

## Mediatory role of spirituality in mental health and tendency toward drug use

Ghobad Bahamin<sup>1</sup> , Forouzan DavariFard<sup>2\*</sup> , yasaman zahra sadeghifard<sup>3</sup>

1- Department of psychology, Faculty of psychology, Payame Noor University, Tehran, Iran.

2- Department of Psychology, Islamic Azad university of Ilam, Ilam, Iran.

3- Department of psychology, Payame Noor University, Tehran, Iran.

\*Correspondence should be addressed to Mrs. Forouzan DavariFard; Email: [davaripsychologist@yahoo.com](mailto:davaripsychologist@yahoo.com)

### Article Info

Received: Jun 12, 2018

Received in revised form:

Aug 27, 2018

Accepted: Sep 4, 2018

Available Online: Sep 23, 2018

### Keywords:

Mental health

Tendency to use drugs

Spirituality

Students

### Abstract

**Background and Objective:** Mental health and addiction problems have caused a number of important issues, including physical, economic, psychological and other harms to students. The purpose of this article is to formulate a model for predicting mental health and drug use tendency with regard to the mediating role of spirituality.

**Method:** This study is of descriptive-analytic nature using structural equation. The statistical population of this study consisted of all undergraduate students studying at Ilam University of Applied Sciences in 2017-2018. A total of 86 students were selected by simple random sampling. The research tools included researcher-made demographic checklist, spirituality questionnaire, Goldenberg mental health questionnaire, and addiction tendency. The data were analyzed through regression coefficient and structural equations. In this study, all ethical considerations were observed and the authors of the article have not reported any conflicts of interest.

**Results:** The results showed that there is a significant relationship between mental health and spirituality ( $P < 0.05$ ;  $t = 4.2$ ), as well as between spirituality and drug use tendency ( $P < 0.05$ ;  $t = 2.45$ ). Also, there was a significant relationship between mental health and drug addiction tendency ( $P < 0.05$ ;  $t = 7.33$ ). Besides, there was a meaningful relationship between mental health and drug addiction tendency; mental health directly affects students' drug use tendency and also indirectly affects the tendency toward drug use through mediator of spirituality.

**Conclusion:** In general, it can be said that spirituality as a component can explain mental health and tendency to use narcotic drugs, which can be increased by raising the spirituality level by organizing workshops for this purpose.

Please cite this article as: Bahamin Gh, DavariFard F, SadeghiFard Yz. Mediatory role of spirituality in mental health and tendency toward drug use. *J Res Relig Health*. 2018; 4(4):69- 79.

### Summary

**Background and Objective:** Rapid changes in societies have influenced all dimensions of social systems, posing a number of challenges (1). The young are the most vulnerable group of a society who tend to abuse drugs far more than other social groups due to various reasons such as identity crisis, mental crises, social problems, being adventurous, seeking variety, and the like. With the advent of modernization and its

problems, ramifications related to mental health and addiction have increased significantly (1). The relationship between drug abuse and issues such as low mental health, aggressiveness is of utmost importance. Spirituality is a serious subject many of countries are currently studying since it has attracted the attention of experts in this field (2). There have been a limited number of studies on the role of spirituality in mental health and drug abuse tendency. Their findings show that there is a significant positive relationship between spiritual beliefs and mental health (3). Considering the

importance of an individual's spirituality and spiritual growth, during the recent decades, this issue has attracted the attention of psychologists and mental health experts, leading to the importance of human beings' spiritual needs in comparison with the material needs and desires. Moreover, considering the unfortunate statistics on drug abuse in the community and problems related to mental health among the promising young generation, as an active population, and in order to increase the knowledge level of students, the current study is necessary since addiction has inflicted a large portion of university students in the country, leading to a multitude of problems. The main objective of the current study is to investigate the mediatory role of spirituality in mental health and drug abuse tendencies among university students; the findings of this study can contribute to the promotion of psychological and religious literature and the improvement of students' health.

**Method:** This descriptive analytical study utilizes structural equation modeling. The statistical population of the study includes all the students currently studying in undergraduate programs in Science and Application Universities in Ilam City in the educational year of 2016-2017. A sample of 86 participants was selected using simple random sampling.

