

Correlation between Religious Attitude and General Health among High School Girls

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Abstract

Background and Objective: Religion is a contributory factor in health particularly in developmental stages. Yet, few studies have been conducted in this area for teenagers. This study aimed at assessing the correlation between religious attitude and general health among high school girls.

Methods: Correlation method was employed in this research. The sample included 120 female high school students aged $16.6 \pm .52$, selected from 4 different schools. Research materials included Golriz and Baraheni's questionnaire about religious attitude and General Health Questionnaire (GHQ-28). The collected data were analyzed using Pearson correlation coefficient and linear regression. In this research, all the Ethical issues were observed and authors declared no conflicts of interest.

Results: The results indicate a significant relation between religious attitudes and three subscales including anxiety symptoms and sleep disorder, and social function as well as depression symptoms ($P < .01$). However, there was no significant relationship between the religious attitude and physical function subscale ($P > .05$).

Conclusion: The results of the study clearly demonstrate the impact of religious attitudes on the students' general health. In other words, the general health status in individuals can be predicted by religious attitudes.

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Summary

Background and Objective

An important concern of each country is to promote health and improve the quality of lives, which, in turn, paves the way for the growth and development of any country. Health, as defined by the World Health Organization (WHO), is "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". The issue of health is as old as human history so that researchers have always paid special attention to it. In this regard, consideration of health-promoting factors is also of paramount importance. Religion seems to be one of those important factors that can have a great impact on people's health (1).

There are also results suggesting a reciprocal relationship between mental disorders and different religious dimensions of people's life (2). However, some studies have been taken indicating religion has not affected public health (3,4). Considering the importance of the research subject, the methodological differences among recent researches, and sometimes their different results, as well as the few studies regarding spirituality in adolescence, the purpose of this study will be investigating the relationship between religious attitudes of high school girls and the level of their general health.

Methods

This research is descriptive and correlational by nature. The population of this study comprised of all female high school students in Karaj city in three fields of humanities, science and mathematics, and 120 students

were randomly selected from the 3rd district. The average age of the students in the research was 16.6 and the standard deviation was calculated to be .52. The criteria for being studied were oral satisfaction for participation in research, high school education, and being a Muslim. Exclusion criteria also were any psychological and cognitive impairment during the last month, and any disturbances and family problems, according to the school management reports or the student's statements. The instruments used in the study included Golriz and Baraheni's religious attitude questionnaire, and General Health Questionnaire (GHQ-28).

Results

Among the subscales of general health, the highest average is observed in the area of physical symptoms (9 ± 4.66). In addition, the lowest mean was the symptoms of anxiety and sleep disorders (5.71 ± 3.39). It should be noted that considering the fact that the maximum score in each of the subscales is 28 and the high score in these subscales indicates the symptoms of the disease, it can be said that the studied sample is on average in a desirable and normal situation. Data analysis indicated that from among four subscales of health there was no relationship between physical symptoms and religious attitudes. In other words, among the other three components, namely anxiety symptoms and sleep disturbances, social function and symptoms of depression on the one hand, and religious attitude on the other, there was a significant relationship ($P < .01$). In order to determine the possibility of predicting general health by religious attitudes, the general health score was used. The result of regression analysis demonstrated that religious attitudes can predict the general health of people. The calculated coefficient of determination (r^2) was 0.29, which means that about 29% of changes of general health variable can be explained by the variable of religious attitudes.

Conclusion

The purpose of this study was to investigate the relationship between religious attitudes of high school girls and their general health. Accordingly, it can be deduced from this research that the higher the religious beliefs and attitudes of adolescents, the less likely they are to be threatened by health problems. The decrease in problems, at the earliest possibility, can be related to their attitude and beliefs about their futures and worldviews. Some studies show that, without spiritual dimensions of health, other biological, psychological and social dimensions do not act properly or their performance cannot reach its maximum; thus by means of effective religious dimension one can achieve the highest level of quality of life (1).

Ethical considerations

The Ethics Committee in Biomedical Research of Shahid Beheshti University of Medical Sciences has confirmed this research.

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Conflict of interest

The authors declared no conflict of interest.

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العلاقة بين المواقف الدينية والصحة العامة لدى طالبات المدارس الثانوية

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الملخص

خلفية البحث وأهدافه: يعتبر الدين من العوامل المؤثرة في صحة الأفراد ولا سيما في مراحل التنمية. ومع ذلك لم يتم اجراء العديد من الدراسات في هذا المجال للمراهقين. يهدف البحث الحالي الى دراسة العلاقة بين المواقف الدينية وبين الصحة العامة لدى طالبات المدارس الثانوية.

