

# The Prediction of Psychological Well-being Based on the Components of Religious Attitude and Self-esteem among the Elderly in Ahvaz, Iran

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## Abstract

**Background and Objective:** Ignoring the social aspects of health in the elderly in the age of communications and globalization causes their increased vulnerability in the physical, mental, and suicidal dimensions and increased tendency to smoke and social harms. The main purpose of this study was to predict psychological well-being in the elderly in Ahvaz city based on the components of religious attitude and self-esteem.

**Methods:** This was a correlational study. The statistical population included the Iranian elderly in Ahvaz. Out of whom, 80 were selected by random sampling method and based on Morgan's table. For collecting data, religious beliefs questionnaire, self-esteem scale, and psychological well-being inventory were used. The data were analyzed using descriptive statistics such as frequency analysis, mean and standard deviation, and inferential statistical tests such as correlation and multiple regression. In this study, all ethical considerations have been observed and no conflict of interest was reported by the authors.

**Results:** The results appointed to the positive and significant relationship of religious attitude and its subscales with psychological well-being. There was also a positive and significant relationship between self-esteem and its subscales and psychological well-being.

**Conclusion:** It can be concluded that religion plays a role in prevention and is an important source of prevention of diseases. Religious and ethnic values have a positive correlation with mental health because they encourage favorable social behaviors in culture. Many forms of religion are consistent with individual growth including advancement, sustainability and stability, avoiding a harmful lifestyle, sustainable family coherence, and self-development.

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## Summary

### Background and Objective

Mental health is an important indicator of the health status of older people and is very important in achieving successful aging and quality of life (1). The important mental health factor in the elderly, which can affect their daily life, is psychological well-being (1). Well-being means an attempt to transcend and promote one's talents

and abilities (2, 3). Recent studies point to a significant relationship between religion, self-esteem, and psychological well-being (4). In a study, it was found that God's love and support, who is the Most Omnipotent and Capable, Aware of everything and everywhere, can provide comfort, reassurance, and flexibility to believers who are approaching the end of their lives (5).

The present study was an attempt to predict psychological well-being based on the

components of religious attitude and self-esteem in the elderly in Ahvaz. The results could be helpful for developing guidelines for this interactive effect for the elderly. These guidelines can be useful to various social institutions for maintaining and promoting the mental and social health of the elderly.

### Methods

**Compliance with ethical guidelines:** Before conducting the study, the purpose of the study was explained to the participants and the satisfaction of the elderly was obtained. It is worth noting that, the participants were allowed to leave the study if they were tired and did not understand the questionnaire items. The researchers also explained each question to them to clear up the likely ambiguity of the questionnaire items.

This is a cross-sectional study. The statistical population of the study included all the elderly in Ahvaz that in the spring of 1397 (2018), out of whom 80 by simple random sampling method and according to Morgan table. Inclusion criteria were minimum literacy and age range of 55-70 and exclusion criteria were unwillingness to cooperate in filling out the questionnaires and having illness and disability.

Given that the selection of participants was random, referring to a park where a large group of the elderly would attend, 80 were selected and evaluated using the research tools. After collecting data using questionnaires of religious attitude, self-esteem, Coopersmith, and Reef psychological well-being and examining the data and developing scales using descriptive statistics such as frequency analysis, mean and standard deviation and other descriptive indicators, the status of religious attitude was plotted with psychological well-being and self-respect of the elderly in the sample group. In order to test the research hypotheses, inferential statistics including correlation and multivariate regression were used. Questionnaires of religious attitude, self-esteem, Coopersmith, and Reef psychological well-being were used to collect data.

### Results

The results pointed to a positive and significant relationship of religious attitude and its subscales and self-esteem and its subscales with psychological well-being. Finally, the standard regression equation must be considered with variables that have a significant effect on the model and the variables that have no significant effect on the model are eliminated from the regression equation. The regression equation of this hypothesis is as follows:

" $\hat{Y}=0.70*X_1+0.09*X_2 +0.15*X_3+\varepsilon$ " Where Y is the variable of psychological well-being, and X1, X2, and X3 are the components of self-social esteem, total religious attitude, and self-esteem, respectively.

