

Effectiveness of Mindfulness Training with Islamic Approach on Spiritual Well-being and Loneliness in Women with Type 2 Diabetes

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Abstract

Background and Objective: When people find out they have diabetes, they can face a spiritual crisis and feeling of loneliness; these factors can actually exacerbate the disease. The aim of the present study was to investigate the effect of mindfulness training with Islamic approach on spiritual well-being and loneliness in women with type 2 diabetes.

Methods: The present study was conducted using a quasi-experimental pretest-posttest control group design. In this study, the statistical population included all women with type 2 diabetes who were members of the Diabetic Patient Support Association of Yazd province in 2019. Thirty women were selected using purposive sampling method and randomly divided into two groups of experimental (n=15) and control (n=15). The members of experimental group received eight sessions of mindfulness training with Islamic approach; the control group was on the waiting list. Spiritual Well-being Questionnaire (SWB) (Dehshiri et al.) and Loneliness Scale (Di Tommaso et al.) were used for data collection. Data was analyzed using multivariate analysis of covariance. In this study, all ethical considerations have been observed and no conflict of interest was reported by the authors.

Results: According to the results, by controlling the pre-test effect, a significant difference was observed between the mean scores in the components of spiritual well-being (including: communication with God, self-communication, communication with nature, and communication with others) and loneliness (including: romantic loneliness, family loneliness, and social loneliness) between the two experimental and control groups on the post-test ($P < 0.001$).

Conclusion: Mindfulness training with Islamic approach has a significant effect on promoting spiritual well-being and reducing the feeling of loneliness in women with type 2 diabetes.

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Summary

Background and Objective

Diabetes is caused by dysfunction in glucose, fat and protein metabolism. Therefore, it has many long-term and short-term side effects (1). Self-rejection in these patients may cause psychological problems such as feeling lonely and

becoming withdrawn (2). Hosseinipour, Maghsoudloo, Nikui and Yousefi showed that there was a significant negative relationship between levels of loneliness in people with diabetes and spiritual well-being (3).

Spiritual well-being has been considered as one of the most effective strategies to deal with mess and distress in recent years, especially by positive psychologists.

Spirituality is the transcendent dimension of human existence that has been institutionalized in all in the path to perfection (4).

Creating a crisis in life, diabetes can lead to increased expression of spirituality and the use of spiritual support as a coping mechanism (5).

Several studies have been conducted on the role of mindfulness in the variables associated with women with type 2 diabetes.

These studies have shown that mindfulness training in this group of women increases self-care (6) and has led to the use of consistent cognitive emotion regulation strategies as psychosocial issues in this disease (7).

Also, this treatment has been able to reduce the level of loneliness in women with type 2 diabetes by increasing resilience and life expectancy (8) and reducing depression (9).

Given the lack of research on the effectiveness of this intervention on the variables examined in the present study, as well as the importance of promoting spiritual well-being and reducing loneliness in order to increase the mental health of women with type 2 diabetes, this study investigated whether mindfulness training with an Islamic approach is effective in the spiritual well-being and loneliness of women with type 2 diabetes?

Methods

Compliance with ethical guidelines: In this study, in order to observe the moral principles, the participants were informed about the method and the purpose of the study and after filling in the consent forms, they participated in the study. The participants were also ensured about confidentiality of their information and private secrets.

The present study was quasi-experimental and was conducted using a pretest-posttest control group design. The statistical population included all women with type 2 diabetes who were members of the Diabetic Patient Support Association of Yazd province in 2019. Thirty women were selected using purposive sampling method and were randomly divided into two groups of experimental (n=15) and control (n=15). The members of experimental group received eight sessions of mindfulness training with an Islamic approach; the control group was on the waiting list. Spiritual Well-being Questionnaire (SWB) (Dehshiri et al.) and Loneliness Scale (Di Tommaso et al.) were used for data collection. The collected data were

analyzed by multivariate analysis of covariance (MANCOVA).

Results

The findings of the study showed that, by controlling for the pre-test effect, there was a significant difference between two groups of experimental and control ($P < 0.001$) in the mean posttest scores related to spiritual well-being components including:

connection with God ($F=7.31$, $P=0.001$ and $\eta^2=0.61$), relation to self ($F=5.75$, $P=0.001$ and $\eta^2=0.56$), communication with nature ($F=4.49$, $P=0.003$ and $\eta^2=0.50$), communication with others ($F=3.24$, $P=0.001$ $P=0$ and $\eta^2=0.53$), and the components of feeling lonely including: romantic loneliness ($F=26.34$, $P=0.001$ and $\eta^2=0.70$), family loneliness ($F=29.94$, $P=0.001$, and $\eta^2=0.73$), social loneliness ($F=22.47$, $P=0.001$ and $\eta^2=0.67$).

