

EVALUATION AND RANKING OF SOCIAL RESILIENCE COMPONENTS OF NOWSHAHR RED CRESCENT YOUTH MEMBERS AGAINST CORONAVIRUS

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Abstract: The corona virus made an impact in most countries, and its high mortality rate is very high. Therefore, the purpose of this study is to prioritize the components of resilience and quality of life and explain its indicators from the most important to the least importance is in the active members of the Red Crescent youth of Nowshahr city. **Materials and Methods :** This study was initially conducted on 40 active members of the Red Crescent youth involved with Corona in Nowshahr. Due to the limited statistical population of youth members, the census method was used, according to which all active members of the youth were surveyed. the Connor and Davidson questionnaire was used to rank the resilience components which was rated from 1 to 5 in terms with Likert scale and then rated by Delphi methods. The research method is quantitative and qualitative and descriptive survey which was conducted in the form of a library and a questionnaire. **Results :** The results

indicate that among the effective components in social resilience, spiritual effects with a biphasic value of 4.61 in the first place, and perception of individual competence was prioritized with 4.09 in the last rank.

Keywords : Resilience, Red Crescent, Corona virus, Nowshahr

Introduction

The corona virus and its spread first appeared in Wuhan, China, and then spread to other parts of the world, causing many deaths. (Dubey et al., 2020) According to the World Health Organization, the outbreak continues is on the rise and will become the third leading cause of death in the world by 2030. Currently, this disease has become widespread in Iran and has caused unrest, confusion and changes in living conditions (Rahmatinejad et al., 2020: 73). Social resilience is the adaptation of individuals and social groups to environmental changes. The ability of social resilience is the ability of a community to achieve balance or a positive response to disasters (Partovi et al., 2016: 102). In the city, resilience should be the focus of all urban management programs because in cities, natural disaster management after the accident in third world countries, like Iran, is not in good condition and many people are harmed and also injured people can not easily return to the previous situation. For this reason, the issues related to resilience along with other indicators and frameworks are essential (Karimi Rozkani et al., 2020: 442). The consequences of this disease in most aspects have been shared by different sections of society. Because the disease spreads so quickly, it is imperative that people adhere to health protocols and be resilient in

preventing the transmission of the virus, overcoming their fears and anxieties, and calming down the corona to prevent its destruction. They must be able to adapt to the conditions and environment in order not to get infected. The Red Crescent is a government and humanitarian organization whose most important activities include supporting the victims of earthquakes and man-made disasters and providing first aid to them. Nowshahr Red Crescent is a government organization and there is only one branch in each city. The organization consists of 10 employees in its department who work in rescue and relief units, youth unit, volunteer unit, health unit, education unit, warehouse unit, treasury unit (finance), deputy unit, administrative unit and department unit. The study area for this study is the section of active youth members (18 to 45 years old) of Nowshahr Red Crescent. The membership of active members of the Red Crescent youth is from 5 to 45 years old, which includes kindergartens and preschools and student centers include rural centers. This was due to research in other departments such as hospitals, clinics and other health centers, research was conducted on resilience and corona and physicians did not have adequate time to answer the research questions, due to from the Nowshahr Red Crescent Organization was used to achieve the research objectives. The reason for addressing this issue in Nowshahr city is because the construction of a freeway and closer Nowshahr to the capital (Tehran) in terms of time, the human crisis (Corona) spreads more quickly and turns the city into a red zone of disease that can change the resilience of Red Crescent youth members. The corona has caused events in the Red Crescent for active youth members. During this period, face-to-face Red Crescent training became virtual, and their essential visits and meetings were reduced, leading to

the cancellation of their cultural programs, competitions, and camps, at this time their duties to provide relief and services to the Corona that will increased, leading to their resilience which is consequence of corona. In view of the above, due to hospitals and medical staff and the Red Crescent are important centers for dealing with the corona crisis, necessary measures must be taken in this regard, because if neglected at this stage, the consequences of the accident will cause more problems and other crises Therefore, according to these cases, this study seeks to answer the question: What is the priority of resilience components? What are the most important indicators of each component? Which age group has the most resilience?

