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# The Influence of Apilarnil Treatment on Some Aspects of Getting a Job and Social Networking in Young Adults

Liviu GAVRILA-ARDELEAN<sup>1</sup>, Mihaela GAVRILA-ARDELEAN<sup>2</sup>

## Abstract

The aim of research is to continuing research on the effect of Apilarnil, and to show in this paper, the results of a research about how the treatment with Apilarnil influence some aspects of getting a job and the social networking in young adults. The research was done in two comparative groups of graduates with and without treatment with Apilarnil which were presented at getting a job interview in their field of competencies. The comparative results of the two groups, statistical processing and their interpretation from psychological perspective are presented. The data has been processed with SPSS20 Program, and the results are statistically significant. Conclusion: Apilarnil proves its usefulness in improving the aspects related to sustaining an interview in order to get a job as: verbal fluency, self confidence and ability to social networking.

*Keywords:* Apilarnil, social relations, getting a job, treatment, young adults.

## Introduction

Obtaining an adequate job to the skills acquired after graduating a college in contemporary society is a very difficult issue for young adults (*data.bls.gov*; Forbes data; John, 2013). Rapid evolution of information systems and hence increased accessibility to information, the disappearance of traditional jobs and replacing them with technical robotic devices lead to a shortage of jobs for the young generation and an increasing competition for their occupation (International Labour Office, 2012; Gavrila-Ardelean, 2016).

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Currently there has been a continuous change in professions and job requirements (Salik *et al.*, 2015; Schumpeter, 1912; Lamy, 2004; Limin, 2006; Peilin *et al.*, 2013). Given that there is an obvious increase of the employment insecurity due to changes in the labor market (such as the emergence of new professions, rising unemployment, job loss, etc.), it makes people less confident in their own lives (Amaral and Maassen, 2007; Clark and Weir, 2012). It has been stated (Gavrila-Ardelean, 2015) that it appears that young people often feel defenseless when they fail to find a suitable job for their interests and their training (Diamond, 2013). It has been noted (Bostan, 2010) that finding the appropriate job requires great efforts, so that it takes perseverance and lengthy preparation.

According to the specialists from the Career Development Office Medaille Hall, from Fontbonne University, USA, the search for a job involves three steps. Thus, planning a successful career requires a systematic process of self-evaluation, exploration or study of the labor market, of the employment, and finally the search campaigns for a job as cited elsewhere (Barro & Lee, 2010; Biz Guide, 2008).

In the *Biz Guide*, there are diverse types of job interviews. If there is an interview “one to one” it was already established that the applicant has the skills and the educational level required for the job in question. In this type of interview, the employer wants to know, in addition, if and to what extent is the person adequate with the company and the department where he will be employed. The applicant who is invited to an interview “one to one” must not forget that his goal is to establish a rapport with the interviewer and to show that he has the necessary qualifications needed by the company (Gavrila-Ardelean, 2015). It is the most common form of interviewing and lasts between 30 minutes and an hour. This type of interview, as discussed by Jigau (1999), binds tightly to interview based on “competences” when employers look for evidence of the skills and competencies - organize, leadership, communication skills, ability to work in team and so on (Corbiere and Lariviere, 2014; Hoang *et al.*, 2013; Gavrilovici & Oprea, 2013).

From this aspect and from the previous researches (Gavrila-Ardelean and Moldovan, 2015), appears that the natural product Apilarnil can be used without secondary effects (Stangaciu, 1999, 2002; Sabatini *et al.*, 2009; Pourtallier *et al.*, 1990; Lercker *et al.*, 2003). This product, Apilarnil is made out of powder of drone larvae in the sixth day of maturation which is lyophilized in a base of maltodextrin, glycerophosphate calcium, folic acid and excipients: monohidrat lactose, microcrystalline cellulose, pregelatinized corn starch, sodium starch glycolate type A, magnesium stearate, from potato (Joonyeaong and Jongseok, 2010; Hasegawa *et al.*, 1983; Sesta, 2006; Takenaka, 1984). This product was patented in 1982 by Ilieșu NV who was a Romanian inventor. The product was clinically

tested in the Psychiatric Clinic of Cluj-Napoca University, Romania (Cosman, Moldovan and Ilieșu, 1983a).

Apilarnil is beneficial for the body by its trophic effect, energizing, refreshing and psycho-energizing (Garcia-Amoedo and Almeida-Muradim, 2007; Ross, 2009; Nagai, 2001). It has been noted (Cosman, Moldovan & Ilieșu, 1983b) that it contributes to the maintaining of a good physical tone, through the complex content of natural substances (amino acids, vitamins and minerals), and it maintains the normal metabolism of folic acid and glycerophosphate calcium (Höffel, 1983; Ioyrish *et al.*, 1965; Stangaciu, 2002). The product was tested in cases of neurosis (Cosman, Moldovan and Ilieșu, 1983), and showed the efficacy of its utilization in the symptoms relief at the neurotic patients. In the same time it has been noted elsewhere by Gavrilă-Ardelean and Moldovan (2015), that the product also proved its efficacy in tiredness induced by overworking chronic states, and in the improvement of attention performances and memory (Gavrilă-Ardelean, 2015). These effects were described elsewhere by other researches (Cosman, Moldovan & Ilieșu, 1983; Gavrilă-Ardelean and Gavrilă-Ardelean, 2016).