In order to measure the spirituality of students, Parsian and Dunning spirituality questionnaire was used. This scale includes 29 questions and four subscales including self-awareness, importance of spiritual beliefs in life, spiritual activities, and spiritual needs. In order to measure the mental health of participants, Goldberg's general health questionnaire which consists of 28 questions was used. In order to measure drug abuse tendency among participants, the drug abuse tendency questionnaire developed by Weed and Butcher in 1992 was used. The data gathered in the study were analyzed using regression coefficient and structural equation modeling.

**Results:** The findings indicate that the age range of participants was from 18 to 45 years (mean=25.64 and standard deviation=6.58). Moreover, the education level of 54.7 percent of the students was associate's degree and 45.3 percent was bachelor's degree. It can be said that the result obtained from testing the first hypothesis (mental health impacts the students' spirituality) based on the path coefficient of 0.529 and the t value of 4.2 shows that mental health has a positive and significant impact on the spirituality of students. regarding the second hypothesis (spirituality affects drug tendency among students), based on a path coefficient of -0.231 and the t value of 2.45, the results show that spirituality has a significant negative impact on drug abuse tendency among students and this hypothesis is confirmed. The results for the third hypothesis (mental health affects drug abuse tendency among students), based on the path coefficient of -0.699 and the t value of 7.33, demonstrate that mental health has a negative significant impact on drug abuse tendency.

Moreover, the relationship between mental health and

spirituality as well as the relationship between spirituality and drug abuse tendency are significant. There is also a negative significant relationship between mental health and drug abuse tendencies. Therefore, not only does mental health affect drug abuse tendency among students directly, but it also affects drug abuse tendency indirectly through the mediatory variable of spirituality.

**Discussion and Conclusion:** The results obtained from the analysis based on designing a pattern for predicting the role of spirituality indicate that the variable of mental health has a positive significant impact on spirituality. One important impact of spirituality in life is improving health. Obviously, we all agree that maintaining health requires proper nutrition, exercise, and ample rest as well as avoiding negative behaviors such as smoking. However, our beliefs also impact our health and lifetime.

Furthermore, the variable of spirituality has a negative significant impact on drug abuse tendency, and it can be said that people with higher spirituality have a lower drug abuse tendency. Spirituality and being religious can create a strong barrier against drug abuse tendency. Spirituality can prevent drug abuse through increasing self-control, establishing moral and ethical discipline, and increasing ethical commitments, and eventually reduce the likelihood of drug abuse by the individual.

Another result of the study shows that mental health has a significant impact on drug abuse tendency, i.e. by increasing mental health, drug abuse tendency decreases. In other words, some mental health problems such as anxiety, obsession, panic attacks, depression, bipolar disorder, PTSD (post-traumatic stress disorder), social phobia, hyperactivity, and suicidal thoughts, on the one hand, and personality traits such as adventurousness, on the other, can expose children and teenagers to drug abuse. One possible explanation for this finding is that in many cases, drug abuse endangers the mental health of individuals. Therefore, the relationship between mental health and drug abuse tendency is a negative relationship and mental health also has a negative impact on drug abuse tendency (4).

In essence, spirituality and mental health have a negative and significant impact on drug abuse tendency. Making plans in order to raise the spirituality and mental health of students can play a significant role in reducing drug abuse tendencies.

## References

1. Badri gargari R. The Effect of Religious Orientation and Coping Methods on Students Addiction in Tabriz University, Culture Strategy, (2014); 28. (Full Text in Persian)
2. Sadeghi M. Prediction of addiction tendency based on spiritual well-being and loneliness in high school students. Journal of Health and Wellness in Schools, (2014); 1-24. (Full Text in Persian)

3. Mousavilotfi SM, Gholamrezaei SH, Raeisi F, Hazratmanesh F. The Role of Spiritual Health on Human Mental Health Journal of Knowledge and Health, Sixth Iranian Epidemiology Congress, (2011); 5 (2): 2-4. (Full Text in Persian)

4. Rahimi CH, Nikousir Jahromi M. The Relationship between Mental Health and Drug Abuse in Student Dormitories, Toluwani Publication, (2009); 8 (3 & 4): 31-2. (Full Text in Persian)

## تطبيق مراحل نمو الإنسان في علم النفس ونهج البلاغة

قياد بهامين<sup>١</sup> ID، فروزان داوري فرد<sup>٢</sup> ID، ياسمن زهرا صادقي فرد<sup>٣</sup>

١- قسم علم النفس، كلية علم النفس، جامعة بيام نور، طهران، ايران.