منهجية البحث: اجري البحث الحالي بطريقة وصفية مترابطة. تم اختيار عينة من ١٢٠ طالبة من المدارس الثانوية في مدينة كرج بمتوسط عمر ١٦/٦±٠/٥٢ وتم ذلك من خلال أخذ عينات عشوائية بسيطة من أربع مدارس الكائنة في المنطقة الثالثة من هذه المدينة. الأدوات المستخدمة في هذا البحث هي: استبيان كليلز-براهني للمواقف الدينية واستبيان الصحة العامة (GHQ-٢٨). ومن اجل تحليل البيانات وتجزئتها تم استخدام معامل ارتباط بيرسون وتحليل الانحدار الخطي. تمت مراعات جميع الموارد الاخلاقية في هذا البحث وازافة الى هذا فإن مؤلفي المقالة لم يشيروا الى اي تضارب في المصالح.

الكشوفات: اظهرت الكشوفات وجود علاقة ذات دلالة احصائية بين المواقف الدينية والمقاييس الفرعية لأعراض القلق واضطراب النوم والوظيفة الاجتماعية وأعراض الإكتئاب ($P < ٠/٠١$) ومع ذلك لم تكن هناك علاقة دالة احصائية بين المواقف الدينية وبين المقاييس الفرعية للوظيفة الجسمية ($P > ٠/٠٥$).

الاستنتاج: تبين نتائج الدراسة بوضوح مدى تأثير المواقف الدينية على الصحة العامة لدى الطالبات.

معلومات المادة

الوصول: ١١ جمادي الثاني ١٤٤٠

وصول النص النهائي: ٢١ شعبان ١٤٤٠

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الإكتئاب

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القلق

المواقف الدينية

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همبستگی بین نگرش‌های مذهبی و سلامت عمومی در دختران مقطع دبیرستان

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نگرش مذهبی

چکیده

سابقه و هدف: مذهب یکی از عوامل تأثیرگذار در سلامت افراد به‌ویژه در دوره‌های مهم رشد است؛ باوجوداین، تاکنون کمتر به بررسی آن در نوجوانان پرداخته شده است. مطالعه‌ی حاضر با هدف بررسی رابطه‌ی بین نگرش‌های مذهبی و سلامت عمومی دانش‌آموزان مقطع دبیرستان صورت گرفته است.

روش کار: پژوهش حاضر توصیفی و از نوع همبستگی است. نمونه‌ی مورد بررسی ۱۲۰ نفر از دختران دبیرستانی شهر کرج با میانگین سنی $16/6 \pm 0/52$ بودند که به‌صورت نمونه‌گیری تصادفی ساده از چهار مدرسه‌ی واقع در منطقه‌ی سه این شهر انتخاب شدند. ابزارهای استفاده شده در این پژوهش عبارت است از: پرسش‌نامه‌ی نگرش‌های مذهبی گلریز-براهنی و پرسش‌نامه‌ی سلامت عمومی (GHQ-28). برای تجزیه و تحلیل داده‌ها از آزمون همبستگی پیرسون و رگرسیون خطی استفاده شد. در این پژوهش همه‌ی مسائل اخلاقی رعایت شده است و مؤلفان مقاله هیچ‌گونه تضاد منافع‌ی گزارش نکرده‌اند.

یافته‌ها: یافته‌های به‌دست‌آمده نشان‌دهنده‌ی رابطه‌ی معنادار بین نگرش‌های مذهبی و سه خرده‌مقیاس علائم اضطرابی و اختلال خواب، کارکرد اجتماعی و علائم افسردگی بود ($P < 0/01$)؛ باوجوداین، ارتباط معناداری بین نگرش مذهبی و خرده‌مقیاس عملکرد جسمانی وجود نداشت ($P > 0/05$).

نتیجه‌گیری: نتایج پژوهش حاضر به‌روشنی گویای تأثیرگذاری نگرش‌های مذهبی بر سلامت عمومی دانش‌آموزان است.

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مقدمه

بشریت دارد، به‌طوری‌که پژوهشگران همواره به آن توجه ویژه‌ی داشته‌اند. دستیابی به مفهوم سلامت و مؤلفه‌های تشکیل‌دهنده‌ی آن بسیار پیچیده و دشوار است، اما به‌هرحال

سلامت پدیده‌ی است که قدمتی به اندازه‌ی تاریخچه‌ی