# The level of Self-Disclosure for Irbid University College Female Students and its Relation with Some Special Variables

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**Abstract**
This study aimed to detect the level of Self- Disclosure at Irbid university college students and its relationship with some variables, the sample of the study consisted of (343) students were selected randomly. The results of the study show that the level of self- Disclosure in this sample was high. The person who was most targeted in disclosure is the parent, friend, the same sex and then parent respectively, as the results showed that the detection of Self- Disclosure influenced by style of upbringing and was in a democratic style, and it was also influenced by location of housing and came in favor of the city.
**Keywords:** Self- Disclosure, Irbid university college students, psychological stress, Democratic, Dictatorial, Jourard questionnaire

## 1.      Introduction

The subject of detecting Self-disclosure is one of the most  important topics in the field of family and relationships between individuals, the subject of detecting of self- disclosure take the interest of many specialists in the field of social psychology, where it was an effective way to reduce mental disorders because of its great value in the process of emotional catharsis , so this subject consider as voluntarily Confess of the individual to others by important and real information, forming a bridge to build relationships more friendly.

The name Sydney Jurard associated closely with the field detecting of Self-disclosure as one of the first psychologists who searched in this area (Derlega & Berg, 1987), where Jurard definition detecting of self-disclosure as the process that the person telling on it someone else for himself honestly about his private and personal beliefs and feelings (Derlega & Berg, 1987).

And Kafafi (1999) defines the person individual self-Disclosure about his feelings and his own thoughts to someone else, and Beogr & Bradhak (Berger & Bradac, 1982) see it as voluntary Confess and intentional personal information that is not feasible to be obtained from any other sources.

From the standpoint of Cozby referred to in (Adler et al, 1992) that all behavior engaged by others is the Disclose of self and he finds it impossible to make yourself unknown to others, so every time you open your mouth, you disclose your taste, your interests and your desires.

Cozby was considered as the first who establish distinguish criteria for a Self- Disclosure from other detecting forms of communication, so detecting self contains personal information about the sender and the sender must deliver this information verbally, and must be someone else for the delivery of information.

The appropriate detecting of self supports mental health and helps in the formation of good relationships with others and keeps it, where it is impossible to continue a personal relationship without a degree of detecting self and that any attempt to hide the feelings or information from the others may create pressure on the individual which leading to the behavior less adapted, also lead to uncomfortable feeling by the individual (Al-sbaihin, 2001). Where Sigmund Freud said that ''when the hysteria patients try to detect themselves the symptoms of hysteria disappear'' and Psychoanalysts in free association rely on the same logic, which means the Self-Disclosure.

To illustrate the behavior of detecting the self of the individual researcher provides the Huajari sample window (Myers & myres, 1992), which divides all about the individual into four parts and represents every part of the area of consciousness on the part of both the individual and the person who interacts with him, and intended conscious knowing the behavior and emotions and motivation (Hansun, et, al, 1977) The following is an explanation of these parts:

Table (1) Huajari sample window

| Things I know it | Things I don't know it | |
|---|---|---|
| The exposed Area (1) | The Blind Area (2) | Things they know it |
| The Hidden Area (3) | The Unknown Area (4) | Things they don't know it |

**1.1.**      **Part** (1): The exposed area on you includes yourself in public, includes information be known to you and to the others like your physical shape, like wear and how you talk and ... etc.

**1.2.**      **Part** (2): A blind area includes information that other people know about you and you do not know about it like your reputation among your peers that does not tell you about.

**1.3.**      **Part** (3): The Hidden Area includes the information that you know you and other people do not know about it, you do not share your thoughts and experiences, or some behaviors like when you feel ashamed towards them (Myers & myers, 1992).

**1.4.**      **Part** (4): The Unknown Area includes the information that is not known for you, and do not known by other people, may this region includes you're a deep needs and unconscious fears and internal physical situation (Adler, et al, 1992).

## 2.      Literature Review

Many studies dealt with the subject detecting self disclosure such as Arslan and Ari (Arsalan & Ari, 2010) coducted a study aimed to detect whether the identity of the ego among adolescents varies according to the variables of parenting dangling and detecting the self and sex of the individual, the sample of the study consisted of (1525) teenagers among male & female, results indicated a lack of effect of the interaction between patterns of parenting dangling, and the identity of the ego, revealing self in both sexes.

