

The Effectiveness of Nahjolbalagheh Teachings about Mammonism Damage on Mental Well-being of Gastrointestinal Patients

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Abstract

Background and Objective: One of the basic factors that could jeopardize mental health is mammonism and the intense interest in the world. Thus, the aim of this study was to examine the effectiveness of teachings of Nahjolbalagheh about mammonism damage on mental well-being of gastrointestinal patients.

Methods: The study adopted a quasi-experimental pre-test post-test design with a control group. The statistical population included all the female patients suffering from gastrointestinal disorders (stomach ulcers, gastritis, gastric reflux and intestinal nervous disease) who referred to Amirmomnin charity of Boshruyeh city (100 people) in 2016-2017. Out of this population, 40 people were selected through convenient sampling. The participants responded to Warwick Edinburgh's (2007) mental welfare questionnaire and then were randomly placed in a treatment or control group (20 people each). The members of the treatment group underwent 8 sessions of training about mammonism damages based on Nahjolbalagheh (adapted from statements of Imam Ali (A.S.) and Nahjolbalagheh). These trainings were provided by the use of the package developed by Shahabi and Shahabizadeh. The control group however did not receive any training. In the end, both groups answered the research question again. The data obtained were analyzed using analysis of covariance. In this study, all the ethical considerations have been observed and no conflict of interest was reported by the authors.

Results: The findings indicated the mammonism damage training concepts based Nahjolbalagheh affect the patients' mental welfare, optimism, positive relationships with others, energy level ($P < 0.003$).

Conclusion: Based on the obtained results, mammonism damage training based Nahjolbalagheh can be useful on gastrointestinal patients' well-being. Therefore, this type of treatment is recommended to mental health professionals.

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Summary

Background and Objective

Gastrointestinal diseases are psychotic disorders with distressing symptoms such as diarrhea, constipation,

and abdominal pain. They are very prevalent in today's societies and, each year, their diagnosis and treatment incur high costs on the society (1, 2). One of the key factors that can jeopardize mental health is mammonism. Thus, the aim of this study was to examine the effectiveness of teachings of

Nahjolbalagheh about mammonism damage on mental well-being of gastrointestinal patients.

Methods

Compliance with ethical guidelines: To follow the principles of professional research ethics, measures such as explaining the aims of the study, explaining the researchers' expectations of the participants, obtaining written informed consent from the participants, and assuring them that all information would be kept confidential, were taken. The participants completed the questionnaires anonymously with full prior consent in a peaceful environment.

The study adopted a quasi-experimental pre-test post-test design with a control group. The statistical population included all the female patients suffering from gastrointestinal disorders (stomach ulcers, gastritis, gastric reflux and intestinal nervous disease) who referred to Amiralmomnin charity of Boshruyeh city (100 people) in 2016-2017. A gastroenterologist had diagnosed some kind of gastrointestinal disorders (stomach ulcers, gastritis, gastric reflux and intestinal nervous disease) in these patients. Out of this population, 40 people were selected through convenient sampling by consulting their medical records.

Results

The findings of the multivariate covariance analysis indicated that the level of significance of the multivariable F statistics of the Menting test was approximately ($P < 0.0005$), which is less than the error level of 0.05. It can be concluded that there was a significant difference between the mental well-being of the patients in the experimental group and that of the control group members in at least one of the dependent variables. Also, the significance level of M-boxes is ($P < 0.003$), which is higher than the error level of 0.001. Therefore, homogeneity assumption of variance-covariance matrix is not violated. In analyzing the covariance between the components of mental well-being, the significance level of optimism, positive relationships with others, and energy is less than 0.05; hence, the null hypothesis is rejected. In other words, with a confidence interval of 95%, mammonism teachings based on Nahjolbalagheh have positively affected the patients' mental well-being. The average moderate scores also show that the levels of optimism, positive relationships with others and energy have increased after training. The results of the effect size show that the group type explains 65% of the variation of optimism, 54% of positive relationships with others and 50% of the changes in energy.

