

STATISTICAL ANALYTICAL STUDY FOR OPTIMISM - AND PESSIMISM SCALE WITH PRACTICAL APPLICATION TO UNIVERSITY STUDENTS (2015-2016))

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ABSTRACT:- Under abnormal conditions, this research has been conducted to measure the extent to which optimistic-pessimistic outlook is existing among Administration and Economics / University of Mustansiriya students and how it varies between them according to gender (male/female). To approach the targeted objectives of the research, applied Optimism – Pessimism scale to 300 mixed sample of university student statistical treatments of the collected data revealed that about two thirds of the sample or exactly 194, i.e 74.9% range between optimistic and moderate pessimistic positions. This attitude predominates among 62.7% males and 37.3% females.

The number of the group that expressed excessive optimism amounts to only 104 students (14.7%) divided into 54% males and 46. % Nearly two-thirds of the research sample, the number of (194) individuals,. The rest of the sample by (27) students, an increase (10.4%) of the total sample are characterized by extreme pessimism. And (38) students, an increase (14.7%) of the total sample are characterized by extreme optimism.

As can be seen approaching ratios of males and females in the moderate-level of optimism - pessimism, as was the proportion of pessimism - optimism moderate amount (70.8% vs. 80.9%) for males and females respectively, while the proportion of males greater than the percentages of females in the pessimistic extreme, and even bigger than females in extreme optimism, as the figures were respectively (13% versus 6.7%) and in the extreme pessimism (16.2% vs. 12.4%) in the extreme optimism.

Keywords: Optimism, pessimism, AL-Mustansiriya University

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1 INTRODUCTION:

With the importance of the concepts of Optimism and Pessimism in human life in general ,and in psychological studies in particular ,the history of attention to these two concepts did not exceed the last two decades. And acquires study optimism and pessimism on the great interest by the researchers ,given the correlation of these two attributes the mental health of the individual ,various theories have emphasized the optimism of happiness and health perseverance and achievement correlation and positive outlook on life. While pessimism is associated with despair, failure, disease and the negative outlook on life.

As there were many meanings mentioned by specialists and non-specialists to the concept of optimism and pessimism , and that it depends on the beholder to current events optimistic if the happy events ,and will regard whether the unfortunate events, some people claim they are pessimistic about things does not exclude its occurrence ,what to pass an hour or a day or a week until they feel lies disaster occurs ,and vice versa. Thus, we find that the individual was taken realizes the future enriched by the good and evil , as it responds to the emotional pleasure in the case of pleasant events and benevolent ,and apprehension in the case of unpleasantness. ⁽¹⁾

Proceeding from the above about the prevalence of optimism-pessimism ,and its importance to the health of the individual ,and in light of the passing on of the country's political, social and economic conditions, In addition to the suffering of the effects of modern university imposed on the young man a new life patterns, Future ambitions, Showing us important theoretical and applied for this search, The conclusion is about the distribution of students in the College of Administration and Economics / Mustansiriya University on the optimism-pessimism feature, As one feature of bipolar.

In addition to that may help institutions and research social interested in understanding the common mental and physical and educational problems among university students ,we have been working to find a preventive

guidance and therapeutic programs that may contribute , along with other programs with the help of young people to overcome these problems effectively and contribute to the community building and development.

People with a highly optimistic life orientation experience daily events in a more positive way and expect more positive outcomes than pessimists. A positive life orientation is believed to be beneficial to health, as highly optimistic individuals appear to attract supportive social relationships, use adaptive coping strategies, and have different health habits than pessimists, who tend to give up and turn away in stressful situations. However, empirical evidence showing that high optimism or a lack of pessimism reduces the risk of health problems remains inconclusive. ⁽⁷⁾

2-1 Previous studies:

With the importance of the concept of optimism and pessimism in human life in general, and in particular for the Psychological Study, The history of interest in these two concepts did not exceed the last two decades. Terms of attracting the attention of many researchers in the areas of personal and social psychology and clinical psychology and health science. ⁽⁶⁾ noted that the trait could be represented by a continuous line of behavior [3], and we attempt to locate the person's position on the line concerning a certain trait, through measurement processes. The term "continuum" means a straight line consisting of indefinite number of possible points that locate different sites of the measured trait (Allam, 2002). Based on this trend, measuring these two traits may be made by measuring optimism alone or pessimism alone, as the traits are opposite, and the degree of one is the reverse value of the other, i.e. high optimistic degree means low pessimistic degree, and vice versa.