Research Purposes

The main purpose of this study is to evaluate and rank the components affecting the social resilience of individuals against coronavirus. The specific objectives of the study include: Ranking the indicators affecting the components of social resilience (perception of individual competence, trust in individual instincts, change positive acceptance and safe relationships, control and spiritual effects).

Background Research

Tutunchian and Khoshhal (2020) in their article entitled Crisis Management and Reducing the Risk of Coronavirus Epidemic, emphasizing Iran's capabilities, they answer this question of what role crisis management has in reducing the prevalence of corona epidemic. Their findings showed that the crisis management approach is different in each country. Each of them has its own approach to controlling the

virus. They have come to the conclusion that in Iran, the existence of extensive medical and hospital facilities such as the Red Crescent, passive defense in the field of service delivery has taken an acceptable form. Kafash and Zameni (2018) in their research concluded that after the positive acceptance of change and safe relationships have the highest rank and then the dimensions of perception of individual competence, control, trust in individual instincts, and spiritual effects, respectively. In separate studies, Tugade & Fredrickson (2004) and Carle and Chassion (2004) found that high levels of resilience help a person use positive emotions to get past unpleasant experiences and return to a good state (Mikaeli et al., 2012: 13). Vinkers et al. (2020) discuss about the urgent need to focus on resilience during the coronavirus epidemic, and that resilience is critical to coping with stress and maintaining balance. They talked about the importance of flexibility at the individual and social levels, as well as its implications for the mentally ill and health care workers. Rathod et al. (2020) in their study examined the psychological effects of Covid 19 and its limitations and effects on individual behavior. They concluded that research should be focused on identify needs and services and identify the factors that strengthen and create resilience.

Connor And Davidson's Theory Of Resilience: Connor and Davidson (2003) have recognized the concept of resilience in previous research as a multidimensional phenomenon that varies in time, age, and gender. According to their research, they say that all human beings are born with the resilience that exists in us and we can upgrade and improve them (Hadidi, 2017: 104). In Connor and Davidson's view, resilience is defined as adapting to dangerous and threatening issues. This view has 5

components called perception of individual competence, positive acceptance of change, tolerance of negative emotion, spiritual effects and control, which are the main concepts of resilience. The concept of individual competence is related to a series of characteristics such as making decision, adaptability, and solving interpersonal skills. They use resilience as a process to determine a person's skills and ability to deal with stressful issues. According to them, resilient people are calm and can go through hardships; Therefore, they consider having resilience with characteristics such as endurance, morality and positive emotions (Varmziar and Amiri Majd, 2020: 3)

Al Siebert 's Theory Of Resilience: According to Siebert, negative emotions such as helplessness, anger, distress, anxiety, and despair about solving his or her troubles reduce resilience. When we have a lot of fears and worries, it causes the immune system to weaken and we become vulnerable to the disease. According to Siebert, resilience refers to having the following abilities: 1- To face changes that are continuous and disruptive. 2- To maintain our health and energy if we are under pressure. 3- To be able to overcome problems and easily return to balance. 4- Overcoming difficulties. 5- If we can not continue our path and it is not possible, change our path and create new life and work. 6- Do the above without using harmful methods. He said that If we control our emotional reactions, it strengthens our emotional system and leads us to be resilient and strong when we are in a state of anxiety. People who are resilient, manage their emotional reactions and first identify the problem and finally express their feelings. He notes that positive and desirable emotions come from the experiences we have in daily life. It is to

recognize these positive emotions and feelings in our lives. When we experience positive emotions during the day, we can solve various problems in life (Siebert, 2016).

