67**	0.34**	0.58**	0.36**	1				
12	0.61*	0.64**	0.72**	0.19**	0.39**	0.23**	0.76**	0.17**	0.77**	0.35**	0.38**	1			
13	0.39**	0.39**	0.61**	0.64**	0.76**	0.19**	0.77**	0.31**	0.37**	0.31**	0.23**	0.43**	1		
14	0.76**	0.19**	0.76**	0.38**	0.31**	0.23**	0.32**	0.67**	0.39**	0.67**	0.35**	0.53**	0.31*	1	
15	0.31**	0.23**	0.31**	0.54**	0.76**	0.19**	0.21**	0.76**	0.43**	0.76**	0.18**	0.31**	0.67**	0.61**	1

**Note:** Numbers are stands as following: 1-Quality of life, 2-Physical health 3- Psychological Health 4- Social Relations 5- living environment 6- The total sensation seeking,7- Seeking experience 8- adventure9- dysphoric,10- Seeking diversity,11- escape from inhibition, 12- sensation seeking,13- Life expectancy,14, Motivation,15- Pathway

Table 3 multiple correlation between variables and sub-variables show that there is a direct significant relationship between all aspects of sensation seeking and life expectancy with quality of life. The results table 6.4 shows that there is a positive correlation between all sub-components of quality of life with together and with sensation seeking and life expectancy. Also the table results shows that the correlation between sensation seeking and quality of life (0.61) and the correlation between sensations seeking and life expectancy

(0.42) and correlation between quality of life and life expectancy (0.39) are positive and significant. Also the results of multiple regression analysis showed that the maximum multiple correlation coefficient between sensation seeking and life expectancy and quality of life is 0.66. Table 4.6 Regression models, analysis indicators of variance, multiple correlation coefficients and determination coefficients of the dimensions of sensation seeking and quality of life is to predict the life expectancy.

**Table4.** Regression models of sensation seeking and quality of life

Df	MS	F	Sig	R	R <sup>2</sup>	Ee
20.25595	347.1706	515.14	001.0	66.0	435.0	842.10

**Predictor variables:** total sensation seeking, experience seeking, adventure, annoyance-acceptance, variety seeking, escape from inhibition, sensation seeking, quality of life, physical health, psychological health, social relationships and living environment

**Criterion variables:** life expectancy

Overall, the results in Table 4 show that, given the significant f multiple correlation coefficients are significant and represent a significant and strong correlation between sensation seeking and quality

of life with life expectancy. Moreover statistical significance in this model shows that the life expectancy prediction model by quality of life and sensation seeking is an appropriate model to fit the data in this field. Also, the results of determining factor show that the in all the dimensions of the sensation seeking and quality of life will be able to predict 0.43% of the change variance in life expectancy. The results of table 4-7 shows the standardized regression coefficients and significance of these coefficients to showing the predictive role of sensation seeking and quality of life dimensions.

**Table5.** Regression coefficients of sensation seeking and quality of life for predict life expectancy

Variables	B	Se	β	t	Sig
Constant	52.152	26.5		10.15	002.0
Total Sensation seeking	61.0	21.0	40.0	31.9	001.0
Seeking experience	98.0	14.0	032.0	87.0	061.0
Adventure	16.0	38.0	018.0	90.0	053.0
dysphonic	13.0	27.0	090.0	10.1	264.0
Seeking diversity	33.0	19.0	253.0	37.4	001.0
Escape from inhibition	81.0	33.0	172.0	90.2	001.0
Sensation seeking	021.0	16.0	041.0	32.1	132.0
Quality of Life	66.0	18.0	341.0	32.4	002.0
Physical health	48.0	14.0	231.0	87.2	001.0
Psychological health	083.0	138.0	032.0	87.0	063.0
Social relations	41.0	12.0	211.0	12.2	002.0
living environment	066.0	111.0	043.0	77.0	049.0

Significance of t-statistics in table 5 indicates that between 7 dimensions of sensation seeking, 3 dimensions (general sensation seeking, seeking diversity and escape from inhibition) have a significant impact on life expectancy. Moreover between 4 dimensions of quality of life, physical and psychological health has significant effects in explaining life expectancy. The standardized regression coefficients or impact factor (beta coefficient) also indicates that among these predictive variables, the total sensation seeking than other predictive variables has greater impact on explaining life expectancy. Eventually impact