Results of many previous studies, such as [10] indicate that optimism is positively related to a number of the normal variables such as: mental health, physical health, life satisfaction, happiness, effective encounter of pressures, successful problem solving, occupational performance, good academic performance, extroversion, work

motivation, production quality, self-control, low levels of pain and tiredness[10,11].

About the differences between the two genders in the means of optimism-pessimism, some studies such as Abdel Khaleq's (1995) on the students of the University of Kuwait, revealed high levels of optimism degrees mean with the males as compared with females, and the reverse was true in pessimism[10,11].

Has been known optimism, that positive outlook and appetite for life, and the belief of the possibility of good or the good side of things, Instead of the bad side occurrence[8]. They added in a more modern in the text (1987) the optimism is ready lies within the same individual, the public focuses on the expectation of a good or positive thing. Any expectation of positive results for the coming events.⁽²⁾

3-1 Goal of research:

The purpose of this study was to examine to identify the common characteristic levels of optimism and pessimism among the Students of Administration and Economy collage at AL-Mustansiriya University, and because of its importance to the student we have found in previous years that the university student look toward the future pessimism dominated significantly ,due to the circumstances around him and to pass on the country from the scourge of wars and thus affect ,directly or indirectly ,to the university student.

The researcher adopted this approach because the content of the concept of optimism and pessimism each reflects the other ,and then their impact on university student behavior in life which impact in the same direction ,and this is acceptable in both theoretical and practical [11] .As the paragraphs of the scale prepared to measure pessimism differ in the content of paragraphs about the scale prepared to measure the optimism only in the direction of paragraphs as positive or negative .Through the application of this measure can get results easy to interpret (Osamah Ibrahim Khalaf and others, 2014: 5).

4-1 Research problem:

Problem of the Research was identified in three points:

-What is the prevalence rates characteristic optimism - pessimism in the moderate and the extreme levels between College Students of Administration and Economy.

-Are there significant differences between male and female students in the optimism-pessimism feature ,extremist and moderate levels.

5-1 Framework of research:

The research includes four chapters, chapter I included Introduction and objectives of the research were also identify the problem , chapter II included theoretical concept of optimism – pessimism scale which concerns the application form questionnaire .Chapter III included the practical side was identified on the sample drawn from the community and view results as for final chapter included the most important recommendations and conclusions reached by a researcher through research.

2-1 Identification characteristic of optimism and pessimism scale:

In view of the above ,by researchers definitions of optimism and pessimism scale applied ,it can access the

definition of optimism it is the belief that all things and events attitudes and behaviors tend towards the good and happiness and good luck and success ,and the pessimism it is the belief that all things and actions tend toward evil and misery and misfortune and failure and disappointment. It takes the form of this belief in a personal type ,located at one end extreme optimism ,and it is located on the other end extreme pessimism .And people different in optimism and pessimism levels depending on amount and of characteristics of its constituent.⁽³⁾⁽⁴⁾

Based on this trend ,the measurement of these attributes can be done alone scale of optimism or pessimism scale only , as the two features opposite approaches ,and the degree opposite of the other one ,so the high degree of optimism mean pessimism low and vice versa.⁽⁵⁾ And measured in practice this feature through the full degree obtained by the student in optimism – pessimism scale, which is used in this research,

2-2 objective of Factor analysis

To identify the most important factors that have impact on the optimism and pessimism scale of the student we use (The Factor Analysis) to reveal of these factors.

Factor analysis method aims to summarize the multiple variables in a smaller number called (factors) so that each of these factors function linking to some (or all) of these variables. It can through this function to give an explanation for this factor, according to the variables that are associated with him are strong.

This method has arisen mainly for experiments and measurements psychological analysis so that a certain set of tests returned to the intelligence factor and the other to the memory factor and so.