Research Method

The method of the present research is mixed with quantitative and qualitative methods. The present research is in the category of applied research based on the purpose and is descriptive-survey in terms of research method. In the survey method, experts' opinions about the research title are collected through a questionnaire. In order to collect information and review the theoretical literature, the library method and search for valid scientific-research databases and science direct database were used and then continued as a questionnaire and research indicators and items were selected in relation to the research topic. In the field of research, our sample is descriptive-analytical that the questionnaire was distributed among the experts by the researcher in person at the Red Crescent office and to complete it, the opinion of 44 active members of the Red Crescent was used. Resilience was obtained and confirmed with a score higher than 4, and the Delphi process was stopped at this stage, and the components and indicators were prioritized. The Conner & Davidson Resilience Standard Questionnaire consists of 25 terms and a 5-point Likert response scale from zero (completely incorrect) to four (always correct). This questionnaire has subscales of perception of personal competence, trust in individual instincts, tolerance of negative emotions, positive acceptance of change and secure relationships, control scale and spiritual effects of questions. The validity of the questionnaire has been used according to the opinion of experts and university

professors and the reliability of the questionnaire has been confirmed in Iranian research and Cronbach's alpha coefficient is 0.84 . The reliability of this questionnaire was calculated by the researcher and its Cronbach's alpha coefficient was 0.849 . The statistical population of this study is active youth members (18 to 45 years old) of Nowshahr Red Crescent in 2021. Due to the limited statistical population of youth members, the census method was used, according to which all active youth members were surveyed. Therefore, the sample and the statistical population in this study are the same. The number of active youth members (18 to 45 years old) of the Red Crescent was equal to 44 people, which according to Morgan's table method is a sample size of 40; In this research, the same 44 questionnaires were used to achieve the objectives of the research. But in the Fuzzy Delphi process, the opinions of 40 experts were examined. The sampling method is census. Data analysis is performed in two ways : Descriptive and Fuzzy Delphi. At the descriptive level, frequency distribution is used. To analyze the data, first its components and indicators were extracted through resilience and quality of life questionnaires and to prioritize these indicators for analysis through Fuzzy Delphi hierarchy. Delphi was assessed using a questionnaire. The Likert scale is done on a 5 degree scale. At this stage, at the descriptive level, 22.spss software has been used and Excel software has been used to weigh the data and rank them.

Research Findings

Study Area: Scope of research in this dissertation is the active members of the youth (18 to 45 years) of the Red Crescent of Nowshahr. Nowshahr is the most important city in the west of Mazandaran province.

Its area is about 1718 square kilometers and this area occupies about 23.7 percent of the area of Mazandaran province. According to the latest census, the population of Nowshahr was equal to 49,405 people. Nowshahr is located at 51.30 degrees north latitude and 36.39 degrees east longitude. Its height above sea level is -2.9 meters. Nowshahr city is connected to the Caspian Sea from the north, to Baladeh Noor section from the south, Alborz mountains, from the east to Noor city and from the west to Chalous city. The researcher's questions regarding research are as follows: 1- Which age group is the most resilient? 2- What is the ranking of resilience components? 3- What are the most important indicators of each component?

Table 1 – Frequency distribution and gender percentage

Gender	Frequency	Percentage
Male	۱۶	۴۰٪
Female	۲۴	۶۰٪
Total	۴۰	۱۰۰٪

According to the research findings, 16 respondents (40%) were male and 24 (60%) were female respondents.

Table 2- Frequency distribution and age percentage

Age	Frequency	Age
18-25 years old	۱۵	۳۷/۵%
26-35 years old	۱۵	۳۷/۵%
36-45 years old	۱۰	۲۵٪
total	۴۰	۱۰۰٪

As shown in the table, the highest percentage of the sample is in the age group of 18 to 25 years and 26 to 35 years (with 37.5%), followed by the age group of 36 to 45 years, which is 25% of the sample.

Table 3- Frequency distribution and marriage percentage

Marriage	Frequency	Percentage
Single	۲۱	۵۲٪/۵
Married	۱۹	۴۷٪/۵
Total	۴۰	۱۰۰٪

According to the research findings, 21 (52.5%) respondents were single and 19 (47.5%) respondents were married.

