

The Role of Emotional Expression Styles and Religious Coping Styles in Students' Tendency towards Addiction

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Article Info

Received: Aug 24, 2019

Received in revised form:

Oct 20, 2019

Accepted: Nov 2, 2019

Available Online: Dec 22, 2019

Keywords:

Addiction

Emotional expression

Religious Coping

Students



 <https://doi.org/10.22037/jrrh.v5i4.19599>

Abstract

Background and Objective: Considering the increasing trend of addiction, it is necessary to study its constituent factors and its continuity to be able to make appropriate decisions in treating addiction and reducing its individual, familial and social harm. Therefore, the present study investigated the role of emotional expression styles and religious coping styles in students' tendency towards addiction.

Methods: The present study is descriptive correlational. The statistical population includes 2000 students residing in the dormitory of Mohaghegh Ardabili University from 2017 to 2018 out of which 200 were selected through available sampling method. To collect data related to the scales of emotional expression, preparedness for addiction and Paraghamat Religious Conflict were used. Finally, descriptive statistics, Pearson correlation and regression were used to analyze the data. In this study, all the ethical considerations have been observed and no conflict of interest was reported by the authors.

Results: The results of this study showed that there was a significantly negative correlation between emotional excitement styles (positive and negative) except for the intimacy style and students' tendency towards addiction. The results also showed that there was a significantly negative correlation between the positive religious style and the tendency toward addiction among students and a positive and significant correlation between the negative religious styles and the tendency to addiction. Also, the results of regression showed that emotional excitement and religious coping are good predictors of students' preparedness for addiction.

Conclusion: The results of the present study are in line with the findings of other studies that show emotional excitement and religious coping styles have an important role in the students' tendency toward drug addiction. Therefore, preventive measures should be taken in this regard.

Please cite this article as: Esmaelbeigi-Mahani M, Ayadi N, Nabiallahi-Najafabadi A, Rezaei S. The Role of Emotional Expression Styles and Religious Coping Styles in Students' Tendency towards Addiction. *Journal of Pizhūhish dar dīn va salāmat.* 2020;5(4):34-47. <https://doi.org/10.22037/jrrh.v5i4.19599>

Summary

Background and Objective

Over the past decades, drug addiction and drug abuse have increased across the world for a variety of reasons (1). This problem, especially during adolescence and youth, is especially important. At this age, a person is ready to try a variety of experiences, take risks, and

have adventurous feelings, which can drive him/her toward negative attitudes such as antisocial, depressive, and excitement behaviors and lead to the desire to take drugs and a positive attitude towards them (2). Regarding the nature and structure of addiction and its physical and psychological effects on the individual, one of the factors that can lead to young people's tendency to abuse drugs is the person's expression styles in dealing with stressful situations (3). Studies

have also shown that individual coping strategies in dealing with stressful situations can play an important role in the person's inclination to abuse drugs (4). Considering the theoretical and research relationship between the variables and the importance of excitement expressive styles (negative expression, positive and intimacy) and religious coping styles (positive and negative), in the tendency toward student addiction, further understanding in this regard is essential in preventing and treating the harms that young people are likely to face.

Methods

Compliance with ethical guidelines: Ethical considerations in this study included full explanation of the goals and procedures, respecting the rights of the participants to discontinue or continue to cooperate, and non-disclosure of the individuals' names in information forms due to confidentiality.

The present study is descriptive and correlational. The statistical population consisted of all the students of Mohaghegh Ardabili University living in the dormitory in the academic year of 2017-2018, out of which a total of 2,000 students were selected by available sampling method according to entry and exit criteria. Data collection instruments included:

A) Emotional Expression Questionnaire: This questionnaire was designed in 1990 to investigate the importance of the role of emotional expressions styles in mental health. It has three components including negative emotional expression, positive emotion, self-expression, and 16 points. Responses in the Likert scale range from 'strongly agree' to 'strongly disagree' (5).

B) Iranian Addiction Potential Scale: This questionnaire was designed to assess the readiness for addiction in 1992. It consists of two factors (active and passive readiness) and 36 items plus 5 lie detector items. Each question is scored on a continuum from zero (completely correct) to 3 (completely false). Higher scores represent the readiness of the respondent for addiction and vice versa (6).

C) Pargament Religious Coping Questionnaire: This scale was developed in 2000 and has 100 test items and 17 sub-scales. The short form of the questionnaire is derived from its original form and identifies positive and negative coping styles. The scoring was based on a Likert scale and on a continuum from zero (never) to 3 (always) (7).