The idea is based on the factor analysis is draw a set of factors associated with the original variables, So that these factors explain the largest possible proportion of the variance in the original variables. It can be used factor analysis to convert a set of variables linked to another independent group which is associated with the first group linear relations. In all cases, the relationship between the original variables and factors take the form of equations as follows:

$$\underline{X} = \underline{AF} + \underline{U} + \underline{\mu}$$

Whereas:

\underline{X} : Vector of random variables

A : Factor Loading matrix

\underline{F} : Random Vector of Common Factors

\underline{U} : Random Vector of Unique Factors

$\underline{\mu}$: Vector of Average variables

And

$$E(\underline{X}) = \underline{\mu} = \underline{0}$$

$$E\left[\begin{array}{c} \underline{F} \\ \underline{U} \end{array}\right] = \left[\begin{array}{c} \underline{0} \\ \underline{0} \end{array}\right]$$

Thus, the factor analysis model will form:

$$\underline{X} = \underline{AF} + \underline{u}$$

In other words,

$$\begin{bmatrix} x_1 \\ x_2 \\ \cdot \\ \cdot \\ \cdot \\ x_p \end{bmatrix} = \begin{bmatrix} a_{11} & a_{12} & \cdot & \cdot & \cdot & a_{1q} \\ a_{21} & a_{22} & \cdot & \cdot & \cdot & a_{2q} \\ \cdot & \cdot & \cdot & \cdot & \cdot & \cdot \\ \cdot & \cdot & \cdot & \cdot & \cdot & \cdot \\ \cdot & \cdot & \cdot & \cdot & \cdot & \cdot \\ a_{p1} & a_{p2} & \cdot & \cdot & \cdot & a_{pq} \end{bmatrix} \times \begin{bmatrix} f_1 \\ f_2 \\ \cdot \\ \cdot \\ \cdot \\ f_q \end{bmatrix} + \begin{bmatrix} u_1 \\ u_2 \\ \cdot \\ \cdot \\ \cdot \\ u_p \end{bmatrix}$$

For Covariance Matrix for each of the F and u (assuming being independent) are:

$$E \begin{bmatrix} \underline{F} \\ \underline{u} \end{bmatrix} = \begin{bmatrix} \phi_{q,q} & 0_{q,p} \\ 0_{q,p} & \varphi_{p,p} \end{bmatrix}$$

Where:

ϕ : Covariance matrix for \underline{F}

φ : Diagonal covariance matrix for \underline{u}

covariance matrix for \underline{X} is:

$$E[\underline{X} : \underline{X}] - [E(\underline{X})]^2 = \sum_{p,p}$$

Where:

\sum : Symmetric Positive Definite have rank P.

There are two hypotheses for the factor analysis of the first depends on the existence of links between the variables under consideration as a result of the presence of common factors between them, and can be formulated Factor Model for (p) variables viewing of the sample size (n) on the grounds that it is a linear function of q factors as follows :

$$S_{ij} = a_{j1}X_{1i} + a_{j2}X_{2i} + \dots + a_{jq}X_{qi}$$

Where:

S_{ij} : The standard value of the observation (i) for the variable (j).

a_{jq} : The factor (q) for the variable (j)

X_{qi} : It represents the value of the real observation.

Recent imposition of hypotheses factor analysis based on the correlation coefficient between the variables (i, j) due to the nature of saturation factors entangling and extent of this saturation. It can represent this hypothesis for the multiple equations through the following factors:

$$r_{ij} = a_{i1}a_{j1} + a_{i2}a_{j2} + \dots + a_{iq}a_{jq}$$

In other words, the correlation coefficient between two variables equals the sum of the product of the downloads variables common factors between them. You can rewrite the previous equation as follows:

$$R = A.A'$$

Where :

R : Correlations Matrix

A : downloads factors Matrix

The Communalities:

It represents the symbol (hj^2), which represent the ratio of the saturation of the sum of squares of each variable, a variation which is explained by common factors resulting from the correlation matrix analysis (R). That is, it explains

the interaction between variables and common factors. If (hj^2) Large and approaching to one, it shows that this variable interferes completely with factors extracted. And If (hj^2) of the variables equal to zero, the saturation of the factors that variable will be zero. Means that factors extracted could not explain any part of the variation that variable. But If it fall between zero and one, it refers to the partial interferes between the variables and factors.

