

# The Prediction of Attitude toward Addiction and Drug-Related Disorders in Students in Kermanshah Based on the Role of Religious Attitude and Quality of Life

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## Abstract

**Background and Objective:** Because of The progressive nature of addiction in all aspects of life, it influences the health of society individuals and produces adverse effects on psychological, physical, social, emotional, spiritual and cognitive health. The aim of this study is to predict the tendency toward addiction and drug-related disorders in students of Kermanshah on the basis of religious attitude and quality of life.

**Methods:** The study is descriptive-cross-sectional and correlational. The sample population consisted of all undergraduate students studying in Kermanshah Payame-Noor University in 2016. By simple random sampling, 300 students were selected. The participants completed RAQ, WHOQL-26, and YRBS. Descriptive statistics, regression and Pearson correlation coefficients were used for data analysis. In this study, all the ethical considerations have been observed and no conflict of interest was reported by the author.

**Results:** Results showed that low scores in religious attitudes and quality of life has a significant inverse relationship with a predisposition to addiction ( $P < 0.05$ ). Also, the results of regression analysis showed that these two variables explained 59% of the variance in students' predisposition to addiction.

**Conclusion:** Students with poor quality of life and lower religious attitudes are prone to addiction. Therefore, university authorities need to emphasize these psychological and religious structures in educational and preventive programs.

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## Summary

### Background and Objective

Addiction is one of the major health and psychosocial challenges today (1). The results of studies show that addiction in students of different societies has increased in recent decades. Youth's increasing tendency toward addiction is very worrying (2). With regard to tendency toward addiction, various hypotheses have been proposed (3). Psycho-behavioral factors include a wide range of variables, including religious attitudes

range of variables, including religious attitudes and quality of life (4, 5).

Religion as a mediator affects the process of thinking and evaluation of everyday life events of a person (6). Religious attitude refers to the coherent and integrated monotheistic belief that God is the centerpiece of all affairs and coordinates values, morals, customs and human behavior (6). Some verses of the Holy Qur'an, such as Surah Al-Baqarah, verses 130 and 131; verse 19, also confirm that there is a relationship between the physical and mental peace of man and his/her religious and divine attitudes.

According to Allport (7), in the context of personality and social psychology, religious attitudes will be a means of satisfying the basic needs of the individual, and they will consider religion as a goal and act as an obstacle to mental illness. Another variable that has an impact on health is the quality of life (5). Quality of life is a multidimensional, dynamic and wider concept related to health and emphasizes four dimensions including psychological, physical, social and environmental well-being (5). A study by Dermatis and Galanter (4) showed that there is a relationship between the elimination of addiction and its recurrence with religious attitudes. Also, Fernandez-Rodriguez et al. (5) showed that there is a significant relationship between the overall score related to quality of life and the subscales of mental, social and environmental health, but this relationship was not significant for physical health, and the quality of life associated with low health in boys is a predictor for becoming addicted.

Addiction is one of the greatest social dilemmas in the societies today, and few countries in the world have been able to avoid its harms. Today, identifying various disorders in the various populations of each community is significant and it is clear that treatment without the proper diagnosis and understanding of the disorder is impossible. Student education is a critical time to prevent and treating diseases and promoting health, as well as to support people at risk by preventing early onset of some disorders and preventing them from deteriorating. Most studies in recent years, both in the Iranian and international context, have focused on reducing and treating psychological disorders and drug addiction in clinical populations (8). The results obtained from the models and treatment of clinical populations (addicts) cannot be generalized to other people, especially students as a sensitive group of the population. Therefore, the theoretical, therapeutic and preventive theories in this age group should be independently studied and taking into account the cultural diversity and demographic variables (9). On this basis, the present study aimed to predict attitude toward addiction and substance-related disorders in students based on religious attitudes and quality of life.

## Methods

**Compliance with ethical guidelines:** In order to observe ethical principles, all participants were informed about the purpose of the research and their willingness to participate in the study was

ensured before conducting the research. The participants were also assured that their information would be kept confidential. Other points related to ethics in research such as observing moral values in data collection, being un-biased in data analysis and accuracy in citation were also observed.