Results

The results of the present study showed that there was a significant negative correlation between emotional excitement styles (positive and negative), except for the intimacy style, and students' tendency towards addiction. The results also showed that there was a significantly negative correlation between the positive religious style and the tendency towards addiction and a positive and significant correlation between the negative religious styles and the tendency to addiction. The results of regression analysis also showed that emotional excitement and religious coping are good predictors of students' preparedness for addiction.

Conclusion

Regarding the purpose of this study, i.e., examining the role of emotional expression and religious coping style in the tendency towards addiction among students of Mohaghegh Ardabili University and based on the results of the study, it can be concluded that there is a significantly negative relationship between positive and negative emotion expressive styles and tendency to addiction (see Table 1). It can be stated that in the case of chronic repression, exclusion from others, control and conflict in expressing excitement, the social and emotional functions of the individual are more likely to be endangered and tend towards drugs use (8). The results of correlation analysis also showed that there was a significantly negative correlation between positive religious coping style and addiction tendency in the students, and there was a positive and significant correlation between negative religious coping and the tendency toward addiction in students. Therefore, having positive religious attitudes reduces the effects of stress and pressure under difficult situations. This affects the coping style and attitude of the individual in coping with stressful situations and, consequently, reduces the person's tendency toward drug abuse by relieving the mental and emotional stresses (9).

Among the research constraints was the large number of questionnaires, and some questions required a high degree of knowledge and understanding and some of the participants could have not understood a question correctly and provide an inaccurate answer to the question. Another limitation of the study was the low sample size, which makes generalization of the results difficult.

Acknowledgements

We are grateful to the research participants and to all those who collaborated with the researchers.

Ethical considerations

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

Funding

According to the authors, this research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

Conflict of interest

The authors declared no conflict of interest.

Authors' contributions

Discussion and Methodology Writing: First Author and Second Author; Statistical Analysis and Assistant Researcher: Third Author; Assistant Researcher: Fourth Author.

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دور انماط التعبير عن العواطف وأساليب المواجهة الدينية في الميل نحو الادمان على المخدرات عند الطلاب الجامعيين

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الملخص

خلفية البحث وأهدافه: نظراً للنسبة المتزايدة للإدمان على المخدرات، من الضروري دراسة العوامل الممهدة لها ولاستمراريتها من اجل اتخاذ القرارات المناسبة في مكافحة الادمان والحد من الاضرار الفردية والاسرية والاجتماعية. ومن هذا المنطلق لقد اجريت الدراسة الحالية بغرض التحقيق في دور انماط التعبير عن العواطف والواجهة الدينية في نسبة ميل الطلاب الى ادمان المخدرات.

منهجية البحث: لقد اجريت هذه الدراسة بطريقة وصفية مترابطة واشتمل المجتمع الاحصائي على جميع الطلاب الجامعيين المقيمين في القسم الداخلي في جامعة المحقق الاردبيلي عام ٢٠١٨-٢٠١٧. كان اجمالي عدد المجتمع الاحصائي أكثر من ٢٠٠٠ نفر ونظرا لعدم امكانية الوصول لجميعهم، فقد تم اختيار ٢٠٠ منهم بطريقة اخذ العينة المتاحة. ومن اجل جمع البيانات تم استخدام مقياس التعبير عن العاطفة والاستعداد للإدمان بالمخدرات ومقياس بارغامنت للمواجهة الدينية. في نهاية المطاف تم تحليل البيانات وتجربتها باستخدام الاحصاء الوصفي ومعامل ارتباط بيرسون والانحدار. تمت مراعاة جميع الموارد الاخلاقية في هذا البحث وازافة الى هذا فإن مؤلفي البحث لم يشيروا الى اي تضارب في المصالح.

الكشوفات: اظهرت الكشوفات أن هناك ترابطاً سلبياً ذا دلالة احصائية بين انماط التعبير عن العواطف - معاداً اسلوب العلاقة الحميمة- وبين الميل نحو الادمان على المخدرات في الطلاب. كما أن هناك ترابطاً سلبياً بين اسلوب المواجهة الدينية الايجابية والميل نحو ادمان المخدرات وكذلك ترابطاً ايجابياً ذا دلالة احصائية بين اسلوب المواجهة الدينية السلبية والميل نحو الادمان فيهم. كما اظهرت نتائج الانحدار انه تعتبر أساليب التعابير العاطفية والمواجهة الدينية منبئتان جيدتان لاستعداد الطلاب على الإدمان بالمخدرات.

الاستنتاج: اظهرت نتائج هذه الدراسة تزامناً مع الدراسات الاخرى أن أساليب التعابير العاطفية الى جانب المواجهة الدينية تستطيع ان تلعب دوراً هاماً في ميل الطلاب واستعدادهم للاصابة بإدمان المخدرات. لذلك ينبغي اتخاذ تدابير وقائية في هذا المجال.

