

# The Relationship of Attachment to God and Resilience with Patience in the Students of the University of Tehran

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## Abstract

**Background and Objective:** Patience is considered as a method of inhibition and control of behavior. It facilitates self-monitoring and self-regulation in human behavior. Moreover, patience is considered as one of the factors that enhance mental health in individuals. The style of attachment to God and psychological resilience have been proclaimed to be related with components of mental health. Therefore, the present study tries to examine the relationship of attachment to God and psychological resilience with patience in students who were studying in the University of Tehran.

**Methods:** This is a correlational study. The statistical population of the study included all the students (females and males) who were studying in academic year 2019-2020. The sample population included 196 university students, who were selected by cluster sampling method from students of the fields of humanities, engineering, basic sciences and fine arts of the University of Tehran. To collect data, we used the following measures: God Attachment Scale, Resilience Scale by Connor and Davidson, and Reaction to Life Events. To analyze the data, Pearson correlation coefficients and multiple regression analysis were used. In this study, all ethical considerations were observed and no conflict of interest was reported by the authors.

**Results:** The results showed that a significant positive correlation existed between the secure attachment to God and psychological resilience and patience. The findings also demonstrated a negative significant correlation between insecure attachment to God and patience in the university students. The findings suggested that quality of attachment to God and psychological resiliency can predict university students' patience.

**Conclusion:** The students (individuals) with secure attachment to God are more resilient, and they are more patient when faced with difficulties. Individuals with insecure attachment to God and lower resilience tolerance and patience.

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## Summary

### Background and Objective

In recent years, attention to the positive aspects of mental health has increased significantly and researchers have considered variables that have a

positive effect on mental health. One of these variables that have always been highlighted is patience. Patience is a moral virtue that can positively affect psychology and education (1). It can increase one's inner strength and power and improve one's performance and effectiveness in different areas of life (2). Another variable the

researchers have consistently emphasized resilience. Reproduction is also recognized as one of the structures that influence mental health in modern psychological research. Resilience is a mediating structure that increases the level of positive emotions, builds self-esteem, responds to negative experiences, and increases adaptation (3). Another structure recently welcomed by scholars is connected with God. People attached to God have fewer feelings of loneliness, depression, anxiety, and mental problems (4).

In various studies, the relationship between the variables of attachment to God, resilience, and patience has been studied, but the relationship between these structures and patience and the contribution of each to predicting patience, especially in the Islamic-Iranian cultural context has not been studied. Students as a branch of the vast garden of society and a branch of the fruitful tree of higher education, are both influential in and influenced by various spiritual, social, cultural, and scientific phenomena and during their studies, they face many issues and challenges such as inexperience and youth, economic shortcomings, educational and training pressures, emotional challenges and lack of emotional and psychological support of the family. As a result, the goal of this study was to study the relationship of attachment to God and resilience with patience among students.

## Methods

**Compliance with ethical guidelines:** Adherence to the principles of research ethics: Ethical considerations including ensuring the satisfaction and the participants' willingness to participate in the study, assuring the participants that their information remains coded and completely confidential, not adding or deleting the collected information, and maintaining mutual respect and freedom, were observed in the study.

Due to the nature and objectives of the study, a descriptive correlational method was used. The statistical population of the study included all men and women studying at the University of Tehran in the academic year 2019-2020. The sample of the present study included 195 students (99 boys and 96 girls) in the fields of humanities, engineering, basic sciences, and fine arts, who were in the age range of 18-30 years. God Attachment Scale (5), Resilience Scale by Connor and Davidson (6), and Reaction to Life Events were used as the research instruments in the present study (7).

## Results

The results pointed to the positive and significant relationship of the style of secure attachment to God and resilience with patience but a negative and significant relationship between the style of insecure attachment to God and patience. Moreover, God's attachment style and resilience significantly predicted patience.

## Conclusion

Based on the results obtained from the concurrent regression analysis, it can be stated that attachment to God can predict the variation in patience. This finding is consistent with the results of Ghobari-Bonab *et al.* and Gomez and McLaren (8, 9). People with a strong connection to God have greater mental, emotional, physical, and spiritual health (10). Through regression analysis, it was also demonstrated that resilience can predict patience, and among the components of resilience, the components of competence and spirituality can meaningfully predict patience. The results of the present study are in line with the findings of Aghababaie *et al.*, Jalali *et al.*, Zarandi and Mahdipour, and Ghadamapour *et al.* (11-14). Therefore, based on the results, it can be concluded that the variables of attachment to God and resilience have a very special role in mental health and predicting patience.

## Acknowledgements

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## Ethical considerations

The authors declared the Ethics Committee of Research Deputy of the Faculty of Psychology, University of Tehran, approved this research in the letter no. 8009357.

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The authors of the article declared no sponsorship for this research.

## Conflict of interest

The authors declared no conflict of interest.

## Authors' contribution

Designed, supervised, and edited the article: First and third authors, and data collection and analysis: Second and fourth authors.

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## دراسة علاقة الارتباط بالله والتحمل بالصبر عند طلبة جامعة طهران

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### معلومات المادة

الوصول: ٢٤ ذي القعدة ١٤٤١  
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 النشر الإلكتروني: ١١ ذي القعدة ١٤٤٢

### الملخص

**خلفية البحث وأهدافه:** يعتبر الصبر أحد طرق الضبط والتحكم بالسلوك بنحو يمنح الإنسان إمكانية الرقابة الذاتية والتنظيم الذاتي لسلوكه. كما أن الصبر كان يعتبر دائماً أحد متغيرات الصحة النفسية، وقد أكد المحققون أيضاً على العلاقة بين طبيعة الارتباط بالله والتحمل وبين مكونات الصحة النفسية. ومن هنا، فإن الهدف من الدراسة الفعلية البحث في علاقة الارتباط بالله والتحمل بالصبر عند طلاب جامعة طهران.

### الكلمات الرئيسية:

الارتباط  
 التحمل  
 الصبر  
 الصحة النفسية  
 طلبة الجامعات

**منهجية البحث:** تعتبر هذه الدراسة الوصفية من النوع التشاركي. وتشمل مجموعة الدراسة البحثية جميع الطلبة والطالبات المشغولين بالدراسة في جامعة طهران خلال العام الدراسي ