

Investigating the Relationship of Saying Prayers with Depression and Students' Type of Identity Style

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Abstract

Background and Objective: Considering the many stress-causing factors in medical students' working environment and the destructive effects of depression and lack of identity on their personal and work life, and given the profound effects of religious practices and, most importantly, prayers on the mental health of the students and the importance of considering the paradoxical issues in this regard, the researchers decided to design and carry out this study with the aim of determining the relationship of prayers with depression and the type of identity styles of the students of Kashmar University of Medical Sciences.

Methods: In this cross-sectional descriptive-correlational study, 129 students of Kashmar Health Education Complex, who met the inclusion criteria, were included in this study in 2018. The method of data collection was completed by explaining the research objectives, a demographic information questionnaire, Student Depression Questionnaire (USDI) and Identity Styles Questionnaire (ISI-6G) by the person under study. Data were analyzed by relevant statistical tests. Descriptive statistics and correlation coefficient were used for data analysis. In this study, all the ethical considerations were observed and the authors declared no conflict of interest.

Results: According to the results, the mean score related to depression was 63.18 ± 26.99 . The highest score in the identity styles was in the items related to the informative and normative identity styles with the scores of 40.55 ± 6.0 and 33.22 ± 5.24 , respectively. There was a significant relationship between the variables of saying prayers, the obligation to say prayers and participating in congregation prayers and the degree of depression and normative identity style of the students; the students who were saying their prayers had a lower level of depression and had a high level of identity. Also, the students who participated in congregation prayers on a regular basis received the lowest level of depression and the highest informative, normative, avoidance and commitment Items of identity.

Conclusion: According to the results, based on the relationship between prayers and depression and identity styles of students, it is possible to promote the level of identity and reduce the level of depression of students by taking effective policies in creating the culture of saying prayers in universities.



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Summary

Background and Objective

Today, students are considered as one of the important strata of society because of their important role in the future administration of the country (1). Meanwhile, medical students are in a special situation due to various stresses they experience in hospitals (2). These stresses can cause many psychological problems and disorders such as depression and poor performance in students (3). A study estimated the incidence of depression in medical students at 47.9% (4). According to studies, one of the causes of depression and the occurrence of personality and behavioral problems is the lack of formation of a stable identity (5). One of the psychological issues in the field of identity is the study of identity styles. So far, few theorists in the field of religion have addressed the role of religion and its impact on personality, especially in forming the identity of teenagers and young people. There are many texts related to religion and spirituality; many of them allude to the relationship between prayer and mental health and identity and the protective and deterrent effect of these concepts in this area (6).

Considering the abundance of anxiety-provoking factors in medical students' working environment, the destructive effects of depression and the possibility of not forming a proper identity on their personal and work life, and also the lack of studies that measure these three variables, researchers decided to design and carry out this study.

Methods

Compliance with ethical guidelines: Participants were assured that all information requested in the questionnaire would be used confidentially. In this way, all the information related to the performance of prayers, the level of depression and the quality of the identity styles of the participants in the study will be published collectively and this information will definitely be prevented from being revealed.

This is a cross-sectional descriptive-correlational study. The statistical population consisted of nursing students, out of whom 164 were considered as a census statistics; And 129 students who met inclusion criteria were included in the study. The data collection instrument consisted of 3 questionnaires: a) Demographic information questionnaire, B) Identity Styles Questionnaire (ISI-6G), and the C) Student Depression Inventory (USDI).

After collecting the data, the obtained data was analyzed by descriptive statistics and correlation coefficient tests. A difference with a P-value of less than 0.05 was considered as significant.

Results

The students' overall score related to depression was 63.18 ± 26.99 and the highest score of identity style items with a score of 40.55 ± 6.09 was related to the information department. About prayer, 41.9% (no=54) of the students chose the option ("I always pray") and only 3.1% (no=4) selected the option "I do not pray". In relation to the obligation to say prayers, most of the surveyed units with 62.8% (no=81) of the students selected the option (If I have nothing to do, I pray first) and in terms of attending congregational prayers, 49.6% (64 students) chose the option (Sometimes I attend congregation prayer).

There was a significant relationship between the variables of saying prayers and obligation to say prayers and participating in congregational prayers and the degree of depression and normative identity styles. According to the Kruskal-wallis test, the students who chose "I often pray" in the question addressing whether they say prayers had the lowest level of depression with a score of 57.84 ± 21.74 and those who answered "I do not pray" had the highest level of depression with a score of 92.50 ± 28.87 . Also, according to the Anova test, the participants who answered "I always pray" had the highest score in normative identity styles with a score of 34.31 ± 4.39 and the students who answered "I do not pray" had the lowest score related to normative identity styles with a score of 25.09 ± 10.09 .