## **Research Methodology**

### ***Hypotheses***

In this research, the author started from the above theoretical frame and formulated the following hypotheses:

*H1: Apilarnil influences free associations and verbal fluency*

*H2: Apilarnil influences the ability of social networking of the subjects under treatment*

*H3: There is a correlation between subjective assessment of the Apilarnil effects and its real effects measured by psychological tests.*

### ***Samples***

For the research we selected two samples of subjects formed by 20 graduated students each. Sample one, considered the experimental sample, benefited by the treatment with Apilarnil in prescribed dose, and sample two was the control sample, which did not receive this treatment. Our research was carried on over a period of one month and a half, from June until August, while the graduates applied for a job. The subjects from the experimental sample were run in treatment with Apilarnil in therapeutical protocol. The dose was taken three times a day, in two cures of ten days, separated by a break of five days (Stangaciu, 2002).

**Methodology**

The two samples were subjected to a battery of tests, containing alternative associations and verbal fluency, which constitute points one and eight of MoCA Test Montreal Cognitive Assessment, and the EQ Test for self confidence, and EQ Test for emotional intelligence. The experimental group had to appreciate on a scale of one to five, the same aspects surprised by the tests: free associations, verbal fluency, self confidence and emotional intelligence. Then, there were established correlations with the real values, obtained from the psychological tests. The obtained data was processed with standardized statistic program.

**Results and Discussions**

As usual, the Cronbach Alpha coefficients were determined first, for the tests used which can be seen in *Table 1* (<http://stats.idre.ucla.edu/>).

*Table 1.* The alpha Cronbach coefficients of the used psychological tests

| Psychological test             | Coefficient |
|--------------------------------|-------------|
| MoCA free associations         | .857        |
| MoCA verbal fluency            | .912        |
| EQ Test self confidence        | .824        |
| EQ Test emotional intelligence | .867        |

**Verification of first hypothesis H1**

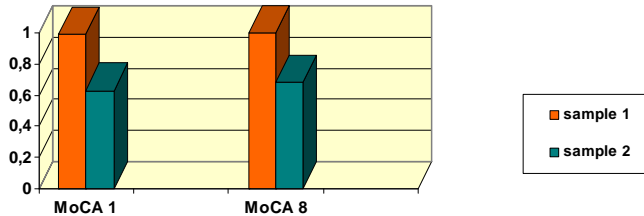
Apilarnil influences free associations and verbal fluency.

For the purposes of checking the first hypothesis, the results of the two groups are presented comparatively in *Table 2* and *Figure 1*. It is mentioned that examination was performed after the interview for the both samples, and the sample one received treatment with Apilarnil before the interview, as presented in material and methods.

*Table 2.* The comparative results between the two samples to items: free association and verbal fluency in the day of interview

| Psychic process   | Test            | Sample one |                    | Sample two |                    |
|-------------------|-----------------|------------|--------------------|------------|--------------------|
|                   |                 | Average    | Standard Deviation | Average    | Standard Deviation |
| Free Associations | MoCA Test one   | .99        | 1.02               | .63        | 1.01               |
| Verbal Fluency    | MoCA Test eight | 1          | .99                | .68        | 0.92               |

The table analysis shows that the results of the first sample are much higher than those of the second sample. This is even more evident, please see *Figure 1*.



*Figure 1.* The comparative results between the two samples for the items: free association, MoCA one, and verbal fluency: MoCA eight, in the day of interview

We considered that this difference in the results is due to the treatment with Apilarnil, administrated to the first sample. In order to establish statistically that the differences between the two groups are significant, we calculated the averages and their statistical significance, as shown in *Table 3*.

| Psychic process   | Test       | Sample one |     |                    |      | Significance Coefficient |       |
|-------------------|------------|------------|-----|--------------------|------|--------------------------|-------|
|                   |            | Average    |     | Standard Deviation |      |                          |       |
|                   |            | one        | two | one                | two  |                          |       |
| Free Associations | MoCA one   | .99        | .63 | 1.02               | 1.01 | 2.43                     | p<.02 |
| Verbal Fluency    | MoCA eight | 1          | .68 | .99                | .92  | 3.96                     | p<.01 |

*Table 3.* The differences of averages between the two samples, and their statistic significance

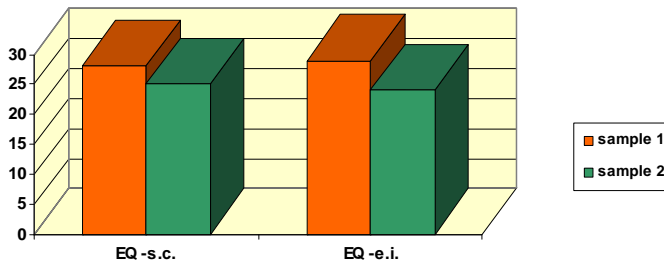
The study and the qualitative analysis of the table show that the Apilarnil product has a more powerful effect on the verbal fluency significance coefficient under .01, than on the free associations, significance coefficient under .02. We believe that the various components of the product have a stronger action on verbal fluency, and the free association of ideas is not influenced to the same extent.