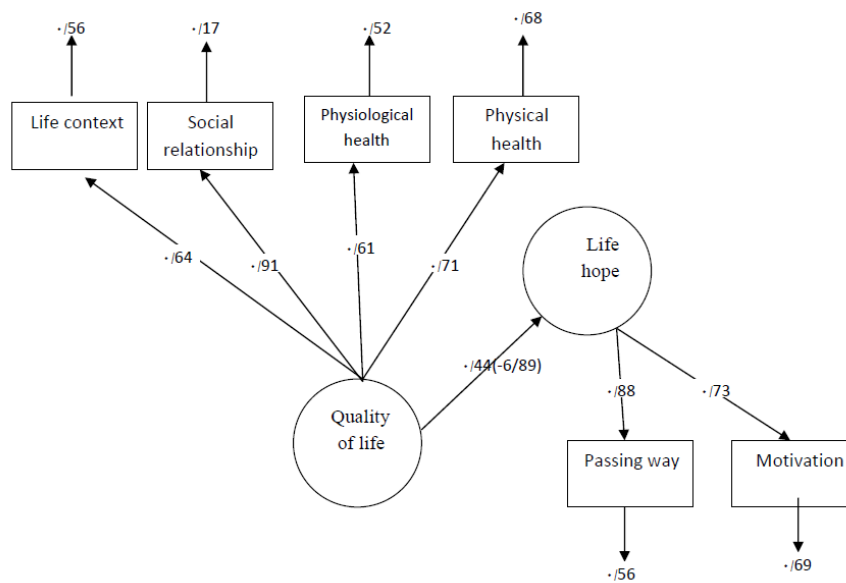
coefficients show that all aspects of sensation seeking and quality of life have positive impact on explaining and life expectancy. Hence we can say that sensation seeking and the quality of life are significant predictors for life expectancy in high school teachers in Tehran. Thus the first hypothesis is confirmed, and we can say that there is a relationship between sensation seeking and quality of life with the life expectancy in high school teachers in Tehran. Statistic obtained from fit of the proposed model, indicating the suitability of the proposed model.

**Table 6.** Indicators of goodness of fit of total structural model after removing the insignificant effects y

Cs	Df	X <sup>2</sup> / df	Sig	RMSEA	RES	GFI	AGFI	AFI
16.1638	298	50.3	001.0	049.0	048.0	98.0	96.0	0.97

The most important statistic of fit is the chi-square statistic X<sup>2</sup>. These statistic, measure the difference between the observed and estimated matrix. This statistic is very sensitive to sample size and in high-volume samples, divided by the degrees of freedom. If the result be less than 3, it is appropriate (Marsh, Hau, & Grayson, 2005). As the Table 6 shows, the chi square statistic is less than 3 and not meaningful; so we can conclude that data are consistent with the theoretical

suggested model. However the statistic of goodness of fit index, adjusted index of goodness of fit and the index of the adaptive fitness (0.89 and 0.69, 0.79), according to a criterion are close to 1. Since this statistics are well above 0.90, are acceptable. The Root Mean Square Error of Approximation also allocated a small amount (close to zero, less than 05/0) and is acceptable. Therefore it can be concluded that the present model has an appropriate fitness.



**Model 1:** fitness of latent variable and indicators an path value and t value in relation with latent variables

Therefore, according to the model fitting and its suitability for these samples, the measurement model of the latent and the observed variables and their path coefficients in this model were determined. The results of the measurement model analysis show that there is a significant relationship between path coefficient of exogenous latent variable that life expectancy and endogenous variable that quality of life with effectiveness coefficient (0.44) and statistic (t=6.89) and predicts 0.04 of its changes. These values indicate that the proposed measurement model is appropriate to measuring and fitting latent variables and these indicators have been well measured the mentioned variables. In these models, the numbers outside parentheses are standardized path coefficients and numbers in parentheses indicate significant t values.

These coefficients and indices also show the relative strength of each path.  $\beta$  and  $\gamma$  coefficients are standardized regression coefficients and their value must be between zero and one. As in the model as well as the table (4-7), can be seen all paths are significant. As can be seen in the model, the path coefficients is between the highest quality of life and social relationships (0.91) and the lowest coefficient of the path is related to quality of life and psychological health (0.61). This result suggests that social relationships with more power can predict the quality of life. In other words, increasing social relationships can lead to a better quality of life. On the other hand sharp impulse has greater predictive power to predict the life expectancy than pathway.

