The relationship between metacognitive beliefs and anxiety sensitivity with conscientiousness of Life guards

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Abstract: The present research examines the relationship between metacognitive beliefs and anxiety sensitivity with conscientiousness of lifeguards. This is a descriptive-correlational research and has been carried out by the field method. The statistical population of the research included all female lifeguards in the east of the country and at different work levels (310 people). Next, according to the type of statistical population, the sample size was calculated using Morgan's table to the number of 150 people, and they completed the questionnaires of metacognitive beliefs, anxiety sensitivity and conscientiousness. Data were analyzed through Pearson correlation and multiple regression statistical tests simultaneously. The results showed that there is a significant correlation between metacognitive beliefs and anxiety sensitivity with conscientiousness (p≤0.05). Positive metacognitive beliefs have a positive and significant relationship with conscientiousness, while the relationship between negative metacognitive beliefs and anxiety sensitivity with conscientiousness is negative and significant. Since lifeguards should be at the peak of responsibility, knowing the issues that can negatively affect their conscientiousness can be a solution or suggestion to improve their performance. Therefore, according to the results of the research, it is suggested to discuss the psychological preparation of lifeguards, especially in the cognitive aspect. There should be more emphasis.

Keywords: life guards, metacognitive beliefs, anxiety sensitivity, conscientiousness.

1. Introduction

Lifeguards need to have high levels of conscientiousness according to their job. In modern society, lifeguards have the important responsibility to save people's lives (Mondalizade and Javaheri, 2019). Conscientiousness is one of the 5 facets of personality according to Mc Kerry and Casta which includes trust, discipline, organization, responsibility, being lawful, diligence, success achievement, and attention (Mousavi, 2020). In this way, conscientiousness describes the power of controlling impulses in a way that the society wants and facilitating the controlling behavior and goal centered (Rezaei, 2012). This is known as tendency to success can be the power of planning actively, and organizing properly. Therefore, conscientiousness can impact on people's responsibilities which has a positive relationship with positive behaviors and negative relationship with negative behaviors. It has been a fundamental concept in many organizations and it is a proper variable to estimate many jobs' performances because most of people tend to become successful (Hajiloo, Sobhi et al. 2013). The responsible person is goal centered, determined and firm (Faghihipoor, Atashi et al. 2010). one of the practical facets of conscientiousness in improving performance and individuals' awareness of their own thinking process and the ability to control this process, which is known as metacognitive (Shiravi and Heydari, 2017). Metacognitive includes individuals' beliefs and opinions about cognitive and emotional characteristics (Lane.Milne et al. 2016). Moreover, it can be the psychological structures, knowledge, and process which deals with controlling, transforming, and interpreting thoughts and cognition. Many studies have shown that strategies lead into improving metacognitive beliefs might enhance sports skills. In contrast, some studies have shown that the strategies enhancing metacognitive beliefs might effect on psychological and physical sports skills. Metacognitive beliefs can effect on lifeguards performance in any level and any which indicates the fact that lifeguards having metacognitive beliefs and can control their activities. The main focus in metacognitive approach is positive and negative metacognitive beliefs. the positive attack negative beliefs relates to the benefits of involving in cognitive activities and the negative beliefs is related to the importance of negative cognitive experiences. The pattern of metacognitive activities would intensify the negative impulses that results in anxiety. However for reducing anxiety and controlling cognitive knowledge, we can use harnessing strategies for thoughts (Mojtabaei and Alizadeh, 2017). This leads to exclusive anxiety disorder (Afshari and Hashemi, 2019).

It seems that paying attention to the importance of conscientiousness of lifeguards' (CL) performance, affects their occupations. According to some studies, metacognitive beliefs have an important role in anxiety and depression. Moreover, anxiety and depression might influence athletes' performance (Saediakbar, 2020). Anxiety sensitivity is one of the dangerous elements for people who has anxiety (Daryadel, Mikaeili et al. 2021). This means to a permanent concern of individuals that is threatening to their emotions and they expect physical and non-physical harmful and dangerous actions (Rajabi and Alomoradi, 2018). In addition, this results to a bias in restoring and analyzing information related to evocative motives that causes schizophrenia and social anxiety (Abdolghasemi, 2005). Noticing the critical condition of lifeguards reveal the fact that facing anxious conditions would repel lifeguards to have tolerance against risky conditions and be able to control their job challenges. Also they can provide pleasing services for customers, be professional and have a positive attitude toward their job. This is the reason why life guards have a dangerous and perilous job (Sanati and Badami, 2017).