Conclusion

The present study sought to investigate the effectiveness of Nahjolbalagheh-based teachings of mammonism damages on mental well-being of gastrointestinal patients. Many of the disorders and illnesses, including gastrointestinal diseases, are created by human beings themselves (3). Scientists believe that spiritual alarms and everyday excitement cause illness, and, in fact, human's everyday life is associated with anxiety and stress (4), and stressful

events of life increase the likelihood of people getting into different diseases (5). Mammonism and excessive dependence on individual and social facilities such as wealth, child, position, authority, tribe and the like, which are regarded as the beauty of life in this world, prevent humans from remembering God. This in turn leads to the loss of one of the most important tools for gaining peace, and ends up in human's anxiety and stress. A man who has devoted themselves to the world is always in anxiety and concern, because the world is accompanied by all sorts of losses, whose psychological pressures leads to anxiety (6). Therefore, providing training about damages of mammonism based on the concepts of Nahjolbalagheh increase mental well-being in gastrointestinal patients. Indeed, mammonism prevents humans from reaching perfection and paves the way for their fall. These teachings and familiarity of humans with the invalidity of the world and its positions, in comparison with the afterlife and the rules on which it is based, prevents the fall of humans and their attachment to the material world and provides their mental well-being.

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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.

Authors' contributions

Writing Introduction: First Author; Research Methodology and Statistics: Second Author; Writing Discussion and Conclusion: Third Author; and Rewriting the Introduction and Final Editing of the Article: Fourth author.

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مدى فاعلية التعاليم المبنية على مفاهيم نهج البلاغة حول أضرار التعلق بالدنيا على الرفاهية العقلية لدى مرضى الجهاز الهضمي المراجعين الى مركز أميرالمؤمنين الصحي الخيري في مدينة بشروية

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الملخص

خلفية البحث وأهدافه: من العوامل الرئيسية والمهمة التي تستطيع ان تعرض الصحة العقلية للخطر هي الدينوية والحب الشديد للدنيا. ولهذا فإن البحث الحالي يقوم بدراسة مدى تأثير التعاليم المبنية على مفاهيم نهج البلاغة حول أضرار حب الدنيا على الرفاهية العقلية لدى مرضى الجهاز الهضمي.

منهجية البحث: اعتمدت الدراسة الحالية على المنهج شبه التجريبي ومن نوع الاخبار القبلي والبعدي مع مجموعة التحكم واشتمل المحتمل الاحصائي جميع النساء المصابات بالاضطرابات المعوية (قرحة المعدة، الورم في المعدة، مرض ارتجاع الحمض المعدي، وأمراض الجهاز العصبي المعوي) واللواتي راجعن الى مركز أميرالمؤمنين الصحي الخيري في مدينة بشروية (حوالي ١٠٠ امرأة) عام ٢٠١٦. قد تم اختيار ٤٠ امرأة من بين هؤلاء عن طريق اخذ العينة المتاحة. قامت المشاركات بالاجابة الى استبيان "وارويك ادنبرغ" للرفاه العقلي. ثم تم تعيينهن بشكل عشوائي على مجموعتي التجريبية والتحكم (كل مجموعة ٢٠ نفرا). خضعت المجموعة التجريبية لمدة ثمان جلسات تعليمية عن اضرار حب الدنيا على اساس نهج البلاغة وهي كراسة مقدمة من الشهابي وشهابي زاده، ولم تتلق مجموعة التحكم اي تدريب. في النهاية، ردت كلتا المجموعتين على الاستبيانات مرة اخرى (الاختبار البعدي). تم تحليل البيانات وتجزئتها باستخدام تحليل التباين. تمت مراعاة جميع الموارد الاخلاقية في هذا البحث وازضافة الى هذا فإن مؤلفي البحث لم يشيروا الى اي تضارب في المصالح ($P < 0.03$).