Since the results of the measurement model shows

that all factor loadings of markers on hidden or latent variables are significant, this means that each of dimensions of quality of life and life expectancy have a significant impact on their respective structures. Thus

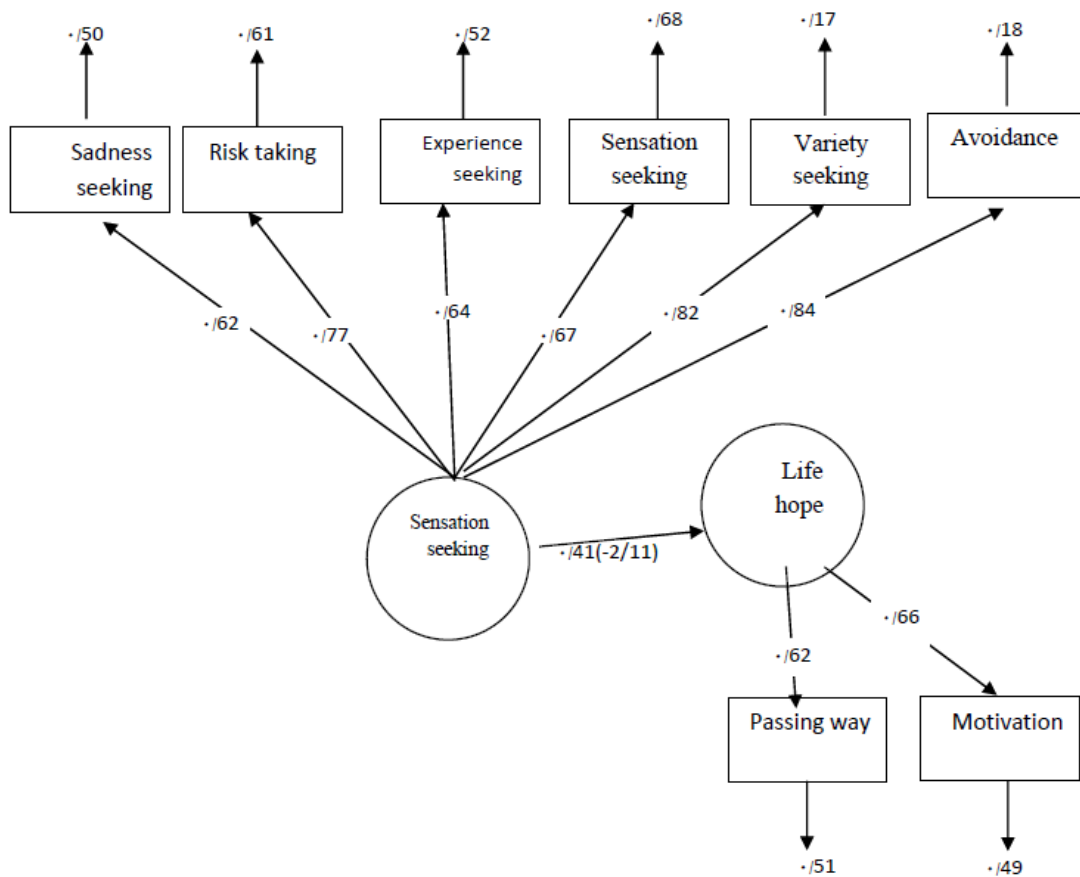
results obtained confirm the hypothesis that there is a significant relationship between life expectancy and quality of life in high school teachers in Tehran.

**Table7.** Indicators of goodness of fit of the structural model after removing the insignificant effects

Cs	Df	X <sup>2</sup> / df	Sig	RMSEA	Res	GFI	AGFI	AFI
16.1638	298	50.3	001.0	049.0	048.0	98.0	96.0	0.97

Statistics obtained from fitting the proposed model, suggests the suitability of the proposed model. Based on the results of the statistics of goodness of fit index, adjusted index of goodness of fit and the index of the adaptive fitness (0.92 and 0.19, 0.90), according to related criteria are close to one. Because these statistics are well above 0.90 are acceptable. The Root Mean

Square Error of Approximation also allocated a small amount (close to zero, less than 0.05) and is acceptable. Therefore it can be concluded that the present model has an appropriate fit. Therefore, according to the model fitting and its suitability for these samples, the measurement model and the observed and latent variables and their path coefficients in this model were determined.



**Model 2:** fitness of latent variable and indicators an path value and t value in relation with latent variables

The results of the measurement model analysis show that there is a significant relationship between path coefficient of exogenous latent variable that sensation seeking and endogenous variable that life expectancy with effectiveness coefficient (0.21) and statistic (t=2.21) and predicts 0.04 of its changes. These values indicate that the proposed measurement model is

appropriate to measuring and fitting latent variables and these indicators have been well measured the mentioned variables. . In these models, the numbers outside parentheses are standardized path coefficients and numbers in parentheses indicate significant t values. These coefficients and indices also show the relative strength of each path.  $\beta$  and  $\gamma$  coefficients are

standardized regression coefficients and their value must be between zero and one. As we can see on model as well as on table 9.4, all paths are significant.