معلومات المادة

الوصول: ٢٢ ذى الحجة ١٤٤٠

وصول النص النهائي: ٢١ صفر ١٤٤١

القبول: ٤ ربيع الاول ١٤٤١

النشر الإلكتروني: ٢٥ ربيع الثاني ١٤٤١

الكلمات الرئيسية:

الإدمان على المخدرات

التعبير عن العواطف

الطلاب

المواجهة الدينية

يتم استناد المقالة على الترتيب التالي:

Esmaelbeigi-Mahani M, Ayadi N, Nabiallahi-Najafabadi A, Rezaei S. The Role of Emotional Expression Styles and Religious Coping Styles in Students' Tendency towards Addiction. Journal of Pizhūhish dar dīn va salāmat. 2020;5(4):34-47. <https://doi.org/10.22037/jrrh.v5i4.19599>

نقش سبک‌های ابراز هیجان و سبک‌های مقابله‌ی مذهبی در گرایش به اعتیاد دانشجویان

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اطلاعات مقاله

دریافت: ۲ شهریور ۱۳۹۸

دریافت متن نهایی: ۲۸ مهر ۱۳۹۸

پذیرش: ۱۱ آبان ۱۳۹۸

نشر الکترونیکی: ۱ دی ۱۳۹۸

چکیده

سابقه و هدف: با توجه به روند رو به افزایش اعتیاد، بررسی عوامل زمینه‌ساز و تداوم‌گر آن به‌منظور اتخاذ تصمیم‌های مناسب در جهت مبارزه با اعتیاد و کاهش آسیب‌های فردی، خانوادگی و اجتماعی آن ضروری است. از این‌رو، پژوهش حاضر به‌منظور بررسی نقش ابعاد سبک‌های ابراز هیجان و مقابله‌ی مذهبی در میزان گرایش دانشجویان به اعتیاد انجام شد.

روش کار: پژوهش حاضر توصیفی از نوع همبستگی است. جامعه‌ی آماری شامل کلیه‌ی دانشجویان خوابگاهی دانشگاه محقق اردبیلی در سال تحصیلی ۹۷-۱۳۹۶ بود. تعداد کل جامعه بیش از ۲۰۰۰ نفر بود که از بین آنان نمونه‌ی ۲۰۰ نفری به‌دلیل دسترسی نداشتن به تعداد جامعه، به روش نمونه‌گیری دردسترس انتخاب شد. برای گردآوری اطلاعات از مقیاس‌های ابرازگری هیجانی، آمادگی به اعتیاد و مقابله‌ی مذهبی پارگامنت استفاده شد. در نهایت داده‌های جمع‌آوری شده با استفاده از آمار توصیفی و همبستگی پیرسون و رگرسیون تجزیه و تحلیل شد. در این پژوهش همه‌ی موارد اخلاقی رعایت شده است و مؤلفان مقاله هیچ‌گونه تضاد منافی گزارش نکرده‌اند.

یافته‌ها: نتایج پژوهش نشان داد که بین سبک‌های ابراز هیجان به جز سبک صمیمیت با گرایش به اعتیاد دانشجویان همبستگی منفی معنی‌داری وجود داشت. همچنین بین سبک مقابله‌ی مذهبی مثبت و گرایش به اعتیاد در دانشجویان نیز همبستگی منفی؛ و بین سبک مقابله‌ی مذهبی منفی و گرایش به اعتیاد در دانشجویان همبستگی مثبت و معنی‌داری وجود داشت. نتایج حاصل از رگرسیون نیز نشان داد که سبک‌های ابراز هیجان و مقابله‌ی مذهبی پیش‌بینی‌کننده‌های خوبی برای آمادگی به اعتیاد در دانشجویان به شمار می‌آیند.

نتیجه‌گیری: نتایج پژوهش حاضر همسو با دیگر پژوهش‌های انجام‌شده نشان می‌دهد که سبک‌های ابراز هیجان و مقابله‌ی مذهبی می‌تواند سهمی مهم در گرایش و آمادگی دانشجویان به اعتیاد داشته باشد. بنابراین باید اقدامات پیشگیرانه در این زمینه صورت گیرد.

استناد مقاله به این صورت است:

Esmaelbeigi-Mahani M, Ayadi N, Nabiallahi-Najafabadi A, Rezaei S. The Role of Emotional Expression Styles and Religious Coping Styles in Students' Tendency towards Addiction. Journal of Pizhūhish dar dīn va salāmat. 2020;5(4):34-47. <https://doi.org/10.22037/jrrh.v5i4.19599>