Table 4- Frequency distribution and education percentage

education	frequency	percentage
diploma	۳	۷/۵%
associate	۵	۱۲/۵%
bachelor	۲۲	۵۵٪
master's degree and higher	۱۰	۲۵٪
total	۴۰	۱۰۰٪

As can be seen, the highest percentage of the sample is bachelor education with (55%), followed by master's degree and higher (25%) and the lowest frequency is related to diploma with (7.5%).

Table 5 - Frequency distribution and job percentage

job	frequency	percentage
freelance	۱۶	۴۰٪
employee	۱۲	۳۰٪
other	۱۲	۳۰٪
total	۴۰	۱۰۰٪

In the research findings, it was observed that the most jobs were related to freelance work (40%), followed by employee jobs and other jobs with (30% equal in both jobs), a large amount of the sample. Research question: Which age group has the highest rate of resilience? The analysis of variance is used to answer the first question.

Table 6- Results of variance test between resilience variables in relation to age group

variabel	property	group	frequency	Average variable	Standard deviation	Average standard error	Significance level
resilience	age	18-25 years old	15	3.8027	.38648	.09979	.187
	.10978	26-35 years old	15	3.6347	.42517	.10978	
	.15826	36-45 years old	10	3.4760	.50047	.15826	

Based on the results of variance test in Table 6, there is no significant difference between the rate of resilience compared to age groups (> 0.05 significance level), ie the difference in the rate of resilience between age groups is not significant, but according to the average resilience in the table above the resilience of age group 18 to 25 The year is longer than other age groups. The Fuzzy Delphi test for each of the research variables is examined according to the following hypothesis (according to the range of mathematical numbers used for the verbal expressions defined

in the research and this value of one (1) which is the lowest level of significance of the variable, That is, very little to the value of 5 (five) for the highest limit of the highest importance of the variable. In this study, in the range of 1 to 5 verbal expressions, decisions which is the target value was higher than 4, and are considered as the effective number of the variable. In fact, in order to derive the desired criteria, we consider a limit for accepting or not accepting that criterion. In this study, the acceptability limit of the criterion is about 4. If the Di-Fuzzy value of the Fuzzy number is close to 4 or higher according to experts, it is accepted as an acceptable criterion, otherwise it will not be accepted. In this research, the focus of the process is confirmed by experts that the di-Fuzzy value of all indicators of the Social Resilience Questionnaire is more than 4. Therefore, all these indicators remain in the questionnaire. Then, to ensure the results, the second stage of the survey of experts (respondents) was conducted and the Di-Fuzzy value of the second stage of the survey was determined. Considering that the members of the expert group (respondents) agreed with all the indicators in the second stage because the Di-Fuzzy value of all indicators is above 4. Therefore, the Fuzzy Delphi test was stopped to identify the effective and important indicators of the Social Resilience Questionnaire. Fuzzy Delphi method can be used to prioritize the dimensions and indicators of resilience variables. For this purpose, the Fuzzy value should be calculated for the dimensions and indices, then whichever (dimensions or indices) has the highest Fuzzy value is the most important compared to the other dimensions or indices, so the first priority is for itself. We prioritize other dimensions and indicators.

Table 7: Results of aggregation of expert opinions on the variables of resilience

Row	Dimensions	The degree of importance				
		Very High(5)	High (4)	Medium (3)	Low (2)	Very low (1)
1	Perception of individual competence	14	26	4	0	0
2	Trust in individual instincts and tolerate negative emotions	21	18	5	0	0
3	Positive acceptance of change and secure relationships	25	19	0	0	0
4	Control scale	28	12	4	0	0
5	Spiritual effects	33	11	0	0	0

Table 8: Fuzzy Delphi test results and prioritization of resilience variable dimensions

row	Dimensions under consideration	Low limit	Geometric mean	High limit	Di-Fuzzy value	priority
1	Perception of individual competence	3	۴/۱۸	5	۴/۰۹	5
2	Trust in individual instincts and tolerate negative emotions	3	۴/۳۱	5	۴/۱۶	4
3	Positive acceptance of change and secure relationships	4	۴/۵۴	5	۴/۵۲	2
4	Control scale	3	۴/۴۹	5	۴/۲۴	3
5	Spiritual effects	4	۴/۷۳	5	۴/۶۱	1

The results of Table 8 show that spiritual effects are the most important dimension of resilience and the perception of individual competence is the last priority. Also, prioritizing the dimensions of resilience variables is as follows: 1- Spiritual effects 2- Positive acceptance of change and safe relationships 3- Control scale. 4- Trust in individual instincts and tolerance of negative emotions 5- Perception of individual competence

Table 9: The results of aggregating the opinions of experts for the indicators of the Social Resilience Questionnaire

Dimensions	row	Indicator	The degree of importance
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			Very High (5)	High (4)	Medium (3)	Low (2)	Very Low (1)
Perception individual competence	10	I try my best in everything and I have nothing to do with the result.	14	26	4	0	0
	11	I believe that despite the obstacles, I can achieve my goals	21	20	3	0	0
	12	I do not despair even when things get frustrating	16	28	0	0	0
	16	. If I fail, I will not be easily discouraged.	27	16	1	0	0
	17	When I deal with the challenges and problems of life, I consider myself a capable person.	18	24	2	0	0
	23	I love life challenges	24	19	1	0	0
	24	Regardless of the obstacles ahead, I strive to achieve my goals.	18	19	7	0	0
	25	I'm proud of my progress	15	19	10	0	0
Trust in individual instincts and tolerance of negative emotions	6	When I have problems, I try to see the funny side of them	24	20	0	0	0
	7	The necessity to cope with stress makes me stronger.	27	17	0	0	0
	14	I do not lose my focus when I am under pressure and I think right	20	20	4	0	0

	15	I prefer to solve my own problems rather than others making all the decisions	19	20	5	0	0
	18	If necessary, I can make difficult and unexpected decisions that affect others	21	23	0	0	0
	19	I can control unpleasant emotions such as sadness, fear and anger	17	24	3	0	0
	20	In dealing with life's problems, sometimes it is necessary to act solely on speculation	19	21	4	0	0
Positive acceptance of change and safe relationships	1	When a change occurs, I can adapt to it	29	13	2	0	0
	2	There is at least one person with whom I have a close and intimate relationship in times of stress	19	15	0	0	0
	4	I can think of a solution to everything that comes my way.	28	16	0	0	0
	5	My past successes have given me so much confidence that I can deal with the challenges and problems ahead	30	14	0	0	0
	8	Usually I get back to normal after illness, injury and other hardships	35	9	0	0	0
Control scale	13	In times of stress and crisis, I know where to turn for help.	22	17	5	0	0
	21	I have a strong sense of purpose in life	10	34	0	0	0
	22	I feel in control of my life.	19	19	6	0	0

Spiritual effects	3	When there is no clear solution to my problems, sometimes God or destiny can help.	32	12	0	0	0
	9	I believe that in any good or bad event, there is an expediency	22	20	2	0	0

Table 10 : Results of fuzzy Delphi test for indicators of social resilience questionnaire

Dimensions	row	Examined index	Fuzzy Delphi test				
			Low limit	Geometric mean	High limit	Di-Fuzzy value	priority
Perception of individual competence	۱۰	I try my best in everything and the results doesn't matter for me	۳	۴/۱۸	۵	۴/۰۹	۷
	۱۱	I believe that despite the obstacles, I can achieve my goals	۳	۴/۳۶	۵	۴/۱۸	۳
	۱۲	I do not despair even when things get frustrating.	۴	۴/۳۴	۵	۴/۴۲	۱
	۱۶	If I fail, I will not be easily discouraged.	۳	۴/۵۵	۵	۴/۲۷	۲
	۱۷	When I deal with the challenges and problems of life, I consider myself a capable person.	۳	۴/۳۲	۵	۴/۱۶	۵
	23	I love life challenges	3	۴/۳۳	5	۴/۱۷	4