The pool's environment is usually stressed according to its particular conditions and it is by the means of some problems. This kind of environment will bring stress and pressure for lifeguards (Christen, Iyer et al. 2006). The stressful elements can endanger the psychological or emotional health in some ways that can disturb the emotional, cognitive and behavioral balance and conduct into damaging behaviors (Goliparvar, Javadian et al. 2013). According to Rolenskey et al. (2002), not paying attention to anxiety sensitivity which is an element of vulnerability, may followed by the potential social, cognitive and physical damages (Abdi and Kabodi, 2016).

Noticing the above mentioned elements, we can conclude that anxiety and psychological damages are non-avoidance parts of our daily life and many investigations indicated that anxiety sensitivity is a fundamental feature in psychological disorders (Liu, Yu et al. 2023).

Moreover, many studies support the role of anxiety sensitivity as a harmful facet in anxiety disorder (Schmidt, Lerew et al. 1999).

Additionally, in modern society, anxiety is one of the blights that brought the main anxious behaviors in organizations and massively affected the organization itself and the job performance by inciting the negative feelings, creating preventing failures, depression and other negative feelings (Chang, Hsieh et al. 2017).

Therefore, considering the different conditions of life guards job environment, they face many problematic challenges and the main consequences are being anxious (Afshari and Hashemi, 2019). This eventually influences them and results in researching to enhance their job conditions and their psychological health. Estimating the mentioned information, there is a need for investigating their job shifts before and after their activity. Based on this, the researcher will investigate the reason for this phenomena and present promoted suggestions to display metacognitive beliefs.

Metacognitive has been joined into positive and negative aspects of cognition and the next near variable to it might be the anxiety sensitivity. The problem is how metacognitive beliefs can influence the functional and cognitive aspects of lifeguards?

2. Materials and Methods
2-1. Participants
The present study seeks to investigate the purpose in a descriptive correlational way. The participants would be all the women lifeguards of West of Iran by different levels (310 individuals). Furthermore, the sample size is analyzed by the Morgan scale for 150 individuals.

2-2. Instruments
To evaluate the metacognitive variables, the Velz (MCQ 30) self-reported questionnaire of 30 items was used to estimate the individuals' beliefs about metacognitive and for analyzing the anxiety sensitivity scale the self-reported 16 item questionnaire of anxiety sensitivity (Feloid et al. 2005) was applied. Moreover, we used the mic-scale of Neo M.C. Kerry and Pual Kasta (NEO-FFI) to evaluate life guards' conscientiousness variable.

2-3. Data gathering
In this research, the content of the questioner was assessed by 5 expert university professors and their permanence was estimated by the Keronbach Alpha (r =0/71). The researcher distributed the 165 questionnaire in 1401 and after sectioning the ruined questionnaires, the data analyzed.

2-4. Data analyze
The gathered data was estimated by SPSS 26. In the quantitative phase, the main indexes, diffusion indexes, percentages, tables of frequency distributions were shown. In the inferential statistics part, the researcher used the K-S test, the single T test, the Pierson correlation test and the regression test for evaluating the data, testing the hypothesis, and predicting the variables.

3. Results
Table 1 indicates the sample of the quantitative phase. The most answers were between lifeguards aged from 21 to 30. Most of them were with 66 percent of working degrees and the most working background of less than 5 years was 7/38 percent.

