

A Study of the Relationship of Outlook and Practical Pledge to Prayers and Spiritual Experiences with Mental Health of Girl Students of University of Tehran

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Abstract

Background and Objective: The implementation of religious orders and practices is one of the ways to save and relieve people from troubles, discomforts and stresses. The aim of the present study was to investigate the relationship of outlook and practical pledge to prayer and spiritual experiences with mental health of girl students of University of Tehran.

Methods: The present study is descriptive correlational. The statistical population included all female students of University of Tehran and the sample population consisted of 150 participants selected by random cluster sampling. The instruments used for data collection included practical attitude and practice of prayer questionnaire, daily spiritual experiences and general health of Goldberg GHQ-28. For data analysis, Pearson correlation and simultaneous regression were used. In this study, all the ethical considerations have been observed and no conflict of interest was reported by the authors.

Results: The results showed that prayer's effectiveness in individual and social life with an r value of -0.251 , attention and practice to the needy with an r value of -0.507 , commitment and serious efforts to perform prayers with a value of -0.373 , care and presence of the heart in prayer with the value of $-0/251$ and the total score of practical commitment to prayer with a value of $-0/401$ had a negative and inverse relationship with mental health ($P < 0/05$). Also, the sense of presence of God with the value of $-0/498$, the relationship with God with the value of $-0/325$, the sense of responsibility towards others with the value of $-0/259$ and spiritual experiences with the value of $-0/474$ was negatively and inversely correlated with mental health significant ($P < 0/05$). In other words, there was a significant and negative correlation between the components of spiritual experiences and mental health.

Conclusion: Practical commitment to prayers plays an essential role in individuals' mental health and well-being. Also, religion has a mental health supportive function. Spiritual experiences contribute to prevention of mental illnesses and facilitate the management of illnesses as well as the recovery process.



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Summary

Background and Objective

Research on the therapeutic aspects of religion,

especially prayers, has been increasing in recent years, and a large volume of the studies has been conducted on this issue. A study of the history of religions especially Islam, shows that belief in God, practical attitude and commitment to prayers and spiritual

experiences are effective in the treatment of anxiety and other types of mental illnesses, as well as the attainment of peace of mind and psychological safety.

The implementation of religious orders and practices, including practical commitment to prayers and spiritual experiences, is one of the ways to save and relieve the students from the troubles, discomforts and stresses. The Qur'an teachings are also effective in reducing tensions and intercourse and providing people with mental health, especially young people. Based on a review of the related literature, it can be stated that doing research on prayers and spiritual experience especially among the students as a young generation and the role of religion in mental health is quite essential. University as a scientific, cultural and norms-creating institution cannot be indifferent to Islamic values and spirituality especially prayers. Besides, the spirituality and religion especially prayers in students should be accompanied by thinking, reasoning, knowledge and awareness of those values. Therefore, students as the key to development and promotion of educational spaces in the country should provide the grounds for people's well-being and mental health as a prerequisite for creating such a developed society that is committed to the Islamic values. To achieve this, there is a need to focus on spirituality among the students and one of the best examples of spirituality is a positive attitude to prayers and a serious commitment to religious beliefs. Therefore, the main aim of the present study was to investigate the relationship of attitude and commitment to prayers and spiritual experiences with mental health of girl students of University of Tehran in 2017.

Methods

Compliance with ethical guidelines: In the present study, all ethical considerations including the confidentiality of the questionnaires, informed consent of the research participants and confidentiality of their identity were observed.

The present study is descriptive correlational. The statistical population of this study included all female students of University of Tehran in the educational year 2017-2018. The sample population consisted of 180 students, who were selected by random cluster sampling method from November to December 2017, by referring to University of Tehran and its faculties (humanities, engineering, and basic sciences).

Data gathering tools included a questionnaire of attitude and practical commitment to prayers, daily spiritual experiences and general health of Goldberg (GHQ-28). The practical attitude and practice of prayers questionnaire was developed by Enisi. It has 50 items and four sub-scales. The Daily Spiritual Experience Scale was developed by Underwood & Tersi. This measure has 16 items, but its short six-item version has been used in different studies. This scale was designed for measuring the multi-factor of spirituality experiences. In this scale, higher scores indicate lower levels of spiritual experiences in life.

Finally, after removing the faulty questionnaires, 151 questionnaires were submitted to analysis by

referring to Krejcie and Morgan tables. Descriptive statistics, mean, standard deviation and variance were used for data analysis. Pearson correlation and simultaneous regression were also used to test the hypotheses.