2-3 Test validity and reliability of optimism-pessimism scale :(12)

To measure the degree of reliability of the data obtained from the questionnaire used alpha - Cronbach's coefficient as a scale of the stability which takes values ranging between zero and one ,If there is no stability then the value of alpha - Cronbach's coefficient of data be equal to zero, and on the contrary ,if there is complete stability in the data alpha - Cronbach's coefficient equal to one. Increasing Alpha-Cronbach's coefficient means increasing the credibility of the data and sample results reflect the study population. Stability means the stability of the scale and with the same lack of contradiction ,that mean the scale gives the same results as possibility equal to alpha - Cronbach's coefficient if re-applied to the same sample at another period of time..

But validity is intended as the scale what the status of the measure.It referred to as Cronbach's alpha as well as a measure of consistency (Internal Consistency) which is calculated according to the following formula:

$$\alpha = \frac{k}{k-1} \left(1 - \frac{\sum S_i^2}{S_T^2} \right) \dots \dots \dots (1) \quad \dots (1)$$

Whereas:

α = Internal consistency measure

k = The number of variables

$\sum S_i^2$ = Total variance of elements

S_T^2 = variance of the total score.

To measure the degree of persistence in addition alpha - Cronbach's coefficient there are other ways and below can be adopted some of the methods of measuring the degree of stability:

1. Reliability by Cronbach's alpha:

Under this method can be thought of in Cronbach's alpha as weighted average of the correlation coefficients between the test elements or the questionnaire and the following formula for the calculation Cronbach -alpha coefficient As follows:

$$\alpha = \frac{n*\bar{r}}{1+(n-1)*\bar{r}} \quad \dots \dots \dots (2)$$

Which:

α = Cronbach -alpha coefficient

n =Sample size

\bar{r} = Average correlations between variables

From the previous calculation formula it is clear that the Cronbach's alpha coefficient is function of average Correlation coefficient between elements Inter-Item .As shown in the diagram:

2. Reliability by split half:

Accordance to this method is split into two paragraphs of the questionnaire the odd-numbered questions and the even-numbered questions in order to calculate the value of correlation between the two ,and then has been modified by Spearman correlation coefficient equation according to the following equation:

$$\text{Reliability split half Coefficient} = \frac{2r}{r+1} \dots (3)$$

Where: (r) correlation coefficient. Guttman coefficient was used because the number of individual paragraphs is not equal to the number of even questions.

As for the scale it was honesty scale based on internal consistency which is intended to test the consistency of items with each other .Or in other words the extent of the relationship between each individual and the test or parts of :

Table(1) : hows the the number of students in the College of Administration and Economics for the academic year 2011-2010

Student	The number of students	Number of allocated questionnaires	Number of questionnaires receiving	Number of missing questionnaires
Males	2371	188	154	35
Females	1403	112	105	6
Total	3774	300	259	41

The table indicates that all students in the College Administration and Economics reached (3774) students of the morning Studies. Was selected a simple random sample

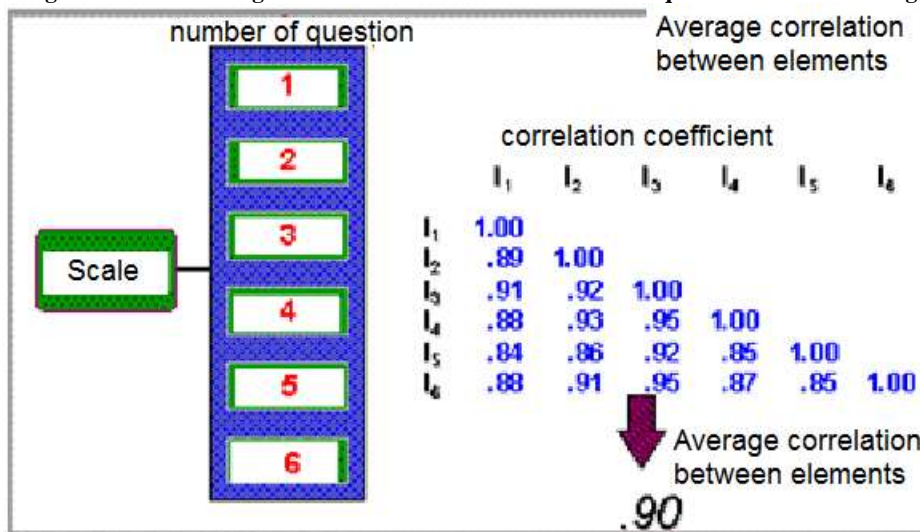
the supposed relationship, Which is measured using a statistical indicator (h_j^2), which represents square total contributions of each variable which disparity interpreted by common factors resulting from the correlation matrix (r) analyze any rate it gives the extent of overlap between the variables and common factors.^{(6) (9)}