The present study was correlational. The statistical population included all undergraduate students of Payam-e Noor University of Kermanshah in 2017. Using random sampling method, 300 students were selected. Data were collected using Religious Attitude Questionnaire (10), Quality of Life (11), and High Risk Behavior Questionnaire (12). The collected data were analyzed using descriptive statistics, Pearson correlation coefficient and regression.

## Results

Demographic information showed that the mean age in girls was  $22.02 \pm 1.87$  and in boys  $23.63 \pm 1.32$ . The absolute magnitude of correlation coefficients ranged from 0.502 to -0.803 and were significant in all cases at the level  $P < 0.05$ . The correlation of religious attitude and quality of life with readiness and attitude toward addiction was -0.731 and -0.853, respectively ( $P < 0.05$ ). Simultaneous regression analysis showed that none of the two predictor variables were eliminated in the regression equation. The beta ( $\beta$ ) value for both variables of religious attitude and quality of life was -0.72 and -0.54, respectively. The two variables predicted 59% of variance in students' attitude toward addiction.

## Conclusion

In line with the results of previous studies (4, 9, 13, 14), the present study showed that there is a reverse and significant relationship between religious attitude and its dimensions including beliefs, experiences and rituals and readiness for addiction. In explanation for this finding, it can be stated that psychologists believe that the only factor that can relieve distress in a person is belief in God (10-14), as mentioned in several verses of the Holy Qur'an (such as Surah Fatah, verse 4, Baqarah, verse 112). But this finding is inconsistent with the results of the study by Morjaria and Keval (15) and Proche et al. (16). In explaining this discrepancy, we can mention the differences in the instruments used in the study, as well as the statistical population examined as well as the different cultural and religious context of the two studies.

Another finding of the present study, consistent with the previous studies (5, 17, 18),

pointed to a significant and inverse relationship between quality of life and drug addiction. In the explanation, we can point to the two-way relationship between low quality of life and addiction (19). Quality of life has two dimensions including physical and mental function, both of which are affected by the negative psychological and physical consequences of addiction, and vice versa; addiction affects both aspects of the quality of life. The biological, psychological, social, and emotional needs of people with addiction are usually different from the needs of healthy people.

### Acknowledgements

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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 author of the article did not report any conflicts of interest in this study.

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## التنبؤ بالانتماء الى الإدمان والاضطرابات المتعلقة بالمخدرات لدى طلاب مدينة كرمانشاه بناءً على المواقف الدينية وجودة الحياة

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### معلومات المادة

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### الكلمات الرئيسية:

الإدمان

جودة الحياة

الطلاب

الموقف الديني

### الملخص

**خلفية البحث وأهدافه:** إن الإدمان، بسبب طبيعته التقدمية في جميع جوانب الحياة، يعرض صحة افراد المجتمع للخطر وله اثار سلبية مشهودة على الصحة العقلية والجسمية والاجتماعية والعاطفية والروحية والمعرفية للإنسان. تهدف هذه الدراسة الى التنبؤ بالانتماء الى الإدمان والاضطرابات المتعلقة بالمخدرات لدى الطلاب في كرمانشاه بناءً على المواقف الدينية ونوعية الحياة.

**منهجية البحث:** اجريت الدراسة الحالية بطريقة وصفية، مستعرضة ومتراصة. اشتمل المجتمع الاحصائي كافة الطلاب الجامعيين في كرمانشاه الذين يدرسون في جامعة بيام نور في مرحلة البكالوريوس كرمانشاه عام ٢٠١٧ حيث تم اختيار ٣٠٠ منهم بطريقة أخذ العينات العشوائية البسيطة وتم اكمال استمارات الموقف الديني وجودة الحياة وتقييم السلوكيات الخطرة لدى الشباب. تم تحليل البيانات وتجزئتها باستخدام الاحصاء الوصفي ومعامل الارتباط لبيرسون وتحليل الانحدار. تمت مراعاة جميع الموارد الاخلاقية في هذا البحث وازافة الى هذا، فإن مؤلف البحث لم يشير الى اي تضارب في المصالح.