Results

The results showed that for effectiveness of prayers in students' individual and social life with an r value of -0.251 , attention and practice to the needy with a value of $r=-0.507$, commitment and serious efforts to perform prayers with a value of -0.373 , care and presence of the heart in prayers with the value of $-0/251$ and the total score of practical commitment to prayers with a value of $-0/401$ had a significantly negative and inverse relationship with mental health at the level of $0/05$. In other words, there was a significant and negative relationship between pragmatic commitment to prayers and mental health of girl students of University of Tehran (At level 0.05). Also, the sense of presence of the Lord with the r value of $-0/498$, the relationship with God with the value of $-0/325$, the sense of responsibility towards others with $-0/259$ and spiritual experiences with $-0/474$ had a significantly negative and inverse relationship with mental health at the level of $0/05$. In other words, there was a significant and negative correlation at the level of $0/05$ between the components of spiritual experiences and mental health of University of Tehran students ($-0/657$).

Conclusion

The results showed that practical commitment to prayers among the students of the University of Tehran had a special status and played an essential role in their mental health and well-being. Also, the results confirmed that religion has a mental health supportive function. Spiritual experiences contribute to prevention of mental illness and facilitate the management of illness as well as the recovery process. The findings of Sabri et al., also pointed to a significantly positive relationship between prayers and mental health in male and female students (1). Also, Akbari Moalem indicated that the level of commitment to prayers can predict the level of mental health (2). The results point to the conclusion that depression decreases in students with a positive attitude towards prayers (3).

The limitations of the study include using questionnaire for surveying as some might not have provided their real answers. Besides, it was not possible to control the likely interfering variables including the socio-economic situation and different educational conditions were among the limitations of the study. Future studies are suggested to probe further into the factors correlated with girl students' mental health.

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Ethical considerations

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Conflict of interest

The authors declared no conflicts of interest.

Authors' contributions

Research Background, Method, and Explanation Discussion and Conclusion: First Author; Thesis guide, Designer and contributor to essay: Second Author; and Statistical advice and data analysis: Third Author.

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العلاقة بين الرؤية الدينية والالتزام العملي بالصلاة والتجارب المعنوية وبين السلامة النفسية لدى طالبات جامعة طهران عام ٢٠١٧

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الكلمات الرئيسية:

التجارب المعنوية

الصحة العامة

الصلاة

طالبات الجامعات

الملخص

خلفية البحث وأهدافه: يعتبر القيام بالفرائض الدينية بما فيها الالتزام العملي بالصلاة والتجارب المعنوية من الطرق المنقذة للتخلص من المضايقات وعدم الراحة والضغط اليومية لدى الطلاب. لقد أجريت هذه الدراسة من أجل تحديد العلاقة بين الرؤية الدينية والالتزام العملي بالصلاة والتجارب المعنوية وبين السلامة النفسية لدى طالبات جامعة طهران عام ٢٠١٧.

منهجية البحث: لقد أجريت هذه الدراسة الوصفية، بطريقة مترابطة واشتمل المجتمع الإحصائي على كافة طالبات جامعة طهران عام ٢٠١٧. كانت عينة البحث تتألف من ١٥٠ طالبة تم اختيارهن عن طريق أخذ العينة العشوائية العنقودية. وكانت أداة جمع البيانات مما يلي: استبيان الرؤية الدينية والالتزام العملي بالصلاة والتجارب المعنوية اليومية واستبيان جولدر بيرج للصحة العامة GHQ-٢٨. ومن أجل تحليل البيانات وتجزئتها تم استخدام معامل ارتباط بيرسون والانحدار معاً. تمت مراعاة جميع الموارد الأخلاقية في هذا البحث وإضافة إلى هذا فإن مؤلفي البحث لم يشيروا إلى أي تضارب في المصالح.

