

The correlation between social support and immune system in managers of high schools of Khozestan province

Abstract

Background&Objective: Stress in managers will effect and destroy the immune system on mental health. Clinical studies have revealed that, social support is one of the moderating factors of negative effect of stress on immune system. The aim of this research was study the correlation between social support and immune system of high school managers in khozestan province.

Materials&Methods: An experimental study was conducted on 360 male and femal managers who were participated. Then randomly two groups (n=80 in each group) of low and high social support were selected. Subjects who suffered from disorders that affected the immune system were excluded. Number of T-helper cells (CD4), T-suppressor cytotoxic cell (CD8), Natural killer cells (CD56+CD16), Complement system (C3,C4,CH50), Immunoglobulin M and G (IgM&IgG), cortisol hormone, Eosinophils, Neutrophils and Lymphocytes were measured.

Results: There was a significant positive correlation between social support and CD4, CD4/CD8, NK cell (CD56+CD16), CH50, IgM and Neutrophils. Also there was a significant negative correlation between social support and CD8, cortisol and Eosinophils. There was a significant difference between high and low social support managers in CD4, CD4/CD8, CD8, cortisol, CH50, C4, C3 and Lymphocytes.

Conclusion: The results indicated that social support has a positive significant correlation with those immune cells that improve the immune system and has a negative correlation with those immune cells that decrease the immune system. In fact the social support is a moderating factor against stress and its negative effects on immune system.

Key Words: Social support- Immune system- Managers- Stress

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