Table 1. describing descriptive statistical of the demography characteristics

Demography Characteristics Name	Levels	Frequency	Frequency Percentage
age	Under 20	12	8/0
	21 to 30	59	39/3
	31 to 40	50	33/3
	Upper than 41	29	19/3
Occupation levels	2nd grade	99	66/0
	1st grade	37	24/7
	International	14	9/3
Occupation background	Less than 5 years	58	38/7
	6 to 10 years	37	24/7

11 to 15 years	25	16/7
Upper than 16 years	30	20/0

Table 2. *mean and standard deviation of metacognition beliefs, anxiety sensitivity and conscientiousness*

Variable	Mean	Standard Deviation
metacognition beliefs	2/84	0/40
anxiety sensitivity	2/52	0/65
conscientiousness	3/93	0/70

According to table 1, the mean of the metacognition parameter was 2/84 and the standard deviation was 0/40 that is average. The mean of anxiety sensitivity element was 3/96 and the standard deviation was 0/65 and for conscientiousness parameter, the mean was 3/96 and the standard deviation was 0/70. To evaluate the normality of variables, the Colomogrof-Smirnoff test was used which is showed the normal distribution.

Table 3. *the mean and standard deviation of metacognition beliefs and anxiety sensitivity*

Variable	Mean	Significance Level
Positive belief	2/83	0/005
Negative belief	2/52	0/001
Cognitive self-awareness	3/37	0/001
Negative thoughts	3/21	0/001
Low metacognitive performance	2/29	0/001
Physical anxiety	2/08	0/001
Cognitive anxiety	2/42	0/001
Fear of audience watching (Scopophobia)	3/05	0/47

According to the mean and the standard deviation, the highest element' mean was the metacognitive one (3/37) with the standard deviation of 0/001 and the lowest mean was the physical anxiety (2/08) with the significance level of 0/001.

According to the normal distribution of the data (p> 0/05), the single T-test was used to assess the role and importance of the metacognitive facets. As table 3 indicates, based on the normality of the test, there is a significant difference between the metacognitive facets and the hypothetical mean (p < 0/05).

Table 4. *analysis of single T-test of metacognitive beliefs and the variables*

Variables	Significance Level	T Analysis	Mean
metacognitive beliefs	0/01	-4/61	2/84
Positive metacognitive	0/005	-2/84	2/83
Negative metacognitive	0/01	-6/88	2/52
Cognitive self-awareness	0/01	5/89	3/37
Negative metacognitive thoughts	0/01	3/70	3/21
Low cognitive performance	0/01	-9/50	2/29

Based on the above-mentioned table, the cognitive self-awareness and the negative metacognitive have the favorable conditions (the mean is higher than the hypothetical score) and the metacognitive, the negative metacognitive, and the low cognitive performance elements are in a favorable condition.

Table 5. *analysis of single T-test of the anxiety sensitivity and the variables*

Variable	Significance Level	T Analysis	Mean

anxiety sensitivity	0/01	-8/91	2/52
Physical anxiety	0/01	-12/56	2/08
Cognitive anxiety	0/01	-7/98	2/42
Fear of audience watching (Scopophobia)	0/47	0/07	3/05

According to the above table, the fear of the fear of audience watching (Scopophobia) facet has the highest negative affect (highest mean) and the physical anxiety facet has the lowest mean.

***Table 6.** the correlation test between metacognition beliefs, anxiety sensitivity and conscientiousness*

The Variables		conscientiousness	Metacognition Beliefs	Anxiety sensitivity
Metacognition Beliefs	Correlational Coefficient	-0/18	1	-
	Significance Level	0/02	1	-
Positive Metacognition Beliefs	Correlational Coefficient	0/83	1	-
	Significance Level	0/31	1	-
Negative Metacognition Beliefs	Correlational Coefficient	-0/41	1	-
	Significance Level	0/01	1	-
Cognitive Self Awareness	Correlational Coefficient	0/19	1	-
	Significance Level	0/019	1	-
Negative Metacognitive Thoughts	Correlational Coefficient	0/65	1	-
	Significance Level	0/43	1	-
Low Cognitive Performance	Correlational Coefficient	-0/30	1	-
	Significance Level	0/01	1	-
Anxiety sensitivity	Correlational Coefficient	-0/23	-	1
	Significance Level	0/003	-	1
Physical Anxiety	Correlational Coefficient	-0/13	-	1
	Significance Level	0/08	-	1
Cognitive Anxiety	Correlational Coefficient	-0/28	-	1
	Significance Level	0/01	-	1
Fear of Audience Watching (Scopophobia)	Correlational Coefficient	-0/11	-	1
	Significance Level	0/18	-	1
conscientiousness	Correlational Coefficient	1	-0/18	-0/23
	Significance Level	1	0/02	0/003