الكشوفات: لقد أظهرت النتائج أن مقدار I في العلاقة بين مكون تأثير الصلاة على الحياة الفردية والاجتماعية بنسبة ٠/٢٥١، الاهتمام والقيام بالمستحبات بنسبة ٠/٥٠٧، الالتزام والاهتمام الشديد لأداء الصلاة بنسبة ٠/٣٧٣، المواظبة والحشوع في الصلاة بنسبة ٠/٢٥١، والدرجة الكلية لمتغير الالتزام العملي بالصلاة بنسبة ٠/٤٠١، مع السلامة النفسية بمستوى ٠/٠٥، كانت سلبية ومعاكسة ذات دلالة احصائية. إضافة إلى هذا فإن مقدار I في العلاقة بين مكون الاحساس بحضور الله سبحانه بنسبة ٠/٤٩٨، والارتباط بالله بنسبة ٠/٤٩٨، والشعور بالمسؤولية أمام الآخرين بنسبة ٠/٢٥٩، والتجارب المعنوية بنسبة ٠/٤٧٤ مع السلامة النفسية على مستوى ٠/٠٥ أيضاً كانت سلبية ومعاكسة ذات دلالة احصائية (٠/٦٥٧).

الاستنتاج: إن للالتزام العملي بالصلاة دوراً أساسياً في الصحة والسلامة العقلية لدى الأفراد. كذلك تشير النتائج إلى أن للدين وظيفة الصيانة من الصحة العقلية كما أن التجارب المعنوية تساعد في الوقاية من الأمراض النفسية وتقوم بتسهيل عملية مكافحة المرض وكذلك تساهم في تحسين المرض.

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رابطه‌ی نگرش و التزام عملی به نماز و تجارب معنوی با سلامت عمومی دانشجویان دختر دانشگاه تهران در سال ۱۳۹۶

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چکیده

سابقه و هدف: اجرای اوامر و فرائض دینی از جمله التزام عملی به نماز و تجارب معنوی یکی از راه‌های نجات‌بخش و رهایی از ناملایمات، ناراحتی‌ها و استرس‌های روزمره‌ی دانشجویان است. این مطالعه با هدف تعیین رابطه‌ی نگرش و التزام عملی به نماز و تجارب معنوی با سلامت روان در دانشجویان دختر دانشگاه تهران در سال ۱۳۹۶ انجام شده است.

روش کار: پژوهش حاضر توصیفی از نوع همبستگی است. جامعه‌ی آماری شامل کلیه‌ی دانشجویان دختر دانشگاه تهران بود که در سال ۱۳۹۶ تحصیل می‌کردند و نمونه‌ی پژوهش شامل ۱۵۰ دانشجو بود که به‌صورت نمونه‌گیری تصادفی خوشه‌یی انتخاب شدند. ابزارهای گردآوری اطلاعات عبارت بود از: پرسش‌نامه‌ی نگرش و التزام عملی به نماز، تجارب معنوی روزانه و سلامت عمومی گلدبرگ GHQ-۲۸. برای تجزیه و تحلیل داده‌های پژوهش از همبستگی پیرسون و رگرسیون هم‌زمان استفاده شد. در این پژوهش همه‌ی موارد اخلاقی رعایت شده است و مؤلفان مقاله هیچ‌گونه تضاد منافی گزارش نکرده‌اند.

یافته‌ها: نتایج نشان داد که مقدار r در رابطه‌ی بین مؤلفه‌ی اثربخشی نماز در زندگی فردی و اجتماعی با مقدار $-۰/۲۵۱$ ، توجه و عمل به مستحبات با مقدار $-۰/۵۰۷$ ، التزام و اهتمام جدی برای انجام نماز با مقدار $-۰/۳۷۳$ ، مراقبت و حضور قلب در نماز با مقدار $-۰/۲۵۱$ و نمره‌ی کل متغیر التزام عملی به نماز با مقدار $-۰/۴۰۱$ با سلامت روان در سطح $۰/۰۵$ به‌صورت منفی و معکوس معنادار بود. علاوه‌براین، مقدار r در رابطه‌ی بین مؤلفه‌ی احساس حضور خداوند با مقدار $-۰/۴۹۸$ ، ارتباط با خداوند با مقدار $-۰/۳۲۵$ ، احساس مسئولیت در قبال دیگران با مقدار $-۰/۲۵۹$ و تجارب معنوی با مقدار $-۰/۴۷۴$ با سلامت روان در سطح $۰/۰۵$ نیز به‌صورت منفی و معکوس معنادار بود ($-۰/۶۵۷$).

نتیجه‌گیری: التزام عملی به نماز در ایجاد بهداشت و سلامت روانی افراد نقش اساسی دارد. همچنین، نتایج تأیید کرد که مذهب کارکرد حمایتی از سلامت روان دارد و تجارب معنوی در پیشگیری از بیماری‌های روانی و تسهیل مقابله با بیماری و بهبودی آن سهیم است.

استناد مقاله به این صورت است:

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