### Conclusion

The aim of this study was to explain psychological well-being using the variables of religious attitude and self-esteem. The results related to descriptive indicators showed that there was a significant relationship between religious attitude, self-esteem, and psychological well-being. It should be noted that since the three variables of psychological well-being and self-esteem and religious attitude have not been examined together in the previous studies, in the discussion section, an attempt was made to consider the studies that have examined each of these three variables in the elderly population. Moreover, in terms of psychological well-being and religious attitude, the results of the present study were consistent with those of other studies (11, 12). Research results showed that religious attitude as a fundamental variable determines self-esteem and psychological toughness and is, therefore, the basis for improving psychological well-being (11). Also, the component of personal meaning production in spiritual intelligence had the greatest impact on psychological well-being (11). In fact, it can be stated that religious attitude and spiritual health are interrelated and considering the fact that one of the dimensions of health from the perspective of the World Health Organization is spiritual health, individuals' overall health can be promoted by promoting religious attitude in individuals, (12).

In general, the results indicated that there was a significant positive relationship between religious attitude, self-esteem, and psychological well-being. This means that the higher the scores related to religious attitude and self-esteem, the higher the psychological well-being will be. What is certain is that religion has a plan for guiding human being, affecting all aspects of his/her life, and provides solutions for all aspects of human existence such as emotions, ethics, behavior, and speech. Some behaviors such as trust in God, worship, and pilgrimage promote psychological well-being by creating hope and encouraging one to be optimistic, to have meaning and purpose in life, giving a sense of attachment to a superior source and hope in God's help in difficult life conditions, which in turn increases one's self-esteem (13).

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**Ethical considerations**

The present article is obtained from a research project "The Prediction of Psychological Well-being Based on the Components of Religious Attitude and Self-esteem among the Elderly in Ahvaz, Iran" in Payame Noor University with the code 134/97.

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**Conflict of interest**

The authors declared no conflict of interest.

**Authors' contributions**

Research background and theoretical foundations: First author; Explaining the discussion and conclusion, and data analysis: Second author; Distribution of questionnaires and final review of the article: First and third authors.

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## التنبؤ بالرفاهية النفسية وفقاً لمعايير الموقف الديني واحترام الذات لدى المسنين في مدينة الأهواز

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### الملخص

**خلفية البحث وأهدافه:** إن عدم الإهتمام بالجوانب الاجتماعية لصحة المسنين في عصر التواصل والعمولة، يزيد من تعرض هذه الفئة من المجتمع للأضرار الجسدية والنفسية و الإلتجاء الى الانتحار والرغبة في التدخين وغيرها من الأضرار الاجتماعية. لذلك، أجريت هذه الدراسة للتحقق عن العلاقة بين المواقف الدينية واحترام الذات والرفاهية النفسية لكبار السن في مدينة الأهواز.

**منهجية البحث:** هذه الدراسة هي دراسة مترابطة. إشمتم المجتمع الإحصائي لهذه الدراسة جميع المسنين في مدينة الأهواز حيث تم اختيار ٨٠ شخصاً منهم في ربيع عام ١٣٩٧ بطريقة أخذ العينات العشوائية البسيطة وفقاً لجدول مورغان. تم استخدام الاستبيانات التالية لغرض جمع البيانات: الموقف الديني، "كوبر اسميث" لإحترام الذات و"الريف" للرفاهية النفسية. كما وانه تم تحليل البيانات وتجزئتها باستخدام الإحصائيات الوصفية كالتردد والمتوسط الحسابي والانحراف المعياري والاختبارات الإحصائية الاستنتاجية مثل الارتباط والانحدار المتعدد. تمت مراعاة جميع الموارد الأخلاقية في هذا البحث و إضافة إلى هذا فإن مؤلفي البحث لم يشيروا إلى أي تضارب بالمصالح.