3- 1 population of the study and sample of the research:

It was selected sample of the research of the community College of Administration and Economics / University of Mustansiriya, as it has been taking a stratified random sample size 300 students of the total community's (3774) as the number of students (male) reached in (2371) and the number of students (Female) reached in (1403) identified the sizes of random samples drawn from each layer depending on the weight class in society .And we drown a simple random sample size $n_1 = 188$ of male students and pull a simple random sample size $n_2 = 112$ of female students as shown in the following table

of (300) students ages between (18- 24) years the number of males reached (188) any rate (%62.7) and the number of females stood at (112) ,a ratio of(%37.3) .

Figure 1 :Shows average correlations between elements of the questionnaire and testing



3-2 Questionnaire that have been adopted:

Questionnaire was designed with the help of the previous research that dealt with optimism-pessimism scale.⁽²⁾

As the scale consists of a (42) question drafted in accordance of the Likert Quintet scale. The answer is all a question by selecting an alternative of five alternatives ranging weights between (1-5) as follows :(1) alternative of (No), (2)alternative of (slightly), (3) alternative of (moderate),(4) alternative of (much) and (5) alternative of (too much) .⁽⁸⁾

3-3 Discuss the results:

The results were obtained for the data obtained from a questionnaire form and relying (Statistical Package for social sciences (SPSS Ver.10)) and the results were as follows:

1- Stability in a way Alpha Cronbach :depending on what was mentioned in the theoretical aspect the equation (2) , the Alpha Cronbach's coefficient was calculated to measure the optimism-pessimism characteristic amounted reliability coefficient (0.93680) , the coefficient is high and has a good effect ,which confirms the stability of scale optimism-pessimism characteristic.

2- Stability by split half :Based on what has been mentioned in the theoretical side in the equation (3) ,the split half reliability coefficient calculation of the scale after the correct length formula Spearman Brown has reached stability (0.8957) coefficient ,and the value of

reliability coefficient in a way Guttman stood at (0.8709) is a good stability coefficient.

3- truth internal consistency :Based on what has been explained in the theoretical side was truth internal consistency and calculating as shown in Table:(2)

Table(2) shows the the Eigen value and the proportion of each factor of the total variation

Factors	Eigen value	Proportion of total variation	Cumulative Proportion of total variation
1	12.409	29.546	29.546
2	2.099	4.998	34.544
3	1.896	4.515	39.058
4	1.614	3.843	42.901
5	1.381	3.288	46.189
6	1.343	3.198	49.387
7	1.233	2.937	52.324
8	1.154	2.747	55.071
9	1.141	2.716	57.787
10	1.035	2.465	60.252
11	1.019	2.425	62.677

Table (2) show that the Eigen value of the eleven factors values ranged from (1.02 - 12.41) .As the total variation unexplained ratio amounted to (62.677) meaning that the eleven factors explain amounted to (62.677%) of optimism-pessimism characteristic which is a good percentage in the psychological sciences particularly in a relatively recent subject of such optimism-pessimism characteristic.

4- Test the research hypotheses:

In order to testing hypotheses according to what has been mentioned in the research problem in Chapter I it was formulating hypotheses mentioned previously and tested as follows:

-The first hypothesis :the distribution characteristic optimism and pessimism among College Students of Administration and Economics nearest to moderation

Table(3) : Frequencies and percentages for both sexes the optimism pessimism characteristic

the scale characteristic	Student number	The ratio	No. Male		No. Female	
Extreme pessimism	27	10.4%	20	13%	7	6.7%
Optimism -pessimism moderate	194	74.9%	109	70.8%	85	80.9%
Extreme optimism	38	14.7%	25	16.2%	13	12.4%
Total	259	100%	154		105	

Notes from the table (3) are comes:

That nearly two-thirds of the sample totaling (194) and the proportion (%74.9) of the total sample, they are characterized by a moderate degree of optimism - pessimism. The rest of the the sample of (27) students a gain of (10.4 %) of the total sample are characterized by extreme pessimism. i.e .Thus proportion (%14.7) of the total sample characteristic extreme optimism .Which means that the first hypothesis of the research are true.