**الكشوفات:** اظهرت الكشوفات ان هناك علاقة عكسية ذات دلالة احصائية بين الدرجات المنخفضة في الموقف الديني ونوعية الحياة مع الاستعداد للإدمان ( $P < 0.05$ ). كذلك أظهر الانحدار المتزامن أن هذين المتغيرين توقعاً ٥٩٪ من التباين في الاستعداد للإدمان لدى الطلاب.

**الاستنتاج:** ان الطلاب الذين يمتلكون نوعية الحياة الرديئة والمواقف الدينية المنخفضة هم عرضة للإدمان. لذلك، من الضروري التأكيد على هذه الهياكل النفسية والدينية في البرامج التعليمية والوقائية لمسؤولي الجامعة.

يتم استناد المقالة على الترتيب التالي:

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## پیش‌بینی گرایش به اعتیاد و اختلالات مرتبط با مواد مخدر در دانشجویان شهر کرمانشاه بر اساس نگرش مذهبی و کیفیت زندگی

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### چکیده

**سابقه و هدف:** اعتیاد به دلیل ماهیت پیش‌رونده‌اش در تمام ابعاد زندگی، سلامتی افراد را به خطر می‌اندازد و آثار سوء آن بر سلامت روانی، جسمانی، اجتماعی، هیجانی، معنوی و شناختی فرد به وضوح مشاهده می‌شود. هدف پژوهش حاضر پیش‌بینی گرایش به اعتیاد و اختلالات مرتبط با مواد مخدر در دانشجویان شهر کرمانشاه بر اساس نگرش مذهبی و کیفیت زندگی بود.

**روش کار:** پژوهش حاضر توصیفی-مقطعی و از نوع همبستگی است. جامعه آماری شامل تمامی دانشجویان مشغول به تحصیل در مقطع کارشناسی دانشگاه پیام نور شهر کرمانشاه در سال ۱۳۹۶ بود که از میان آنان با روش نمونه‌گیری تصادفی ساده، ۳۰۰ نفر انتخاب شدند و پرسش‌نامه‌های نگرش مذهبی (RAQ)، کیفیت زندگی (WHOQL-۲۶) و سنجش رفتارهای پرخطر (YRBS) را تکمیل کردند. داده‌های به‌دست‌آمده با روش‌های آمار توصیفی، ضریب همبستگی پیرسون و رگرسیون تحلیل شد. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلف مقاله هیچ‌گونه تضاد منافی گزارش نکرده است.

**یافته‌ها:** نتایج نشان داد که بین نمرات پایین در نگرش مذهبی و کیفیت زندگی با استعداد به اعتیاد رابطه معکوس و معنی‌دار وجود داشت ( $P < 0.05$ ). همچنین، رگرسیون هم‌زمان نشان داد که این دو متغیر با هم مقدار ۵۹ درصد از واریانس آمادگی و استعداد به اعتیاد را در دانشجویان پیش‌بینی می‌کنند.

**نتیجه‌گیری:** دانشجویانی که کیفیت زندگی نامطلوب و نگرش‌های مذهبی پایین‌تری دارند، نسبت به اعتیاد مستعدترند. بنابراین ضروری است که در برنامه‌های آموزشی و پیشگیرانه مسئولان دانشگاهی بر این سازه‌های روانی-مذهبی تأکید شود.

### واژگان کلیدی:

اعتیاد

دانشجویان

کیفیت زندگی

نگرش مذهبی

استناد مقاله به این صورت است:

Namazi S. The Prediction of Attitude toward Addiction and Drug-Related Disorders in Students in Kermanshah Based on the Role of Religious Attitude and Quality of Life. Journal of Pizhūhish dar dīn va salāmat. 2020;6(2):62-72. <https://doi.org/10.22037/jrrh.v6i2.21264>

اعتیاد<sup>۱</sup> از مهم‌ترین چالش‌های بهداشتی و روانی-اجتماعی جوامع در عصر حاضر می‌باشد که گستره جهانی یافته است؛

### مقدمه

<sup>۱</sup>addiction