Conclusion

The most important way to achieve spiritual health, according to Islamic teachings, is prayers. In the present study, the lowest level of depression was observed in the students who consider the obligation to say prompt prayers and participate in congregational prayers, which is due to the beneficial effects of prayers on students' personality and psyche. In recent studies, researchers have found that there is a significant relationship between prayers and depression, and people with a positive attitude toward prayer are less likely to suffer from depression (7, 8), which is consistent with the results of the present study. In explaining this finding, it can be stated that people who have stronger religious beliefs than others do not feel hopeless and aimless and have high self-confidence. The plan of Islam is

effective in achieving a healthy spirit and mind. In various verses of the Holy Quran, including Surah Taha, verse 14 and Surah Ra'd, verse 28, the calming role of prayers and its refreshing of the soul is mentioned.

Regarding identity styles, the highest mean score was related to informative and normative styles, which was consistent with the findings of the study by Faizollahi et al. (6) and Doriz et al. (9). These results are also consistent with the foundations of Berzonsky's theory. Berzonsky's research has shown that people with an informative and normative identity style have stronger commitments, more self-confidence, and naturally less depression (10). In explaining this finding, it can be stated that the duty of saying prayers and the obligation to perform it at the right time and in congregation lead to the correct insight and tendency of the human spirit and cause liberation from depression and promotion of one's identity. The verses of the Holy Quran (Tobe/5 and Momenoon/1-9) also confirm the claim of the authors of the present study. However, simply participating in prayers alone will not have an effect on mental health and the formation of human identity, especially if it is along with negligence and performed under coercion (11).

According to the findings of the present study on the effect of prayers on depression and identity styles, politicians in the field of spiritual health and the student deputy of the Ministry of Health can develop the necessary and appropriate plans and programs to promote prayers and encourage students to volunteer in the prayers in the university hall to promote students' identity and reduce their depression.

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Ethical considerations

The authors declared this study is obtained from a student project in the field of nursing in the research department of Mashhad University of Medical Sciences with the code of ethics IR.MUMS.REC.1397.30.

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Conflict of interest

The authors declared no conflict of interest.

Authors' contribution

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Writing the Introduction and Discussion sections: First and fourth authors; writing the Discussion and Method sections: Second author; and statistical analysis: Third author.

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دراسة علاقة فريضة الصلاة بدرجة الاكتئاب وأنواع أنماط هوية الجامعيين

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الملخص

خلفية البحث وأهدافه: مع ملاحظة كثرة الأسباب الباعثة على التوتر في طلبة العلوم الطبية والآثار المخربة للاكتئاب، وعدم تكون الهوية؛ على حياتهم الشخصية والعملية. ومع ملاحظة الآثار العميقة والعجيبة للأفعال الدينية، وفي صدر هذه الأفعال الصلاة؛ على الصحة النفسية لطبقة الطلبة الجامعيين، وملاحظة نماذج من الضد وتقيضه في هذا المجال؛ فقد دفع ذلك المحققين ليقوموا بالتخطيط وتنفيذ هذه الدراسة بهدف تحديد علاقة فريضة الصلاة بدرجة الاكتئاب وأنماط هوية الطلبة في مجمع التعليم العالي للسلامة في كاشمر.

منهجية البحث: تمت في هذه الدراسة الوصفية-التشاركية من النوع المقطعي دراسة ١٢٩ فرداً من طلاب مجمع التعليم العالي للسلامة في كاشمر، بصورة إحصاء للرقم الإجمالي في عام ٢٠١٨، والذين كانوا يجوزون على معايير الدخول في هذه الدراسة. وكانت طريقة جمع البيانات بهذا الشكل وهي أنه بعد شرح أهداف الدراسة كان المشاركون يقومون بملاء استبيانات السكان، واكتئاب الجامعيين (USDI)، وأنماط الهوية (ISI-6G). وكان يتم تفكيك وتحليل البيانات بعد جمعها من خلال اختبارات الإحصاء الوصفي وعامل التشارك. وقد تمت مراعاة جميع الجوانب الأخلاقية في هذه الدراسة، ولم يلحظ مؤلفو المقالة أي تضارب للمصالح.