	24	Regardless of the obstacles ahead, I strive to achieve my goals	3	۴/۱۹	5	۴/۱۰	6
	25	I'm proud of my progress	3	۴/۰۴	5	۴/۰۲	8
Trust in individual instincts and tolerance of negative emotions	6	When I have problems, I try to see the funny side of them.	4	4/52	5	4/51	2
	7	The necessity to cope with stress makes me stronger.	4	4/59	5	4/54	1
	14	I do not lose my focus when I am under pressure and I think right	3	4/31	5	4/15	4
	15	I prefer to solve my own problems rather than others making all the decisions.	3	4/26	5	4/12	7
	18	If necessary, I can make difficult and unexpected decisions that affect others.	4	4/44	5	4/47	3

	۱۹	I can control unpleasant emotions such as sadness, fear and anger.	۳	۴/۲۷	۵	۴/۱۳	۶
	۲۰	In dealing with life's problems, sometimes it is necessary to act solely on speculation	۳	۴/۲۹	۵	۴/۱۴	۵
Positive acceptance of change and safe relationships	۱	When a change occurs, I can adapt to it.	۳	۴/۵۷	۵	۴/۲۸	۵
	۲	There is at least one person with whom I have a close and intimate relationship in times of stress	۴	۴/۶۳	۵	۴/۵۶	۳
	۴	I can think of a solution to everything that comes my way.	۴	۴/۶۱	۵	۴/۵۵	۴
	۵	My past successes have given me so much confidence that I can deal with the challenges and problems ahead	۴	۴/۶۶	۵	۴/۵۸	۲
	۸	Usually I get back to normal after illness, injury and other hardships	۴	۴/۷۸	۵	۴/۶۴	۱

Control scale	۱۳	In times of stress and crisis, I know where to turn for help.	۳	۴/۳۳	۵	۴/۱۶	۲
	۲۱	I have a strong sense of purpose in life.	۴	۴/۲۱	۵	۴/۳۵	۱
	۲۲	I feel in control of my life.	۳	۴/۲۳	۵	۴/۱۱	۳
Spiritual effects	۳	When there is no clear solution to my problems, sometimes God or destiny can help.	۴	۴/۷۰	۵	۴/۶۰	۱
	۹	I believe that in any good or bad event, there is an expediency.	۳	۴/۴۱	۵	۴/۲۰	۲

Discussion And Conclusion

Since social resilience plays an important and vital role in times of coronary crisis and considering that each person should have satisfaction in the living environment and have the appropriate flexibility to deal with corona crisis, the present study is based on component identification. The effective indicators and indicators of social resilience were based on the most importance and the least importance. In this regard, the components of each variable were prioritized and then the indicators of each component were ranked. In resilience, 25 indicators according to the opinion of the experts was confirmed. Many descriptive indicators by gender show that 16 (40%) respondents were male and 24 (60%) were female respondents. Many descriptive indicators by age show that 15 people (37.5%) are in both age groups of 18 to 25 years and 26 to 35 years, which is the highest percentage of the sample, followed by 10 people (25%) are in the age group of 36 to 45 years. Many descriptive indicators in terms of marital status show that 21 (52.5%) respondents were single and 19 (47.5%) respondents were married.