**The verification of hypothesis H2**

The influence of Apilarnil on the ability of social networking of the subjects under treatment, was measured with the Scale EQ self confidence, and the Scale EQ emotional intelligence. The comparative results of the two groups are presented in *Table 4* and please see *Figure 2*.

*Table 4.* The comparative results between the two samples for self confidence and emotional intelligence

| Psychic process        | Test                      | Sample one |                    | Sample two |                    |
|------------------------|---------------------------|------------|--------------------|------------|--------------------|
|                        |                           | Average    | Standard Deviation | Average    | Standard Deviation |
| Self confidence        | EQ self confidence        | 28         | 3.02               | 25         | 2.98               |
| Emotional intelligence | EQ emotional intelligence | 29         | 3.65               | 24         | 3.01               |



*Figure 2.* The comparative results between the two samples for self confidence and emotional intelligence

Sample one, which followed Apilarnil treatment, has better results in both aspects: self-confidence and emotional intelligence. We interpreted this as Apilarnil influence on the capacity of social networking and the improved self-confidence. The differences between averages and their significance can be traced in *Table 5*.

Table 5. The difference of averages between the two samples and its statistic significance

| Psychic process        | Test                      | Sample one |     |                    |      | Difference | Significance |
|------------------------|---------------------------|------------|-----|--------------------|------|------------|--------------|
|                        |                           | Average    |     | Standard deviation |      |            |              |
|                        |                           | one        | two | one                | two  |            |              |
| Self confidence        | EQ self confidence        | 28         | 25  | 3.02               | 2.98 | 4.31       | p<.01        |
| Emotional intelligence | EQ emotional intelligence | 29         | 24  | 3.65               | 3.61 | 4.47       | p<.01        |

For both aspects, the differences between the two groups are statistically significant, at a significance coefficient of .01. We interpreted that this means that Apilarnil positively influences both confidence of subjects, and their emotional intelligence; in other words their ability of social networking.

### In order to check the last hypothesis

The last hypothesis which states that there is a correlation between subjective assessment of the Apilarnil effects and its real effects measured by psychological tests, we asked subjects to evaluate, on a scale from one to five, all the four aspects observed: verbal fluency, free associations, self confidence and social networking capability. The scale of assessment ranged between one, which means no effect, and five, which means very strong effect. Table 6 presents the correlations between subjective assessment of the Apilarnil effects, and objective assessment by tests.

Table 6. The correlations between subjective assessment, made by subjects, and objective assessment, made by tests, of the effect of Apilarnil

| Aspects tracked                                    | Assessment |           | Correlation coefficient | Significance Coefficient (p) |
|--|------------|-----------|-------------------------|------------------------------|
|  | Subjective | Objective |                         |                              |
| Free associations                                  | 4.90       | .99       | .441                    | non significant (ns)         |
| Verbal fluency                                     | 5          | 1         | .582                    | p<.01                        |
| Self confidence                                    | 4.85       | 28        | .612                    | p<.01                        |
| Emotional intelligence and ability to relationship | 4.79       | 29        | .594                    | p<.01                        |



The table analysis shows that, in general, subjects correctly appreciate Apilarnil treatment effects, proven through very strong correlations, with significance coefficient under .01 for verbal fluency, self confidence and social networking capability. Subjects still do not properly appreciate Apilarnil influence on free associations, considering its effect, through subjective assessment, stronger than it really is, and objective assessment, hence the insignificant correlation between the two values.

## Conclusions

All the three assumptions, stated at the beginning of the research, were statistically analyzed and interpreted. The first hypothesis is confirmed only partially because the Apilarnil treatment significantly affects only the verbal fluency of the subjects under treatment and less significantly the free associations. The second hypothesis is entirely confirmed because the results and the interpretation given by subjects, argue that the treatment with Apilarnil influences the confidence of subjects and their ability of social networking. The third hypothesis is confirmed also partially because between the subjective and objective assessment of free associations, the correlation is insignificant. For all other aspects investigated, verbal fluency, self confidence and capacity for social networking, correlations are strongly significant at a threshold of significance coefficient under .01.

Thus Apilarnil proves its usefulness not only in the areas already researched to date: treatment of neurosis and stress, improved cognitive performance, stress at the exams, but also in improving the aspects related to sustaining an interview in order to get a job: verbal fluency, self confidence and ability to social networking.

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