Also Chen & Nokazawa (chen & Nokazawa, 2009) conducted a  study aimed to detect the effects of culture and ethnic on the dimensions of detecting self-study, the sample of the study consisted of (252) participants. The results indicated the presence of a positive correlation between the self and detecting good relationship with friends, and the presence of statistically significant correlation relationship between culture and the level of detecting the self.

The study of Abu Jadwa (2008) aimed to disclose the relationship between the addiction to the mobile phone, and the self disclosure among students from the universities of Jordan and Amman private university. The sample of the study consisted of (480) students from the University of Jordan, Amman Private University. The results indicated that there is a statistically significant positive correlation between addictions to the mobile phone, and the self disclosure , that is, the greater the addiction on the phone detecting increased self- disclosure.

Hargie and others (Hargie et al., 2001) Conducted a study its to detect the relationship between the sex of the individual and self-detecting, the sample of the study has consisted of 288 male and female students, aged (14-16 years), The results indicated the presence of statistically significant differences in the detection of self in favor of females compared to males, also pointed out that teenagers are turning to detect self in front of peers of the same gender , and not in front of peers from different gender.

Also Vito (Vito, 1999) conducted a study aimed to find out the relationship between the levels of emotional self-detect and adapt to the family and resolve the conflict in the marital relationship, the sample of the study consisted of 162 male and female. The results showed that the detection of self-emotional (associated positively with family style that follow the methods satisfactory solution to the conflict and family relations) and negatively with family patterns that follow methods are ineffective and in resolving family conflicts the study also demonstrated that whenever showed individuals revealing self for emotions to their peers or their partners, they are able to resolve the conflict in the family.

Also Forman and Lanthier (Forman & Lanthier, 1996) conducted a study aimed to find out the relationship between the characteristics of the family in terms of warmth and conflict, power and competition between the children and the relationship between brothers and sisters to detect self-emotional the sample of the  study consisted of 56 children with their mothers at the age of school core, and the results indicated that the level of openness to others has been associated with a strong correlation dimension of warmth and level of family harmony and there was a negative correlation between each of openness to others and all of the conflict in the family and the distribution of power between the parents.

Jaradat Conducted (Jaradat, 1995) conducted a study aimed to detect the effect of sex on self- revealed among the students of Yarmouk University in Jordan. The sample of the study consisted of 762 male and female students; (344 males and 418 females), the study results indicated a significant reduction in the level of self-detection of the students. The results also indicated a lack of statistically significant differences attributable to sex in the detection of self- disclsure both parent and friend of the same sex , as the result indicated the presence of statistically significant differences due to the sex of the student in exposing oneself to the mother in favor of females , also the results indicated that males reveal themselves to their friends , then their mothers and their

fathers to a lesser extent , the female reveal their selves equally to some extent each of their girlfriends and mothers , and to a lesser extent their fathers . And those individuals tend to reveal information regarding to their attitudes and opinions, and they are less inclined to disclose information about their financial situation and their bodies and their personalities.

Papini and his colleagues (Papini et al., 1988) Conducted a study aimed to assess the patterns revealed self-sexual adolescents to their parents and friends have study consisted of 169 students from high school students applied them questionnaire self-disclosure of sexual adolescents where linked to detect self strong correlation to perceptions of adolescent openness and adaptation in the family context, family household

## 3.    The Study Problem

The subject of Self-Disclosure is non granulated in Arab culture, where families urge their children closely guards their feelings often as we know, And learn in many situations that do not confess our feelings to one which generates problems and psychological stress among individuals, especially young people, in order to the lack of experience in dealing with the underlying problems leading to the resolve of many of them in the wrong way.

And young people often turn to individuals are also not experts in providing the right advice which lead to the appearance of numerous of the behaviors that we consider abnormal or non-adaptive, The lack of solve the problems that could lead to pressures that are expressed with violent conduct and behaviors that sabotage or withdrawal and introversion. This study sheds light on the subject of the self-Disclosure and provides a theoretical literature illustrates this concept; also this study demonstrates the importance of the individual to disclose what he has to others as part of the emotional catharsis, by answering the following questions:

**3.1.**    What is the level of the self-Disclosure in the Irbid University College Female Student?

**3.2.**    Who is the person that most targeted in the self-Disclosure?

**3.3.**    Does the level of the self Disclosure with students in the Irbid University College Female Student different according to the family upbringing and place of residence?