Also notice the approaching ratio of both males and females in the moderate level of optimism and pessimism , as amounted to the proportion of pessimism and optimism moderate amount (%70.8 vs. %80.9) for males and

females respectively, While the largest proportion of male attributed to females in the extreme pessimism ,and also larger than females in the extreme optimism ,reaching ratios respectively (%13 vs %6.7) and in the extreme pessimism (%16.2 vs %12.4) in the extreme optimism.

-The second hypothesis :significant differences among male and female students are not found in the optimism-pessimism characteristic ,extremist and the moderate levels. To Test this hypothesis was applied T-test for two independent samples representing males and females and the results are shown in Table (4).

Table(4) : Percentages and the value of the (T-test) for each(male-Female) students of pessimism – Optimism characteristic

the scale characteristic	Extreme pessimism	Moderate optimism-pessimism	Extreme optimism	T-test	Sig-t
Male	13%	70.8%	16.2%	1.777	0.218
Female	6.7%	80.9%	12.4%	1.398	0.297

Seen from the above table there are significant differences were statistically significant at the (0.05) level of significance between males and females in terms of characteristic optimism-pessimism at extremist levels ,as t-values calculated for males and females (1.398 ,1.777) respectively so the significance level (Sig-t) equal to (0.297 ,0.218)respectively ,and as is clear that the value of (Sig.t) greater than (0.05) so we accept the hypothesis that said No significant differences between male and female students in the optimism-pessimism extremist and the moderate levels characteristic .This means that there are no

differences in the pessimism and optimism extreme level characteristic among male and female students.

As for the latter assumption for access to the most important factors that affect the student we use factor analysis using principal component (P.C) , the rotate factors according to orthogonal rotation, orthogonal means to be axes which represent the factor is independent .After rotate the factors found to be the most important compounds that affect directly on student optimism- pessimism scale is (6) compounds . As follows:

Table (5): Shows the most important compounds that affect the optimism-pessimism of student and the value of correlations

Compounds	Questions	Correlations coefficient
1.first factor	q.4: I feel sad that the past ,present unhappy and in the future more misery	0.508
	q.6: I feel I am a person has no meaning in life	0.536
	q.7: continuously Unfortunately lived with me	0.604
	q.8: Time in store for me unpleasant surprises	0.611
	q.10: The person who tells the truth does not have a place in this world	0.500
	q.13: feel I'm the most miserable person	0.649
	q.14: I expect closest people to me are deceive me	0.556
	q.17: I feel that all the disasters created for me	0.642
	q.21: Nothing in life is worth something to live for him	0.589
	q.22: When I woke up in the morning expecting evil before goodness	0.547
	q.23: (Be nice see a beautiful presence) saying unrealistic	0.503
	q.24: It seems to me outweigh of bad bigger than outweigh of goodness	0.530
	q.25: pleasant events scare me because it will be followed by painful events	0.642
	q.27: People do not care who deals with them honestly and friendship same treatment	0.582
	q.28: It seems to me that a person luckless still the same no matter how tried	0.567
	q.29: honestly said(beware of evil treated him well)	0.537
	q.30:Experience teaches me that life is black like a dark night	0.649
	q.31: I expect the worst events occur	0.607
	q.32: I think that most people with bad purposes	0.609
	q.33: I think most people covet me if you are a humble with them	0.609
	q.34: I suffer of the difficulties of life and severity	0.594
	q.35: I feel that my life will end tragically major	0.591
	q.36: I feel that life give me more disappointments than give me happiness	0.714
	q.37: For me ,I consider living is a losing adventure	0.678
	q.38:The large number of worries make me feel that I die a hundred times a day	0.682
	q.39:I feel that life is suffering from stagnation and bored	0.623
	q.40:I feel tired and sad	0.640
	q.:41:When I get up from my sleep I felt a failed	0.661
	q.42:It was better for me if I was not born	0.590
2.second factor	q.20: I expect My children suffering from a mental illness	0.501
3.third factor	q.2: I expect that strikes me the disease can not cure him	0.512
4.fourth factor	q.16: Even if I become a scientist in my area will not get the appreciation and respect	0.496
5.fifth factor	q.3: I expect I was hit madness	0.462
6.sixth factor	q.5: I expect that the damage includes all states	0.455