Moreover, to investigate the relationship between the metacognitive facet and the anxiety sensitivity facet to the conscientiousness variable, the results of the Pierson correlation test were shown. There is a weak relationship between the negative beliefs and metacognitive facets and with conscientiousness variables. There is also a high correlation between positive and negative facets and the conscientiousness variable. But this correlation is not significant. According to anxiety of sensitivity variables, we can state that there is a significant relationship between anxiety sensitivity and conscientiousness. Additionally, there is no correlation between physical anxiety and fear of audience watching (Scopophobia), but there is a significant relationship between anxiety sensitivity and Scopophobia.

Table 7. *the summary of multiple Regression analysis of conscientiousness based on metacognitive beliefs and anxiety sensitivity*

Variable	R	R^2	Redundant R^2	Coefficient of Standard Error	Watson Data	Significance Level
Metacognition Beliefs	0/18	0/03	0/02	0/69	2/01	0/02
anxiety sensitivity	0/23	0/05	0/05	0/68	2/10	0/003

According to the table, the regression analysis between metacognitive variables to indicate the variance is 0/18 percent and the anxiety sensitivity is 0/23 percent of conscientiousness.

Table 8. *the results of single variance analysis*

	SS	DF	MS	F	SIG
	4/70	2	2/35		
The remained regression model of all	68/71	147		5/03	0/008
	73/42	149	0/46		

Based on the table, the estimated F for predictive variables is 5/03 (p b 0/001), which shows the meaningful relationship between variables of metacognitive beliefs and anxiety sensitivity on conscientiousness of lifeguards.

5. Conclusion

According to the above mentioned research, there is a relationship between metacognitive beliefs and conscientiousness. As stated before, metacognitive beliefs include positive and negative features that pointed out individuals' opinions and beliefs about their cognitive and emotional attitudes (Lane, Milne et al. 2016). In contrast, the positive metacognitive beliefs consist of positive concerns and cognitive self-awareness which is related to the conscientiousness facet. This is a helping aspect for life guards as anxiety and worry. The conscientiousness facet includes life guards' responsibility at work, discipline, legality and trust in order to have positive concern at work to be present in their turn and avoid the mass that eventually causes irreparable happenings. This is a sign of their responsibility and conscientiousness which is in line with Wambach and Brothen's research. (Brothen and Wambach, 2001). Paying attention to the cognitive self-awareness facet, the life guard will be able to have the highest concentration in any circumstances, as can notice the unpredictable happening at the pool and avoid the possible damages and being drowned. The results of the present study are in line with Narimani, Eyni et al. (2014) that showed the 3 negative aspects about concern, cognitive trust and the related beliefs to control metacognitive thoughts. Despite the fact that hyper concern and unbalanced levels can shape the negative metacognitive beliefs in a way that you feel if you cannot manage your attitude toward a problem, you are not responsible. Eventually, this leads to negative effects on performance which is proved in research by Akrami, Gardani et al. (2019). According to the stressful condition of the life guards, it makes it difficult for them to have an on time and expected reaction. Furthermore, they lose control of challenges, lack of decision making and

lack of thoughts' management. This results in decreasing responsibility and conscientiousness which is proved by Ghanei, Ghashlagh, Valiei et al. (2013). Noticing the importance of lifeguards' job conditions, it is really virtual to say they must be present at the definite time, respect the rules, and remember the clients in a way to avoid the entrance of children, elderly people and sick people to the deepest parts of the pool. This point expresses the prominent role of memory in responsibility and conscientiousness. Based on this, any gap in memory can cause low performance and its negative effects are apparent. This is established by Shahsavari, Tabatabaei et al. (2010). Generally, according to the resulting data, we can confirm that the conscientiousness variable has a direct and positive relationship with the positive metacognitive beliefs and a negative relationship with the negative metacognitive beliefs.