## 4.    The Study Importance

The researcher try  to study the subject of self-Disclosure because of its many benefits in the development of relationships of the individual personal information with others, and improve the level of their mental health, and achieve a better understanding of himself, also is detecting the self real effective tool to remove the psychological barriers between individuals and working on developing relations of individuals to the social environment surrounding their private family environment, and that the participation of the individual to others thoughts and feelings appropriately leading to increase knowledge of the individual participation itself in feelings often lead to a new understanding of many topics.

## 5.    Definitions

**5.1.**    Self-Disclosure: Means to confess personal information, confidential and important about certain subjects, but to specific individuals, to measure the extent of the individual talked about information by using a modified version the Jurard questionnaire to Self-Disclosure that have been modified to suit the study population.

## 6.    The study Limitations:

**6.1.**    This study limited by the measurement tool which used in terms of sincerity & constancy that the researcher modified to suit the study population.

**6.2.**    The study results of this study determined by targeted individuals that they had Self-Disclosure for them as parents, the mothers, the closest friends of the same sex.

**6.3.**    The study sample confined to Irbid University College Female Students /Al Balqa Applied University.

## 7.    Methodology

## 7.1.    Study population

The study population consisted of all students Irbid University College Female Student / Balqa Applied University & currently rolled in the study during the second semester of the year 2012/2013, which reached their number (3180) students, according to records of the Department of Admission at the University.

## 7.2.    Study Sample

The study sample consisted of 343 female students from the Irbid University College Female Student / AlBalqa Applied University was selected randomly.

**Table (2)**

**Distribution of the study sample according to the variables of the study**

| Variable | Categories | Repetition | Ratio % |
|---|---|---|---|
| Pattern of family upbringing | Democratic | 257 | 74.9 |
| | Dictatorial | 62 | 18.1 |
| | Careless | 24 | 7.0 |
| Place of residence | City | 166 | 48.4 |
| | Rural | 177 | 51.6 |
| | Total | 343 | 100.0 |

### 7.3.     The Study Tool

The researcher used in this study a modified version of the Jourard questionnaire to detect self- Disclosure (Jourard Self-Disclosure Questionnaires) The number of paragraphs of the amended version is 50 items distributed on six dimensions as follows: trends, opinions ,tastes ,inclinations, Learning, the financial situation, the personal situation and the personal physical were identified the targeted people after applying the Questionnaires on exploratory sample consisted 44 students, were asked to complete a questionnaire to the three targeted people : parent, mother and a friend of the same sex.

It should be noted that the six dimensions in the questionnaire detect the extent of self-Discloser speaking individual for each paragraph of each one of these dimensions of the persons targeted by choosing one of the four alternatives:

**7.3.1.**     Lie or introduce myself to the other person on the wrong way and make him take an unreal picture about me.

**7.3.2.**     I never talk at all about this paragraph to the other person.

**7.3.3.**     I'm talking in general and not in details of this paragraph to the other person.

**7.3.4.**     I'm talking in full details way of this paragraph to the other person.

When the researcher corrected the  questionnaire he gives the paragraph that answered about the alternative number (4)  two degrees, and the alternative (3) one degree, alternative (2) or (1) is zero, with a total score in the questionnaire self- Discloser modified (100) and the minimum degree (zero) and that as a total degree for each person targeted.

The following are illustrating the dimensions of this questionnaire each one alone:

**-**     Attitudes and Opinions: This dimension includes a religious beliefs and attitudes toward other religious groups and towards death, politics, marriage, and various social issues such as unemployment and poverty, also includes a desirable trait in the character of a man and a woman, and feelings regarding the best way to be followed by the parents in dealing with children, in addition to relations with the opposite sex and the number of paragraphs of this dimension which is 10 paragraphs 1, 12, 16, 18, 20, 28, 34, 38, 44, and 46.

**-**     Tests and Inclinations: This dimension refers to the clothing and social events, drinks and foods, music, songs and TV shows hobbies and favorite gifts and non-favorite for the individual. The number of paragraphs of this dimensions 9 paragraphs, namely: 3, 8, 9, 19, 26, 33, 37, 40, and 50.

**-**     Study: This dimension refers to the fun things and dull things, goals, aspirations, strengths weaknesses, the difficulties and challenges for the study also refers to the feelings of the individual towards his colleagues and professors at the university to estimate the others for his performance in the study and the number of paragraphs of this dimension 9 paragraphs, namely: 2, 4, 13, 15, 24, 25, 29, 31, and 41.