1- First compound:

Include (29) questions that restricted from the list of research questionnaire. This compound has been ranked first, suggesting that questions its own came first in terms of importance. As for the higher saturation has got the question (q.36) "I feel that life give me more disappointments than give me happiness" with a correlation (0.714), which gives a negative impression about something to hide life rather than positive outlook. As for the less saturation has got question (q.10) "The person who tells the truth does not have a place in this world" with a correlation (0.500).

2- Second compound:

The second compound contains one question. It's (q.20) "I expect My children suffering from a mental illness" with correlation (0.501). Which reflects the fear of the unknown future of children?

3- Third compound:

It also included one question. It's (q.2) "I expect that strikes me the disease can not cure him", with correlation (0.512).

4-Fourth compound:

This compound contain one question is (q.16)" Even if I become a scientist in my area will not get the appreciation and respect", with correlation (0.496).

5- Fifth compound:

Contain one question too. It is (q.3) "I expect I was hit madness", with correlation (0.462).

6- Sixth compound:

That includes one question. it is (q.5)" I expect that the damage includes all states", with correlation (0.455).

Note from the above table that more question got the biggest correlation coefficient is the question seems (36) amounting to (0.714) and it is (I feel that life give me more disappointments than give me happiness) .that reflect student's fear of life and it was due to the wars that he lived for a long time period, which began from birth and

are still suffering even after the end of the war through terrorist attacks experienced against the homeland.

4-1 CONCLUSIONS :

- 1- The present study achieved its objectives the results revealed that the distribution characteristic optimism and pessimism among College Students of Administration and Economics / University of Mustansiriyah closer to moderation. It shows that most of the sample proportion of individuals (%74.9) fall on the center of connected optimism moderate and pessimism ,which means that they have (moderate degree) and realistic in optimism and pessimism characteristic . As the rest of the sample is distributed on the limbs ,at rates considerable of (%10.4) who were of extreme pessimism ,and (%14.7) who were of extreme optimism.
- 2- On the basis of that can explain most of the focus in the middle of the sample optimism -pessimism characteristic that reflects the general outlook of real life ,which in turn reflect the average mental health level enjoyed by the most of college students.
- 3- The proportion of extreme pessimism and optimism, they reflect the look unrealistic for life, we find people with extreme pessimism unhappy rejecting everything, Which indicates bad compatibility or imbalance in the mental health In contrast ,people with extreme optimism expect a more positive things than in reality occur, Expect a less negative things which happen in reality, Which may sometimes cause unexpected results ,which may in turn exposed to the risk of health.
- 4- The results show that the proportion of students closer to the proportion of female students in optimism -pessimism moderate. This was due to the differences between individuals tend to disappear in the middle level of any feature of the personality traits ,including the characteristic pessimism – optimism, as they tend to occurrence in the direction of the parties to attributes, therefore notes the high incidence of extreme pessimism among male students about the female students, as well as for extreme optimism as she was more optimistic proportion of males than females ,and these results can be interpreted in the light of the socialization process that allows for males in Arab society ,freedom of choice in a variety of areas in his life, choice of profession ,wife ,travel ,without imposing significant control him and at the same time carrying a large burden of social responsibilities and is also providing employment opportunities ,especially for students graduate they are considered the first step to building a stable life, In contrast to the female ,which has limited freedom of choice, which often suffer from significant social pressures limit give them the opportunity in its options in the freedom to make crucial decisions for her, which is reflected on the optimistic to male and pessimistic to female.
- 5- Through a T-test of the percentage of the three attributes for both sexes we found there are no significant differences among male and female students in characteristic optimism - pessimism of the three scales.
- 6- We find using factor analysis using principal component (P.C) . the lack of optimism is associated mainly social conditions abnormal and grow because of

the deteriorating economic conditions and less in periods of economic prosperity.