Many descriptive indicators in terms of marital status show that 21 (52.5%) respondents were single and 19 (47.5%) respondents were

married. Frequency descriptive indicators in terms of education show that the highest percentage of frequency is in the undergraduate group with (55%). 25% of the master's degree group and above and 7.5% with the lowest frequency have a diploma. Many descriptive indicators in terms of jobs show that 40% related to freelance work and then employee jobs and other jobs with (30% equal in both jobs) have a large sample size. According to the research question, no significant difference was observed in terms of resilience in the studied age groups, but according to the average resilience in the age group of 18 to 25 years was higher than other age groups and the resilience of single people is higher than married people. At first, the Fuzzy value of all indicators of the Social Resilience Questionnaire was examined by Fuzzy Delphi method and its value was more than 4. Therefore, all indicators were included in the questionnaire. Findings related to weighting and prioritization of social resilience components showed that the highest amount of normal weight among resilience dimensions is related to spiritual effects. In this component, the highest index is related to the question when there is no clear solution to my problems. Only God or destiny can help, and I believe that every good or bad event has an benefit that has the lowest rank, which is the same as the results of other researchers. The second rank in the variable dimensions of social resilience is related to the positive acceptance of change and safe relationships. In this component, the index usually returns to the first state after illness, injury and other hardships that is most important. When a change occurs, I can adapt to it and that is the least important. Because change in life is vital and important, if we ourselves adapt to change, newer and better paths will be created in our lives and we will grow and develop more. So during the

corona epidemic, if the changes occur, such as masking and avoiding from gatherings will lead to a healthier lifestyle and we will be better able to adapt to the circumstances. The third rank of social resilience is related to the component of control that the index in life is a strong and purposeful sense that is the most important and the index. I feel I have control over my life is the least important. Red Crescent youth members are individuals who, given their responsibilities to serve the people and humanitarianism, and like hospital staff, can make a significant impact in controlling or combating the corona. In previous research, Tutunchian and Khoshhal (2016) concluded that medical facilities and hospitals and the Red Crescent provide acceptable services and crisis management, which indicates this. The results showed that if we control our emotions and make decisions based on reason, we can better manage our lives and go back to the previous path and interact with others. Because of this, control can prepare us to live in society and face problems and lead us to good things. The fourth rank of social resilience variable is related to trust in individual instincts and tolerance of negative emotions. From this component, the index of the necessity to cope with stress makes me stronger which has the most importance and index. I prefer to solve own problems so that others make all decisions that has least important. In this index, a person can go through the critical stage of life with the help of resilience and get rid of unpleasant emotion. In Tugade and Fredrickson (2004) and Carle and Chassion (2004) research, resilience led people to use positive emotions to overcome unpleasant situations, which is consistent with the research results. To explain this hypothesis, it can be said that corona disease transmits many negative emotions such as fear, anxiety, depression and worry. If these emotions are associated with a

person in the long term, it will reduce the quality of life and make life bitter for people. Meanwhile, endurance in the face of negative emotions and freeing himself from these thoughts helps people to be patient in the face of this disease and achieve a satisfying life. According to Siebert's theory, people experience unpleasant feelings such as anxiety, sadness, anger, and confusion when they are hurt, but they do not allow these negative feelings to linger in them for long, and they recover when something unexpected happens. The last dimension of the social resilience variable is related to the component of the perception of individual competence, in which the index is not the most important even when things get frustrating, and the index is the least important because I am proud of my progress. Those who have a lot of independence and ability believe in the fact that they can solve their own problems and crises, and with this thinking, they strengthen the spirit of their individual ability. These people achieve their goals by relying on their abilities, so pointing out individual abilities to Red Crescent youth members, such as problem solving and demonstrating skills, gives them a positive understanding of the individual's right to face the corona virus and Keep the quality of life. The Kafash and Zamani in prioritizing the dimensions of resilience concluded that after the positive acceptance of change and safe relationships have the highest rank and then the dimensions of perception of individual competence, control, trust in individual instincts and spiritual effects. The results of the present study were inconsistent.

Research Limitations

Due to the presence of corona disease, there was no easy access to many scientific and research centers in the country, including urban libraries,

and there are weaknesses in the scientific field of research. Also all members of the Red Crescent were not available for sampling, so only a portion of the Red Crescent youth was sampled, and in order to generalize it to all members of the Red Crescent, more care must be taken.

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