

Social interest: the new challenge of health sector and academic achievement

Vahid Ataie Moghanloo¹, Roghayyeh Ataie Moghanloo²,
Malihe Pishvaei³

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Letter to Editor

1. MA in Clinical Psychology, young researchers club, Parsabad Moghan Branch, Islamic Azad University, Parsabad, Iran
2. MA in Clinical Psychology, Department of psychology, Parsabad Moghan Branch, Islamic Azad University, Parsabad Moghan, Iran
3. **Correspondence to:** MSc in Sociology, Social Development & Health Promotion Research Center, Gonabad University of Medical Sciences, Gonabad, Iran
Tel/Fax: +98 533 7229025
Email: pishvaei.m@gmu.ac.ir

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Undoubtedly the most valuable asset of any society its manpower. Among the most critical factors for success in all areas, institutions and organizations, including industrial, office, service and training is that healthy relationships are based on cooperation and solidarity among community members. Mental health of students at each community is priority for education systems, so a student who has been psychologically healthy, he can more easily achieve their educational goals and cooperate with others with the understanding of the processes of management of society and its independence in future [1].

The concept of social interest was raised for the first time in 1927 by Alfred Adler. This term roughly refers to feeling of oneness with all humanity and the membership of all individuals at society. Social interest was Adler's criteria for evaluating mental health and thus is the only criterion of human values. If an individual has more social interest, he is psychologically more mature and more efficient. Also immature individuals are deprived of the social interest, are selfish and try to show power and superiority to others. Healthy people are more interested in others, faithfully and welfare of all human beings including targets. Adler believes the foundation of every kind of discord

is the immature social interest. Social interest should be developed in a social environment. Manifestation social interest is a useful measure to assess mental health. According to Ansbacher, "The manifestation of social interest is a useful criterion for assessing the psychological health of an individual" [2].

Various reports of findings show increasing social interest increases various aspects of mental health. For example, Leak and Leak [3] at extensive research showed that social interest have positive and significant relationships with life satisfaction, confidence, creativity, self-actualization, self esteem, agreeableness, and adjustment values. High school students in particular junior high school and pre-college levels have been in ages that are on the boundary login to community in order to pick different

jobs or entrance to university it requires a spirit of community and empathy with people who in the course of their lives, will be inevitable. Thus, identifying characteristics associated with social interest at this segment of the population can help to correctly predict the future of their relationship.

Kobasa, [4] also found that individuals with high social interest reported levels of life satisfaction, even in terms of job stressful. Social interest means seeing with the eyes of others, and hearings with the ears of others. It now can be expected that its increase facilitate understanding of other's world and this provides the background to solve social issues and will increase and strengthens individuals believe in his control over the environment and behavior and creates a sense of self-efficacy

in person. The main idea is that the tendency of young people to profession and technical in the fields of public and social education is not coincidence by any means; but it is based on a deep interest toward issues relating to other people, such as children, adults and people with disabilities. Adler argued that in order to prevent the development of criminal behavior in children and adolescent's global programs to encourage interest and social orientation should be implemented across schools and be incorporated at the head of educational content. He also argued that interpersonal relationships of adolescents with parents, teachers and peers positive impact on his ways to develop relationships with the world around over the next few years. Also with educating and encouraging children and adolescents to social interest, they will become influential members of the community and their self-efficacy and locus of control will be increased due to relying on their inner abilities [5]. Undoubtedly those people who have a close relationship with others, have a more deeply mental health. Unlike people with high social interest, lack of social interest among adolescents at the age of entering to a larger community cause to lose the opportunity that develop skills and relationships that are normally provided in the classroom and outside educational environment. Thus, adolescents with lack of social interest or lower social interest while entering the community will act in a defective manner in forming positive relationships.

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