- 7- The multitude of thinking, anxiety and fear of the unknown and the future are all direct pressure on the student hinder his thinking about the future and self-fulfillment is due to the suffering of the country from difficult conditions.
- 8- Most Iraqi universities suffer from poor health services and found they are limited within universities and centers within colleges missing in separate college's universities.

4-2 Recommendations:

- 1- Activate the importance of students within the college far more than as required by the change in all aspects of modern life from a scientific ,cultural and technological development and educating the students their importance in the great contribution to those developments.
- 2- Work on the formation of a committee of university professors qualified to get to the problems suffered by the student and ambition who wants to achieve through the assignment after graduation Unemployment caused students many social and psychological pressures translate the feeling of low self-value and pessimism while the roles of female does not impose on the girl the same pressure imposed on the male if it does not work.
- 3- Interest is not limited to only college students slice but extends to all students from primary grades to preparatory classes should begin early education of the foundation and the time to create an early sense of the importance of positive thinking and optimistic and look to get away from the pessimism that obstruct scientific progress for students.
- 4- The establishment of media units within the colleges to help students cope with the present circumstances and to respond to the negative things and guide the students and to correct the erroneous thoughts and beliefs.
- 5- Provide educational sessions and qualifying for the student during the summer holidays and even a small portion of his annual income through cooperation with the Ministry of Labor and Social affairs that contribute to the establishment of various projects.

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Appendix (1)

Form of a questionnaire for research

Optimism – pessimism scale to the College Students of Administration and Economics

Dear Students

Offer you this questionnaire that contains passages describing different aspects of an individual's life ,please accurately and objectively read and answer each paragraph status signal (✓) versus paragraph under appropriate alternative note that your answer will be used purposes only of scientific research there is no need to mention the name ,just select the type of sex : Male: , Female :

No.	Paragraphs	No	slightly	moderate	much	too much
1	I wish death and get rid of the torment of the world					
2	I expect I was hit disease cannot be cured					
3	I expect I was hit madness					
4	I feel sad that the past ,present unhappy and future more misery					
5	I expect that the damage includes all states					
6	I feel I am a person has no meaning in life					
7	continuously Unfortunately lived with					
8	Time in store for me unpleasant surprises					
9	Friendship only bring problems to the person					
10	The person who tells the truth does not have a place in this world					
11	It may come a day when I cannot provide medicine					
12	I believe in the proverb (Beware your friend before your enemy)					
13	feel I'm the most miserable person					
14	I expect closest people to me are deceive me					
15	Mutual confidence among people are becoming rare					
16	Even if I become a scientist in my area will not get the appreciation and respect					
17	I feel that all the disasters created for me					
18	I expect to be accused of a crime is not related to me by					
19	I cannot be successful in my life					
20	I expect My children suffering from a mental illness					
21	Nothing in life is worth something to live for him					
22	When I woke up in the morning expecting evil before goodness					
23	(Be nice see a beautiful presence) saying unrealistic					
24	It seems to me outweigh of bad bigger than outweigh of goodness					

No.	Paragraphs	No	slightly	moderate	much	too
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						much
25	pleasant events scare me because it will be followed by painful events					
26	(Life is a ship sails Hope) ,saying I do not believe it					
27	People do not care who deals with them honestly and friendship same treatment					
28	It seems to me that a person luckless still the same no matter how tried					
29	honestly said(beware of evil treated him well)					
30	Experience teaches me that life is black like a dark night					
31	I expect the worst events occur					
32	I think that most people with bad purposes					
33	I think most people covet me if you are a humble with them					
34	I suffer of the difficulties of life and severity					
35	I feel that my life will end tragically major					
36	I feel that life give me more disappointments than give me happiness					
37	For me ,I consider living is a losing adventure					
38	The large number of worries make me feel that I die a hundred times a day					
39	I feel that life is suffering from stagnation and bored					
40	I feel tired and sad					
41	When I get up from my sleep I felt a failed					
42	It was better for me if I was not born					