As can be seen in the model, the highest path coefficient is between sensation seeking and escape from inhibition (0.89) and the lowest coefficient are related to the life expectancy and pathway (0.62). This result indicates that the escape from inhibition compared to other sub-components with more power can predict the sensation seeking. And motivation also for predicting life expectancy shows the better prediction than gateway. Since the results of the measurement model shows that all factor loadings of markers on hidden or latent variables are significant, this means that each aspect of life expectancy and sensation seeking have a significant impact on their respective structures. On the other, since, the path coefficient between life expectancy and sensation seeking is significant, the results confirmed the third hypothesis that there is significant relationship between quality of life and sensation seeking among the high school teachers in Tehran.

The results of multiple regression analysis indicate that between 7 dimensions of sensation seeking, 3 dimensions (general sensation seeking, seeking diversity and escape from inhibition) have a significant impact on explaining the quality of life. Besides among the 3 dimensions of life expectancy, life expectancy and motivation have significant statistical impact on explaining the quality of life. The amount of standardized regression coefficients or impact factor (beta coefficient) also indicates that among this predictive variables the total sensation seeking have more impact on explaining the changes in quality of life than others predictive variables. Eventually impact coefficients indicate that all aspects of the sensation seeking and life expectancy have a positive impact on explaining the quality of life. Hence first hypothesis was verified and we found that there is a relationship between sensation seeking and life expectancy with quality of life in the high school teachers in Tehran.

#### **4. Discussion**

In explaining the above findings (Radina, 2013, Seligman, 2002 & Snyder, 2002) in line with the findings of the present study showed that positive emotions help teachers to be compatible with their environment. Effects of emotion equal to effects of physical characteristics such as height will help to compatibility. On the other hand, the balance between life and daily activities of teachers who have a positive

sensation seeking and life expectancy is high. Such people tried to increase their everyday work to be more successful and be happier, because much work cases they earn much money, and on the other hand they tried to have lower attention margins, so by this the don have opportunity to address the negative emotions and consequently no loss of life expectancy.

Chen, Su, Kwon, Cormack, & Bovik (2013) also in this regard argues that, teachers who have low life expectancy are experiencing extreme sensation - seeking, hence, enter on risky are violent and dangerous topics. So their quality of life is affected by this issue. Hence such teachers continuously seek new experiences, such as spicy foods; changing TV channels, listen to music with some alcohol and drug abuse and so on. Sexual intercourse is one of the highlight of searching new experiences. Such teachers compared to non-excitement reported greater abundance and diversity of sexual activity (the number of sexual partners), of course in many cases their sexual relations have numerous marginal problems that affects the quality of life. Yadav (2010) also consistent with these findings believe that sensation seeking individuals who have a high life expectancy compared with non-excitement who have not high life expectancy, have less risky relations and more effective social relations and less emotional fusion as a precondition for participation in sexual relations. But individuals, who have not high life expectancy, involve themselves on fragile emotional relations that can drive them to the border of addiction and loss of family. In addition, sensation seeking people who have high life expectancy compared with non-excitement teachers have not high life expectancy, as life expectancy determine more easier criteria for their children's sexual activity. One reason for the low quality of life of non-excitement teachers who have not high life expectancy compared to sensation seeking teachers who have high life expectancy, according to (Mariani et al., 2010 and Snyder & Lopez, 2007) is overdose drugs, which can provide a means for rapidly rising arousal. Also drug provide ground for new experiences (Illusions) and don't prevent from risky behaviors and are escaping way from the boredom and malaise. Sensation seeking people consume more alcohol and drugs, so their search for new experiences, expands to the deviations such as vandalism, crime, theft, crime and aggression.

Weisskrich and Murphy (2004) believed that the primary problem of desperate people is that they suffering from physical exhaustion, their ability to work is low and most of time are tired and incapable. In



addition, they have numerous signs of physiological disease, such as frequent headaches, nausea, and difficulty in sleeping and changing eating habits (such as loss of appetite). The second problem of people with frustration is that they are involved in emotional exhaustion. Depression, feelings of helplessness and feeling trapped in work and their job, is part of these people's emotional problems. The third problem of people with frustration is that they often trapped in attitudinal exhaustion. These people are suspicious toward others, this tendency is raised on them that behave with others more like an object as a human and also find a negative attitude towards them. People with frustration have the tendency to revocation of (derogate or call down 1- self, 2- the job they are responsible for, 3- organization of their work and in general, (4) the cancellation of their lives. Simply, this people see the world around them with dark gray glass than glasses that using it they can see the beauty of life. Finally, someone who is suffering from frustration feels that his/her personal development is low, and thus concludes that in the past he/she also was not been able to have a lot of personal development and his/her assumption is that in the future, will not have any progress.

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