**-**     The financial situation: This dimension refers to how the individual plane  to spend owned money and to the urgent need for money at the moment, and whether it owes to others or his religion on them and the amount of that debt and the names of people who lent a sum of money and who borrowed them and whether held a sum of money and the amount of that amount and the number of paragraphs of this dimension 7 paragraphs, namely: 11, 22, 30, 27, 42, 45, and 48.

**-**     Personality: This dimension refers to the things that make the individual proud of himself and the things that make him feel anxiety, fear , shame , guilt , distress , embarrassment, anger, and depression in addition to the things that hurt his feelings a lot, and realize in his character flaws , imperfections, he felt that he accepted or rejected by the opposite sex the number of paragraphs of this dimension 9 paragraphs, namely: 6, 10, 14, 17, 21, 27, 32, 35 and 43.

**-**     Physical Status: This dimension refers to the qualities of the ideal wishes of the individual that is characterized by its external appearance, and his feelings about the overall appearance of the face, and the problems related to its appearance outside, which suffered in the past and his record of patients on the disease

and treatment, and whether he suffered from any health problems, and was the number of paragraphs of this dimension, a 6 paragraphs 5, 7, 23, 39, 47, and 49.

### 7.4.    The Credibility of the Tool

The researcher presented the amended version of the Jurard questionnaire to expose oneself to a committee of arbitrators of the campaign doctoral degree in counseling and educational psychology and measurement and evaluation at Yarmouk University and obtained the views of six of them on the appropriate paragraphs the tool and the extent of coverage of the paragraphs of the dimensions and the appropriateness of the language in each paragraph and on the basis of jury views and observations researcher conducted the necessary adjustments.

### 7.5.    The Constancy the tool

The researcher ensure the stability of the instrument in a manner study testing and re-testing (test-retest) interval rate of two weeks on a group of outside study sample consisting of (50) students, were calculated Person correlation coefficient between the two times their estimates in the study tool as a whole, where was (0.89). also calculating the reliability coefficient manner internal consistency by Cronbach's alpha equation was (0.92) and these values were considered appropriate for the purposes of this study.

### 8.    The Study Results

### 8.1.    Results related to the first question:  What is the **level** of the self-Disclosure in Irbid University College Female Students?

To answer this question he has been extracted averages and standard deviations of the **level** of self-Disclosure in Irbid University College Female Student, and the table below illustrates that:

**Table (3)**

**Averages and standard deviations arranged Descending according to the averages**

| Rank | The field | Average | St.D |
|---|---|---|---|
| 2 | Mother | 3.22 | 0.413 |
| 3 | Closest Friend | 3.17 | 0.417 |
| 1 | Father | 2.67 | 0.395 |
| * | Total | 3.02 | 0.273 |

**Table** (**3**) Shows that the average was ranged between (2.67-3.22), where the field came the mother in the first place was the highest arithmetic average (3.22), followed by the second field of the closest friend of the same sex was a mean (3.17), while the parent field in last place and reached a mean (2.67).

### 8.2.    Results related to the Second question: Who is the person that most **targeted** in the self-Disclosure?

To answer this question he has been extracted averages and standard deviations of the person that most **targeted** in the self-Disclosure in Irbid University College Female Student, and the table below illustrates that:

**Table (4)**

**Averages and standard deviations arranged Descending according to the averages**

| Rank | The field | Average | St.D |
|---|---|---|---|
| 2 | Mother | 3.42 | 0.443 |
| 3 | Closest Friend | 3.37 | 0.437 |
| 1 | Father | 2.87 | 0.375 |
| * | Total | 3.22 | 0.283 |

**Table** (**3**) Shows that the averages was ranged between (2.87-3.42), where the field came the mother in the first place was the highest arithmetic average (3.42), followed by the second field of the closest friend of the same sex was a mean (3.37), while the parent field in last place and reached a mean (2.87).

### 8.3.    Results related to the third question (Sub 1): Does the level of the self Disclosure with students in Irbid University College Female Student **different** according to the family upbringing

To answer this question he has been extracted averages and standard deviations of the **different** of self Disclosure according to the family upbringing in Irbid University College Female Student, and the table below illustrates that:

**Table (5)**
**Averages and standard deviations arranged Descending according to the averages**

| Categories | Number | Average | St.D |
|---|---|---|---|
| Democratic | 257 | 3.06 | 0.278 |
| Dictatorial | 62 | 2.99 | 0.209 |
| Careless | 24 | 2.73 | 0.164 |
| Total | 343 | 3.02 | 0.273 |

The table (5) shows that variation in ostensibly in the averages and standard deviations of the level of self-disclosure with Irbid college students because of the different categories of variables family upbringing, and to indicate the statistical significance of differences between the averages have been used by analysis of variance (Table 6).