الكشوفات: اظهرت الكشوفات أن التعاليم القائمة على مفاهيم نهج البلاغة حول اضرار التعلق بالدنيا تؤثر على مقومات الرفاه العقلي لدى المرضى وكذلك قد ازدادت نسبة مقومات التفاؤل والعلاقات الطبية مع الآخرين والطاقة العالية بعد التعاليم ($P < 0.03$).

الاستنتاج: وفقا للنتائج، يمكن ان تكون التعاليم المبنية على اساس مفاهيم نهج البلاغة حول اضرار حب الدنيا مفيدة للرفاه العقلي لدى مرضى الجهاز الهضمي ولذا ينبغي تنفيذ هذه التعاليم من قبل الاخصائيين في مجال الصحة والسلامة العقلية.

يتم استناد المقالة على الترتيب التالي:

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اثربخشی آموزش آسیب‌های دنیاگرایی مبتنی بر مفاهیم نهج‌البلاغه بر بهزیستی ذهنی بیماران گوارشی مراجعه‌کننده به مؤسسه‌ی خیریه‌ی امیرالمؤمنین شهر بشرویه

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چکیده

سابقه و هدف: یکی از عوامل اساسی و مهم که می‌تواند سلامت روانی را به خطر بینداند، دنیاگرایی و علاقه‌ی شدید به دنیا است. از این رو، هدف پژوهش حاضر بررسی اثربخشی آموزش آسیب‌های دنیاگرایی مبتنی بر مفاهیم نهج‌البلاغه بر بهزیستی ذهنی بیماران گوارشی بود.

روش کار: این مطالعه‌ی نیمه‌آزمایشی از نوع طرح پیش‌آزمون-پس‌آزمون با گروه کنترل بود. جامعه‌ی آماری پژوهش تمامی بیماران زن مبتلا به اختلالات گوارشی (زخم معده، ورم معده، ریفلاکس معده و بیماری عصبی روده) مراجعه‌کننده به مؤسسه‌ی خیریه‌ی امیرالمؤمنین شهر بشرویه (در مجموع ۱۰۰ نفر) در سال ۹۵ بودند. از این جامعه، تعداد ۴۰ نفر به طور در دسترس انتخاب شدند. شرکت‌کنندگان در تحقیق به پرسش‌نامه‌ی بهزیستی ذهنی وارویک ادینبورگ پاسخ دادند، سپس به صورت تصادفی در دو گروه آزمایش و گواه (هر کدام ۲۰ نفر) جایگزین شدند. گروه آزمایش به مدت هشت جلسه تحت آموزش آسیب‌های دنیاگرایی مبتنی بر نهج‌البلاغه که بسته‌ی ساخته‌شده‌ی شهابی و شهابی‌زاده است، قرار گرفتند و گروه گواه هیچ‌گونه آموزشی دریافت نکردند. در پایان هر دو گروه مجدداً به پرسش‌نامه‌های تحقیق پاسخ دادند (پس‌آزمون). داده‌های به‌دست‌آمده با استفاده از تحلیل کوواریانس تجزیه و تحلیل شد. در این پژوهش همه‌ی موارد اخلاقی رعایت شده است و مؤلفان مقاله هیچ‌گونه تضاد منافی گزارش نکرده‌اند.

یافته‌ها: یافته‌ها نشان داد آموزش آسیب‌های دنیاگرایی مبتنی بر مفاهیم نهج‌البلاغه بر مؤلفه‌های بهزیستی ذهنی بیماران تأثیرگذار بود و میزان مؤلفه‌های خوش‌بینی، روابط مثبت با دیگران و پرانرژی بودن نیز پس از آموزش افزایش یافته بود ($P < 0/003$).

نتیجه‌گیری: بر اساس نتایج به‌دست‌آمده، آموزش آسیب‌های دنیاگرایی مبتنی بر مفاهیم نهج‌البلاغه می‌تواند بر بهزیستی ذهنی بیماران گوارشی مفید باشد. از این رو، اجرای این آموزش به متخصصان سلامت و بهداشت روانی توصیه می‌شود.

استناد مقاله به این صورت است:

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