

The Role of Spiritual and Psychological Well-being in Predicting High-risk Behaviors of Young Prisoners in Zanjan

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Abstract

Background and Objective: High-risk behaviors are particularly important when young people are considered to be failures and offenses. That's why identifying effective factors in preventing or reducing these behaviors is really important. Therefore, the purpose of this study was to determine the role of spiritual and psychological well-being in predicting high-risk behaviors of young prisoners in Zanjan city.

Methods: The research method was descriptive-correlation. The population included all the young prisoners in Zanjan aged between 18 and 35 (n=500). The sample size was calculated 220 using Cochran method. The participants were selected using random sampling. The data collection tool were standard questionnaires of high-risk behaviors by Mohammad Khani, psychological well-being by Riff, and spiritual well-being by Paloutzian and Ellison. Pearson correlation test and multiple regression were used for data analysis. In this study, all the ethical considerations have been observed and no conflict of interest was reported by the authors.

Results: There is a significant relationship between spiritual well-being and religious well-being with high-risk behaviors ($P < 0.05$). As for the components of personal growth, positive relationship with others and its acceptance component with some high-risk behaviors were confirmed in this study. The results of regression table showed that total spiritual well-being has the potential to predict the high-risk behaviors of aggressive behavior, relationship with the opposite sex, cigarette and hookah smoking, alcoholic drinks, and drugs and narcotics. Also, Positive relationship with others had the potential to predict the high-risk behaviors of thoughts and suicide attempts ($P < 0.001$).

Conclusion: The general spiritual well-being and religious well-being can be effective in reducing the high-risk behaviors of the young prisoners.

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Summary

Background and Objective

Transferring a person from normal life to prison environment can be stressful and dangerous for young people in that many risky behaviors such as self-harm and suicide can occur in the first months of imprisonment among prisoners. In the process of adaptability of the prisoners with the prison context, some psychological and emotional disorders have been observed

among prisoners, which pave the way for a new phase of problems (1).

The most important cognitive, behavioral, and ethical failures in offenders are high-risk behaviors. Risky behaviors are potentially destructive behaviors individuals commit consciously or unknowingly with adverse individual and social consequences. In other words, high-risk behaviors are those that endanger the health and well-being of individuals (2). Morkery and Tinzley reported that among the factors involved in the tendency toward high-risk behaviors are psychological characteristics (3). Thus, in recent years, the

pathological approach of risky behaviors has moved toward the study of human well-being. Apart from that, over decades, health has been analyzed based on specific aspects of physical health, mental health, and social health. Taken together, the suggestion to include spiritual well-being in the concept of health has been proposed by some scholars, which were considered by the leaders of the health community little by little (4).

Examining similar studies in different populations also shows a relation between the components and variables among the studied populations. For example, the results of Edang et al., which was conducted to determine the relationship between spirituality and unhealthy alcohol use in HIV-infected men in Uganda, indicated relation in spiritual indices and high-risk behaviors in the groups studied (5). Silfi also showed the relation in spirituality with unstable behaviors to be significant in men and women (6).

Therefore, given the importance of these variables and the existing study gap, this study was conducted with the aim of determining the role of spiritual well-being and psychological well-being in predicting high-risk behaviors of young prisoners in Zanjan city.

Methods

Compliance with ethical guidelines: After obtaining the necessary permissions from Azad University and Zanjan Prisons Organization, we referred to the central prison of the city. In collaboration with the prison authorities and psychologists living in the prison counseling center, the questionnaires were distributed among 230 participants, out of which 10 were excluded from analysis due to incomplete information and to observe validity, and 220 questionnaires were submitted to analysis.

The present study was a descriptive-correlation study. In the present study, the population included all prisoners, aged from 18 to 35 in Zanjan, who were 500 people. Using Cochran method, the sample size was estimated to be 220 people. Simple random sampling was used for sampling. In doing so, first a list of names was created and then, using random numbers, sampling was done. The data collection tool were questionnaires of high-risk behaviors by Mohammad Khani, Riff's psychological well-being scale - short form (RSPWB-SF), and spiritual well-being scale (SWBS) by Paloutzian and Ellison. Pearson correlation test and multiple regression were used for data analysis.