**الكشوفات:** تشير النتائج التي تم الحصول عليها إلى العلاقة الإيجابية ما بين الموقف الديني وفروعه مع الرفاهية النفسية. وكانت أيضاً علاقة إيجابية وملحوظة بين احترام الذات ومقاييسها الفرعية مع الرفاهية النفسية.

**الاستنتاج:** بناءً على النتائج التي تم الحصول عليها يمكن القول إن للدين دوراً وقائياً ومصدراً مهماً للوقاية من الأمراض. كما ترتبط القيم الدينية والعرقية ارتباطاً إيجابياً بالصحة النفسية؛ حيث يشجع كلاهما على السلوكيات الاجتماعية المرغوبة في الثقافة. تتناسق العديد من أشكال الدين مع نمو المرء وتطوره؛ ومن ضمنها التقدم، الثبات والاستقرار، وتجنب العادات المضرة في الحياة، واستمرار تماسك وقوة الأسرة وتنمية الذات.

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## پیش‌بینی بهزیستی روان‌شناختی بر اساس مؤلفه‌های نگرش مذهبی و حرمت خود در سالمندان شهر اهواز

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### واژگان کلیدی:

بهزیستی روان‌شناختی  
 حرمت خود  
 سالمندان  
 نگرش مذهبی

### چکیده

**سابقه و هدف:** بی‌توجهی به جنبه‌های اجتماعی سلامت سالمندان در عصر ارتباطات و جهانی‌سازی، موجب افزایش آسیب‌پذیری این قشر از افراد جامعه در ابعاد جسمی، روانی، خودکشی، گرایش به مصرف دخانیات و آسیب‌های اجتماعی دیگر می‌شود. از این رو، پژوهش حاضر با هدف بررسی رابطه بین نگرش مذهبی و حرمت خود با بهزیستی روان‌شناختی سالمندان شهرستان اهواز انجام شده است.

**روش کار:** این پژوهش از نوع همبستگی است. جامعه آماری پژوهش حاضر تمامی سالمندان شهرستان اهواز بودند که در بهار سال ۱۳۹۷، به روش نمونه‌گیری تصادفی ساده و با توجه به جدول مورگان، ۸۰ نفر از آنان برای نمونه انتخاب شدند. به منظور گردآوری داده‌ها از پرسش‌نامه‌های نگرش مذهبی، حرمت خود کوپر اسمیت و بهزیستی روان‌شناختی ریف استفاده شده است. داده‌های حاصل از پرسش‌نامه‌ها نیز با استفاده از آماره‌های توصیفی چون فراوانی، میانگین و انحراف معیار و آزمون‌های آماری استنباطی چون همبستگی و رگرسیون چندمتغیری تجزیه و تحلیل شد. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلفان مقاله تضاد منافی گزارش نکرده‌اند.

**یافته‌ها:** نتایج به‌دست‌آمده حاکی از آن است که بین نگرش مذهبی و خرده‌مقیاس‌های آن با بهزیستی روان‌شناختی؛ و همچنین بین حرمت خود و خرده‌مقیاس‌های آن با بهزیستی روان‌شناختی رابطه مثبت و معنادار وجود داشت.

**نتیجه‌گیری:** بر اساس یافته‌های به‌دست‌آمده می‌توان گفت که مذهب نقش پیشگیری دارد و منبع مهمی برای پیشگیری از وقوع بیماری‌ها است. همچنین، ارزش‌های مذهبی و قومی رابطه و همبستگی مثبتی با بهداشت روانی دارد؛ زیرا هر دو رفتارهای اجتماعی مطلوب در فرهنگ را تشویق می‌کند. بسیاری از اشکال مذهب با رشد فرد هماهنگ است؛ از جمله پیشرفت، پایداری و ثبات، اجتناب از شیوه‌های زندگی مضر، پیوستگی استحکام خانواده و خودشکوفایی.

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