٢- قسم علم النفس العام، جامعة آزاد، فرع العلوم والدراسات، ايلام، ايران.

٣- قسم علم النفس العام، جامعة بيام نور، فرع جنوب طهران، طهران، ايران.

\* المراسلات الموجهة إلى السيد فروزان داوري فرد؛ البريد الإلكتروني: davaripsychologist@yahoo.com

## معلومات المادة

الوصول: ٢٧ رمضان ١٤٣٩

وصول النص النهائي: ١٥ ذيحجه ١٤٣٩

القبول: ٢٣ ذيحجه ١٤٣٩

النشر الإلكتروني: ١٣ محرم ١٤٤٠

## الملخص

**خلفية البحث وأهدافه:** إن المشاكل التي تتعلق بالصحة العقلية والإدمان على المخدرات في العصر الراهن تؤدي إلى وقوع قضايا مهمة لطبقة الطلاب الجامعيين بما في ذلك الأضرار الجسمية والمادية. فالغرض من هذه الدراسة هو برجة نموذج للتنبؤ بالصحة العقلية والانتماء إلى استهلاك المخدرات مع التركيز على دور المعنوية كعامل وسيط.

**منهجية البحث:** لقد اجري البحث الحالي بطريقة وصفية وتحليلية من نوع المعادلات البنائية. واشتمل المجتمع الاحصائي، جميع الطلاب الجامعيين الذين يدرسون في مرحلة البكالوريوس في جامعات العلوم التطبيقية والتكنولوجيا بمدينة ايلام عام ٢٠١٦-٢٠١٧. وتم اختيار ٨٦ منهم بطريقة اخذ العينة العشوائية البسيطة. اشتملت أدوات البحث على قائمة فحص ديموغرافية التي تم ايجادها من قبل الباحثين، واستبيان المعنوية، واستبيان جولدنبرج للصحة العقلية والانتماء إلى الادمان على المخدرات. تم تحليل البيانات باستخدام معامل الانحدار والمعاملات البنوية. تمت مراعاة جميع الموارد الاخلاقية في هذا البحث؛ وإن مؤلفي المقالة لم يشيروا إلى أي تضارب في المصالح.

**الكشوفات:** اظهرت نتائج الدراسة ان هناك علاقة ذات دلالة احصائية بين الصحة العقلية والمعنوية ( $P < 0.05$  و  $t = 4/2$ ) وكذلك بين المعنوية والانتماء إلى استهلاك المخدرات ( $P < 0.05$  و  $t = 2/45$ ). كما أن هناك علاقة ذات دلالة احصائية بين الصحة العقلية والانتماء إلى استهلاك المخدرات وهذا يعني أن الصحة العقلية تؤثر. إما بشكل مباشر أو غير مباشر. من خلال المعنوية كعامل وسيط على ميل الطلاب الجامعيين إلى استهلاك المخدرات.

**الاستنتاج:** بشكل عام يمكن القول ان المعنوية كعنصر تستطيع ان تفسر الصحة العقلية والانتماء إلى تعاطي المخدرات، ومن خلال انعقاد وتنظيم ورش العمل التي تحتتم برفع مستوى المعنوية، يمكن زيادتها لدى الاشخاص.

## الكلمات الرئيسية:

الانتماء إلى تعاطي المخدرات

الصحة العقلية

الطالب

المعنوية

يتم استناد المقالة على الترتيب التالي:

Bahamin Gh, DavariFard F, SadeghiFard Yz. Mediatory role of spirituality in mental health and tendency toward drug use. J Res Relig Health. 2018; 4(4):69- 79.