Results

The highest frequency of age is in the group of 30 to 35 years. Considering the level of education, 136 people (61.8%) had had education less than high school degree with the highest frequency. The results showed that there is a significant relationship between spiritual well-being and religious well-being with high-risk behaviors and its components ($P < 0.05$). In the case of components of psychological well-being, only the relationship between the components of personal growth, positive relationship with others and its acceptance component with some high-risk behaviors was confirmed in this study. The results of regression table showed that total spiritual well-being has the potential to predict the high-risk behaviors of aggressive behavior, relationship with the opposite sex, cigarette and hookah smoking, alcoholic drinks, and drugs and narcotics. Also, Positive relationship with others had the potential to predict the high-risk behaviors of thoughts and suicide attempts ($P < 0.01$).

Conclusion

The results of this study confirmed the relationship between the total spiritual well-being variable with the high-risk behaviors and the components. In the case of well-being, only

the associations between the components of personal growth with drugs and narcotics, positive relationship with others with thought and suicide attempts and self-acceptance, and relationship with the opposite sex were indicated. The type of communication was negative in all cases. Therefore, with increase in the significant components of psychological well-being, the risk of high-risk behaviors was reduced. To sum up, it seems necessary to study the relevance of psycho-social factors affecting the health. Many studies of spirituality, religion and health in the past few decades, especially on high-risk behaviors such as suicide, violence, drug abuse, AIDS, all diseases related to sex, psychosomatic illness, accidents and injuries, mortality and longevity, and many other cases indicate the effect of spirituality and religion on them, and that the staff in the health sector, policymakers, and decision-makers have neglected the use of spirituality and religion to prevent, treat, rehabilitate, and promote health when planning.

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Ethical considerations

The Ethics Committee of Islamic Azad University of Zanjan has confirmed this research. Ethics Code: IR.IAU.Z.REC.1396.48.

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Conflict of interest

The authors declared no conflict of interest.

Authors' contributions

Research Background and Theoretical Foundations, Data Collection and Analysis, Discussion and Conclusion: First Author; Advice and Adjust the Overall Structure of the Article: Second Author.

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دور الرفاه الروحي والنفسي في توقع السلوك المليئ بالمخاطر لدى الشباب السجناء في مدينة زنجان توقعات الالتزام بعقد الزواج استنادا الى خصائص الشخصية، أنماط التعلق والتوجه الديني عند الطلاب الجامعيين المتزوجين

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الشباب السجناء

الملخص

خلفية البحث وأهدافه: أجريت هذه الدراسة بهدف بحث دور الرفاه الروحي والرفاه النفسي في توقع السلوك المليئ بالمخاطر لدى الشباب السجناء في مدينة زنجان.

منهجية البحث: كانت هذه الدراسة من النوع التوصيفي-التضامني، والمجتمع الاحصائي تتضمن جميع السجناء الشباب ما بين ١٥ و ١٨ سنة في مدينة زنجان والذي يقدر عددهم ب ٥٠٠ شاب. حجم العينة المأخوذة أيضاً تمت محاسبته عبر الاستفادة من منهجية كوكران على ٢٢٠ شخص.

تم اختيار العينات عبر الاستفادة من أسلوب اخذ العينات العشوائية. وكانت أدوات جمع المعلومات هي الاستمارات ذات المقياس الموحد للسلوكيات المليئة بالمخاطر عند محمدخاني، الرفاه النفسي عند ريف والرفاه الروحي عند بالوتزين و أليسون. ومن اجل تحليل وتفسير المعلومات تمت الاستفادة من الجداول والرسوم البيانية التوصيفية وكذلك من اختبارات التضامن عند بيرسون و رغرسون المتعددة. تمت مراعاة جميع الموارد الاخلاقية في هذا البحث واطافة الى هذا فإن مؤلفي البحث لم يشيروا الى اي تضارب في المصالح.