**Table (6)**
**ANOVA analysis of the impact of family upbringing**

| Resource | Sum of Squares | DF | Average of Square | F value | Sig* |
|---|---|---|---|---|---|
| Between Groups | 2.432 | 2 | 1.216 | 17.948 | 00.0 |
| Inside Groups | 23.033 | 340 | .068 | | |
| Totaly | 25.465 | 342 | | | |

The table (6) shows that existence of statistically significant differences at the level of significance ($\alpha = 0.05$) attributable to the upbringing of the family, and to indicate the function conjugal differences between statistical averages have been used comparisons Meta as shown in the table (7).

**Table (7)**
**Dimensional comparisons of the impact of family upbringing**

| Categories | Average | Democratic | Dictatorial | Careless |
|---|---|---|---|---|
| Democratic | 3.06 | | | |
| Dictatorial | 2.99 | 0.07 | | |
| Careless | 2.73 | 0.33* | 0.26 | |

The table (7) shows that presence of statistically significant differences ($\alpha = 0.05$) between the pattern style democratic and carless, and the differences were in favor of a democratic style.

**8.4.     Results related to the third question (Sub 2):** Does the level of the self Disclosure with students in Irbid University College Female Student **different** according to the resident place.

To answer this question he has been extracted averages and standard deviations of the **different** of self Disclosure according to the resident place in the Irbid University College Female Student, and the table below illustrates that:

**Table (8)**
**Averages and standard deviations arranged Descending according to the averages**

| | Place | Number | Average | St.D | T. value | D.F | Sig* |
|---|---|---|---|---|---|---|---|
| | city | 166 | 3.05 | 0.276 | 1.978 | 341 | .049 |
| Total Degree | Rural | 177 | 2.99 | 0.267 | | | |

The table (8) shows that presence of statistically significant differences ($\alpha = 0.05$) due to the impact of the place of residence, and the differences were in favor of the city's population.

**-        Discuss the results which related to the first question:**

The results of the first question related to the level of detection of self among students of Irbid University college has come at a high level and researcher the attributes this result to the students living within families prevail relations democracy which leaves room for students to post their family issues that meet in gaining various fields such as the field of study , the field of tastes , trends and other topics that hinder the students and the students have a healthy positive relationships with each other.

**-        Discuss the results which related to the second question:**

researcher the attribute this result (the first) that the students closer to their mothers because the mother is of the same sex which makes it easier to discuss the girl some topics related to them and that cannot be discussed with either parent or friendly as the mother represents the soft side of the family, often do not represent the power in the sense that the girl is not afraid of often violent reaction of the mother and the birth of her daughters take her girlfriends which helps the girl to reveal even more of the mother.

In the second rank, the students reveal the self-esteem of a friend of the same sex, and this result is logical since the researcher attribute to the fact that the students brought together by common denominators, many facilitate the process of detecting the self, for example, from the same age with similar girls in the attitudes , ideas , desires ,inclinations , that the girl is not afraid of punishment if revealed to her friend and often girlfriends agree outline around common issues.

The parent which ranked last in terms of the target to detect self- disclosure because the parent is not right to discuss all topics with them as shy girls inform parents on all the details of her life and that some of the topics may not be accepted by the parent faces a daughter you great anger and sometimes punishment because the father in our culture represents the power succession, and finally the father is not a permanent presence in the house as the mother he spends a large part of his time outside the home, which makes the area of interaction between a parent and girls is too small.

**-        Discuss the results which related to the third question**

The researcher explained this result in that the pattern is a pattern allows democratic dialogue and communication within the family, which encourages students to disclose what they have inside for their families because the lines of communication is opened between the family members father and mother to their children listen and understand their problems and work to resolve it and this in itself encourages self revealed.

Regarding the variable place of residence the statistical analysis results shows the presence of statistically significant differences at the level of statistical significance ($\alpha = 0.05$) due to the impact of housing, came in favor of the city's population attribute the researcher of this result is that the village still retains a great deal of customs and traditions which makes revealing some of the topics the taboo over the city, the largest of freedom alone customs and traditions less which allows an individual to reveal some more including the inside.

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