الكشوفات: لقد تبين طبقاً للنتائج أن المعدل الوسطي للاكتئاب في الطلبة $٦٣/١٨ \pm ٢٦/٩٩$ وأعلى درجة لأنماط الهوية كانت مرتبطة بمجال المعلومات والمعارية بالترتيب بدرجة $٤٠/٥٥ \pm ٦/٠٩$ و $٣٢/٢٢ \pm ٥/٢٤$. وكان هناك ارتباط ذو معنى بين متغير إقامة الصلاة والالتزام بإقامة الصلاة والمشاركة في صلاة الجماعة مع درجة الاكتئاب ونمط الهوية المعيارية للطلبة الجامعيين. فالطلبة الجامعيون الذين كانوا يهتمون بإقامة فريضة الصلاة كانوا يعانون من مستوى اكتئاب أقل ومستوى أعلى من الهوية، وكذلك الطلبة الذين كانوا يشاركون باستمرار في صلاة الجماعة فإنهم كانوا يعانون من أدنى مستوى من الاكتئاب وأعلى مستوى في مجال المعلومات والمعارية والاحتجاب والالتزام.

الاستنتاج: بملاحظة معطيات الدراسة الحاضرة الدالة على ارتباط فريضة الصلاة بالاكتئاب وأنماط هوية الطلبة الجامعيين؛ فإنه يمكن تهيئة أسباب ارتقاء مستوى الهوية وتقليل مستوى الاكتئاب لدى الطلبة الجامعيين من خلال وضع السياسات المؤثرة في صناعة الثقافة الصحيحة لإقامة الصلاة في الجامعات.

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بررسی ارتباط فریضه نماز با میزان افسردگی و نوع سبک‌های هویتی دانشجویان

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چکیده

سابقه و هدف: با توجه به فراوانی عوامل استرس‌زا در دانشجویان علوم پزشکی و آثار مخرب افسردگی و تشکیل‌نشدن هویت بر زندگی شخصی و کاری آنان و با توجه به تأثیرات عمیق و شگرف اعمال مذهبی و در صدر این اعمال نماز در سلامت روان قشر دانشجو و لحاظ موارد ضد و نقیض در این زمینه، پژوهشگران بر آن شدند تا این مطالعه را با هدف تعیین ارتباط فریضه نماز با میزان افسردگی و نوع سبک‌های هویتی دانشجویان مجتمع آموزش عالی سلامت کاشمر طراحی و اجرا نمایند.

روش کار: در این مطالعه توصیفی-همبستگی از نوع مقطعی، تعداد ۱۲۹ نفر از دانشجویان مجتمع آموزش عالی سلامت کاشمر که معیارهای ورود به مطالعه را داشتند به صورت آمارگیری تمام‌شماری در سال ۱۳۹۷ وارد مطالعه شدند. روش جمع‌آوری داده‌ها به این صورت بود که پس از توضیح اهداف پژوهش، شرکت‌کنندگان پرسش‌نامه‌های جمعیت‌شناختی، افسردگی دانشجویان (USDI) و سبک‌های هویتی (ISI-6G) را تکمیل کردند. داده‌ها پس از جمع‌آوری با آزمون‌های آماری توصیفی و ضریب همبستگی تجزیه و تحلیل شد. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلفان مقاله تضاد منافی گزارش نکرده‌اند.

یافته‌ها: طبق نتایج نمره میانگین افسردگی آزمودنی‌ها $۶۳/۱۸ \pm ۲۶/۹۹$ و بالاترین نمره سبک‌های هویتی مربوط به گویه اطلاعاتی و هنجاری به ترتیب با نمره $۴۰/۵۵ \pm ۶/۰۹$ و $۳۳/۲۲ \pm ۵/۲۴$ بود. بین متغیر اقامه نماز، التزام به اقامه نماز و شرکت در نماز جماعت با میزان افسردگی و سبک هویت هنجاری دانشجویان ارتباط معنی‌داری وجود داشت. دانشجویانی که به اقامه فریضه نماز اهتمام می‌ورزیدند سطح افسردگی کمتر و سطح هویت بالا و همچنین دانشجویانی که در نماز جماعت به صورت همیشگی شرکت می‌کردند پایین‌ترین سطح افسردگی و بالاترین سطح گویه‌های اطلاعاتی، هنجاری، اجتنابی و تعهد را داشتند.

نتیجه‌گیری: با توجه به یافته‌های مطالعه حاضر مبنی بر ارتباط فریضه نماز با افسردگی و سبک‌های هویتی دانشجویان، می‌توان با سیاست‌گذاری مؤثر در فرهنگ‌سازی صحیح اقامه نماز در دانشگاه‌ها، موجبات ارتقای سطح هویتی و کاهش سطح افسردگی دانشجویان را مهیا ساخت.

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