Conclusion

The results of this study showed the significant effect of mindfulness training with Islamic approach on spiritual well-being and loneliness of women with type 2 diabetes. Considering the fact that so far no study has examined the effect of mindfulness training with an Islamic approach on the dependent variables studied in the present study and this group of patients, in discussing the alignment of the research results with the findings of previous studies, we can only refer to some studies that have examined the effectiveness of mindfulness therapy in patients with diabetes. In this regard, the results of Nikofftar and Ghasemi Jobneh study have shown that mindfulness training has an effect on increasing self-care in women with diabetes (10).

In explanation for the effectiveness of mindfulness training with an Islamic approach in promoting spiritual well-being, it can be stated that this intervention causes the secretion of hormones and a positive effect on the brain, and these positive effects change people's views of the phenomena, others, and themselves and increases the level of spiritual well-being in them. Mindfulness training also causes the person to return to the inner self. This return to the inner self gradually deepens, until the patient perceives the feeling of well-being. This occurs in such a way that the patient feels that there is a superior force that she can overcome the problems by appealing to and establish a better relationship with the environment (11).

A further explanation for the effectiveness of mindfulness training with Islamic approach in reducing the feeling of loneliness, can be stated that mindfulness training helps one to move away from the habitual patterns of thoughts and emotions and creates and create a new sense of visual and mental control. The repetition of the Islamic mantra protects the person from disturbing thoughts and causes stability, muscle relaxation and vitality, as a result of which the patient can, while accepting his illness and trying to cure it, also ask others for help and be able to establish desirable social and emotional relationships. Overall, mindfulness therapists believe that this method not only increases the ability of the lonely and shy people to tolerate negative emotional states but also modulates feelings without judgment and increases awareness of psychological emotions and receptivity to negative emotions as they happen. Such situations increase people's knowledge and awareness of the body, emotions and thoughts, and provide an effective response to negative events, on the one hand, and improve self-acceptance, flexibility, realism and sensitivity, and cause openness to experiences, on the other. This, in turn, helps control negative thoughts in interpersonal relationships and increases the social adjustment of women with diabetes in their social relationships (12).

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Ethical considerations

The present study was recognized in line with the ethical guidelines and registered in session No. 3769/350 of Ethics Committee of Shahid Bahonar University of Kerman in accordance with E.A.98.04.02.01 Code of Ethics and Testing.

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Conflict of interest

The authors declared no conflict of interest.

Authors' contributions

Gathering content, conducting the research and participating in statistical analysis: First author; supervision on the intervention and supervision on statistical analysis and research consulting: Second author; execution of the intervention,

gathering content compilation of the article, providing the research design idea, coordination, select of the research sample, providing advice on the research and statistical analysis: Third author.

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مدى تأثير تدريب اليقظة وفقاً للنهج الإسلامي على الرفاهية الروحية والشعور بالوحدة لدى النساء المصابات بمرض السكري من النوع الثاني

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الملخص

خلفية البحث وأهدافه: عندما يعلم الشخص باصابته بمرض السكري، فإن ذلك قد يؤدي إلى أزمة روحية والشعور بالوحدة لديه. هذه العوامل قد تؤدي في الواقع إلى تفاقم المرض. الهدف من الدراسة الحالية هو التحقيق في تأثير تدريب اليقظة مع النهج الإسلامي على الرفاهية الروحية والشعور بالوحدة لدى النساء المصابات بمرض السكري من النوع الثاني.