الكشوفات: استنادا للكشوفات التي تم التوصل اليها، هناك علاقة بين متغير الرفاه الروحي والرفاه الديني مع السلوك المليئ بالمخاطر وعناصره ($P < 0.05$)؛ وكذلك بين عناصر النمو الشخصي، العلاقة الايجابية مع الاخرين وعناصر قبول الذات مع بعض السلوك الخطير جدا. نتائج جدول رغرسون ايضا أظهرت ان الرفاه الروحي والديني لديه القدرة على توقع وتبيان السلوكيات المليئة بالمخاطر والعنفية، العلاقة مع الصنف الاخر، التدخين والارغيلة، المشروبات الكحولية وتعاطي المواد المخدرة والمزيلة للعقل. اضافة الى هذا، أن العلاقة الايجابية مع الاخرين ايضا لديها القدرة على توقع الافكار والاقدام على الانتحار ($P < 0.001$).

الاستنتاج: الرفاه الروحي و الرفاه الديني يمكن ان يؤثر في انخفاض السلوك المليئ بالمخاطر لدى الشباب السجناء.

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نقش بهزیستی معنوی و روانی در پیش‌بینی رفتارهای پرخطر جوانان زندانی شهر زنجان

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چکیده

سابقه و هدف: رفتارهای پرخطر از عوامل مهم گرایش جوانان به بزهکاری و جرم به حساب می‌آید و شناسایی عواملی که بتواند از این رفتارها پیشگیری کند یا آنها را کاهش دهد بسیار مهم است. از این‌رو، مطالعه‌ی حاضر با هدف بررسی نقش بهزیستی معنوی و بهزیستی روانی در پیش‌بینی رفتارهای پرخطر زندانیان جوان شهر زنجان صورت گرفته است.

روش کار: روش پژوهش حاضر از نوع توصیفی-همبستگی بود. جامعه‌ی آماری پژوهش شامل تمامی زندانیان جوان ۱۸ تا ۳۵ سال شهر زنجان بود که به تعداد ۵۰۰ نفر برآورد شد. حجم نمونه نیز با استفاده از روش کوکران به تعداد ۲۲۰ نفر محاسبه شد. نمونه‌ها با استفاده از روش نمونه‌گیری تصادفی انتخاب شدند. ابزارهای گردآوری داده‌ها نیز پرسش‌نامه‌های استاندارد رفتارهای پرخطر محمدخانی، بهزیستی روانی ریف و بهزیستی معنوی پالوتزین و الیسون بود. برای تجزیه و تحلیل داده‌ها از جداول و نمودارهای توصیفی و آزمون‌های همبستگی پیرسون و رگرسیون چندگانه استفاده شد. در این پژوهش همه‌ی موارد اخلاقی رعایت شده است و مؤلفان مقاله هیچ‌گونه تضاد منافی گزارش نکرده‌اند.

یافته‌ها: بر اساس یافته‌های به‌دست‌آمده، بین متغیر بهزیستی معنوی و مذهبی با رفتارهای پرخطر و مؤلفه‌های آن ($P < 0/05$)؛ و همچنین بین مؤلفه‌های رشد شخصی، ارتباط مثبت با دیگران و مؤلفه‌ی پذیرش خود با برخی از رفتارهای پرخطر رابطه وجود داشت. نتایج جدول رگرسیون نیز نشان داد که بهزیستی معنوی و مذهبی توان پیش‌بینی و تبیین رفتارهای پرخطر و پرخاشگرانه، رابطه با جنس مخالف، کشیدن سیگار و قلیان، نوشیدنی‌های الکلی و مواد مخدر و روان‌گردان؛ و رابطه‌ی مثبت با دیگران توانایی پیش‌بینی افکار و اقدام به خودکشی را داشت ($P < 0/001$).

نتیجه‌گیری: بهزیستی معنوی و مذهبی می‌توانند در کاهش رفتارهای پرخطر جوانان زندانی مؤثر باشند.

واژگان کلیدی:

بهزیستی روانی
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 رفتارهای پرخطر

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مقدمه

رفتارهای پرخطر از جمله خودزنی و خودکشی در ماه‌های اول حبس در میان زندانیان اتفاق می‌افتد. در فرایند سازگاری زندانیان با محیط زندان، برخی اختلالات روانی و عاطفی در

انتقال فرد از زندگی عادی به محیط زندان می‌تواند برای جوانان استرس‌زا و خطرناک باشد؛ به‌طوری‌که بسیاری از