## نقش واسطه‌ی معنویت در سلامت روان و گرایش به مصرف مواد مخدر

قباد بهامین<sup>۱</sup>، فروزان داوری فرد<sup>۲\*</sup>، یاسمن زهرا صادقی فرد<sup>۳</sup>

۱- گروه روان‌شناسی، دانشکده‌ی روان‌شناسی، دانشگاه پیام نور، تهران، ایران.

۲- گروه روان‌شناسی عمومی، دانشگاه آزاد، واحد علوم و تحقیقات ایلام، ایلام، ایران.

۳- گروه روان‌شناسی عمومی، دانشگاه پیام نور، واحد تهران جنوب، تهران، ایران.

\* مکاتبات خطاب به خانم فروزان داوری فرد؛ رایانامه: [davaripsychologist@yahoo.com](mailto:davaripsychologist@yahoo.com)

### اطلاعات مقاله

دریافت: ۲۲ خرداد ۹۷

دریافت متن نهایی: ۵ شهریور ۹۷

پذیرش: ۱۳ شهریور ۹۷

نشر الکترونیکی: ۱ مهر ۹۷

### چکیده

**سابقه و هدف:** امروزه مشکلات مربوط به سلامت روان و اعتیاد موجب به وجود آمدن مسائل مهمی از جمله آسیب‌های جسمانی و اقتصادی برای قشر دانشجو شده است. هدف این مقاله تدوین الگویی برای پیش‌بینی سلامت روان و گرایش به مصرف مواد مخدر با توجه به نقش واسطه‌ی معنویت است.

**روش کار:** پژوهش حاضر توصیفی - تحلیلی از نوع معادلات ساختاری است. جامعه‌ی آماری این پژوهش شامل کلیه دانشجویان مشغول به تحصیل در مقطع کارشناسی دانشگاه‌های علمی - کاربردی شهر ایلام در سال ۹۵-۹۶ بود که تعداد ۸۶ نفر از آنان با روش نمونه‌گیری تصادفی ساده انتخاب شدند. ابزارهای پژوهش شامل چک‌لیست جمعیت‌شناختی محقق‌ساخته، پرسش‌نامه‌ی معنویت، پرسش‌نامه‌ی سلامت روان گلدنبرگ و گرایش به اعتیاد بود. داده‌های به‌دست‌آمده با استفاده از روش‌های ضریب رگرسیون و معادلات ساختاری تحلیل شد. در این پژوهش همه‌ی مسائل اخلاقی رعایت شده است و نویسندگان مقاله هیچ‌گونه تضاد منافی گزارش نکرده‌اند.

**یافته‌ها:** نتایج پژوهش نشان داد بین سلامت روان و معنویت ( $P < 0/05$  و  $t = 4/2$ ) و همچنین بین معنویت و گرایش به مصرف مواد مخدر ( $P < 0/05$  و  $t = 2/45$ ) رابطه‌ی معنادار وجود داشت. علاوه‌براین، بین سلامت روان و گرایش به مصرف مواد مخدر معنادار ( $P < 0/05$  و  $t = 7/33$ ) نیز رابطه‌ی معنادار به دست آمد؛ یعنی سلامت روان هم به طور مستقیم؛ هم به طور غیرمستقیم از طریق میانجی معنویت بر گرایش به مصرف مواد مخدر دانشجویان تأثیر دارد.

**نتیجه‌گیری:** به طور کلی، معنویت به صورت جزء می‌تواند سلامت روان و گرایش به مصرف مواد مخدر را تبیین نماید که می‌توان با برگزاری کارگاه‌های آموزشی افزایش معنویت، میزان آن را در افراد افزایش داد.

### واژگان کلیدی:

دانشجو

سلامت روان

گرایش به مصرف مواد مخدر

معنویت

استناد مقاله به این صورت است:

Bahamin Gh, DavariFard F, SadeghiFard Yz. Mediatory role of spirituality in mental health and tendency toward drug use. J Res Relig Health. 2018; 4(4):69- 79.