منهجية البحث: أجريت الدراسة الحالية باستخدام الطريقة شبه التجريبية مع تصميم الاختبار القبلي والبعدى والمجموعة الضابطة. في الدراسة الحالية، شمل المجتمع الإحصائي كافة النساء المصابات بمرض السكري من النوع الثاني اللاتي كن ضمن جمعية دعم مرضى السكري في محافظة يزد عام ٢٠١٩. حيث تم اختيار ٣٠ امرأة باستخدام طريقة أخذ العينات الهادفة وتم توزيعهن بشكل عشوائي إلى مجموعتي التجريبية (١٥ امرأة) والضابطة (١٥ امرأة). تلقت أعضاء المجموعة التجريبية ثماني جلسات شملت برنامجاً تدريبياً لليقظة الذهنية بالنهج الإسلامي؛ ووضعت المجموعة الضابطة ضمن قائمة الانتظار. ومن أجل جمع البيانات تم استخدام استبيان الرفاه الروحي لـ"دهشيري وزملائه" والشعور بالوحدة لـ"دي توماسو وزملائه". تمت مراعاة جميع الموارد الأخلاقية في هذا البحث وإضافة إلى هذا فإن مؤلفي البحث لم يلحظوا أي تضارب في المصالح.

الكشوفات: وفقاً لنتائج الدراسة الحالية ومن خلال التحكم في تأثير الاختبار القبلي، لوحظ فرق دال إحصائياً بين متوسط الدرجات لمكونات الرفاهية الروحية (بما في ذلك: الارتباط بالله، والارتباط النفسي، والارتباط بالطبيعة، والارتباط مع الآخرين) والشعور بالوحدة (بما في ذلك: الوحدة الرومانسية، والوحدة العائلية، والوحدة الاجتماعية) في المجموعتين التجريبية والضابطة في مرحلة الاختبار البعدى ($P < 0.01$).

الاستنتاج: وفقاً للنتائج التي تم الحصول عليها، يمكن القول بأن تدريب اليقظة مع النهج الإسلامي له تأثير ملحوظ في تعزيز الرفاهية الروحية وتقليل الشعور بالوحدة لدى النساء المصابات بمرض السكري من النوع الثاني.

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اثربخشی آموزش ذهن آگاهی با رویکرد اسلامی بر بهزیستی معنوی و احساس تنهایی زنان مبتلا به دیابت نوع دو

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چکیده

سابقه و هدف: آگاهی یافتن فرد از ابتلا به بیماری دیابت می تواند سبب ایجاد بحران معنوی و احساس تنهایی در وی شود؛ این عوامل خود می تواند سبب تشدید این بیماری شود. هدف پژوهش حاضر بررسی اثربخشی آموزش ذهن آگاهی با رویکرد اسلامی بر بهزیستی معنوی و احساس تنهایی زنان مبتلا به دیابت نوع دو بود.

روش کار: این پژوهش به شیوه نیمه آزمایشی با طرح پیش آزمون-پس آزمون و گروه کنترل اجرا شد. جامعه آماری پژوهش تمامی زنان مبتلا به دیابت نوع دو عضو انجمن حمایت از بیماران دیابتی استان یزد در سال ۱۳۹۸ بودند که از میان آنان ۳۰ زن به روش نمونه گیری مبتنی بر هدف انتخاب؛ و به طور تصادفی در دو گروه آزمایش (۱۵ نفر) و کنترل (۱۵ نفر) جایگزین شدند. افراد گروه آزمایش در هشت جلسه، برنامه آموزش ذهن آگاهی را با رویکرد اسلامی دریافت کردند و گروه کنترل در فهرست انتظار قرار گرفت. برای جمع آوری داده ها از پرسش نامه های بهزیستی معنوی دهشیری و همکاران و احساس تنهایی دی توماسو و همکاران استفاده شد. داده ها نیز با روش آماری تحلیل کوواریانس چندمتغیره تحلیل شد. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلفان مقاله هیچ گونه تضاد منافی گزارش نکرده اند.

یافته ها: یافته ها نشان داد که با کنترل اثر پیش آزمون، بین میانگین نمرات مؤلفه های بهزیستی معنوی (شامل ارتباط با خدا، ارتباط با خود، ارتباط با طبیعت و ارتباط با دیگران) و احساس تنهایی (شامل تنهایی رمانتیک، تنهایی خانوادگی و تنهایی اجتماعی) در دو گروه آزمایش و کنترل در مرحله پس آزمون، تفاوت معناداری وجود داشت ($P < 0.001$).

نتیجه گیری: بر اساس یافته های به دست آمده می توان گفت آموزش ذهن آگاهی با رویکرد اسلامی بر ارتقای بهزیستی معنوی و کاهش احساس تنهایی زنان مبتلا به دیابت نوع دو اثربخش است.

واژگان کلیدی:

آگاهی
 تنهایی
 دیابت نوع دو
 روان شناسی اسلامی
 زنان
 سلامت روان

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