Accordingly, anxiety sensitivity consists of physical sides and fear of audience watching (Scopophobia). We will examine the 3 sides with the conscientiousness variable. According to the anxiety sensitivity, lifeguards have the highest physical preparation based on their yearly physical preparation test. Lack of anxiety is not unusual while any lifeguard should be prepared for any condition, control the challenges and try to solve the problems. The concept of physical anxiety is the body's responses to understand anxiety and can affect individuals' performance negatively and make the lifeguards worries which they cannot do their job properly, and they cannot perform suitably. These results are in line with the studies about negative physical anxiety and conscientiousness.

As stated by, the cognitive side of the anxiety sensitivity, the negative metacognitive beliefs affect negatively on individuals' gatherings. If we look at anxiety sensitivity more precisely, the negative cognitive side of anxiety sensitivity is predictable. Anxiety in the cognitive level, brings unpleasant sensitivities that can cause lack of attention in lifeguards and influences on their conscientiousness which is obvious in Sanati and Badami, (2017) research. As a result, they can lose their control in critical conditions. So the results of this study indicate the negative and meaningful relationship between anxiety sensitivity and conscientiousness which the previous studies such as Liu, Yu et al. (2023), supports them.

In the light of the fear of fear of audience watching (Scopophobia), the lifeguards must control their emotions to act properly in different circumstances, sustain the discipline and avoid greater problems. Based on the results of the research, having Scopophobia can compromise conscientiousness, but being meaningful should be investigated in further studies.

The negative relationship shows the negative effect but the most important factor for lifeguards is how to look from others' perspective, so this relationship must be positive. This variable can be because of the individuals' differences. So we cannot predict their conscientiousness based on this variable.

Eventually, based on the research we can state that negative metacognitive elements can affect negatively on not just lifeguards but also among all athletes but based on the pool's conditions, the lifeguards have different conditions. Although this cannot be generalized. Also these positive metacognitive elements can affect conscientiousness. The anxiety sensitivity factor has a negative and meaningful relationship with conscientiousness. As the studies have shown, the lifeguards must be responsible and we suggest more impact on mental preparation of lifeguards in metacognitive facets.

Conflicts of Interest: The authors declare no conflict of interest

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رابطه باورهای فراشناختی و حساسیت اضطرابی با وظیفه شناسی ناجیان غریق

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چکیده: پژوهش حاضر به بررسی رابطه بین باورهای فراشناختی و حساسیت اضطرابی با وظیفه‌شناسی ناجیان غریق می‌پردازد. این پژوهش توصیفی از نوع همبستگی است و به روش میدانی انجام شده است. جامعه آماری پژوهش شامل کلیه ناجیان غریق زن شرق کشور و در سطوح مختلف کاری (۳۱۰ نفر) بود. سپس با توجه به نوع جامعه آماری، حجم نمونه با استفاده از جدول مورگان به تعداد ۱۵۰ نفر محاسبه شد و پرسشنامه های باورهای فراشناختی، حساسیت اضطرابی و وظیفه شناسی را تکمیل کردند. داده ها با استفاده از آزمون های آماری همبستگی پیرسون و رگرسیون چندگانه به طور همزمان مورد تجزیه و تحلیل قرار گرفت. نتایج نشان داد که بین باورهای فراشناختی و حساسیت اضطرابی با وظیفه شناسی همبستگی معناداری وجود دارد ($p \leq 0/05$). باورهای فراشناختی مثبت با وظیفه شناسی رابطه مثبت و معناداری دارند، در حالی که رابطه بین باورهای فراشناختی منفی و حساسیت اضطرابی با وظیفه شناسی منفی و معنادار است. از آنجایی که ناجیان غریق باید در اوج مسئولیت باشند، دانستن مسائلی که می تواند بر وظیفه شناسی آنها تأثیر منفی بگذارد می تواند راه حل یا پیشنهادی برای بهبود عملکرد آنها باشد. لذا با توجه به نتایج تحقیق پیشنهاد می شود آمادگی روانی ناجیان غریق به ویژه در بعد شناختی مورد بحث قرار گیرد.

واژه‌های کلیدی: نجات غریق، باورهای فراشناختی، حساسیت به اضطراب، وظیفه شناسی.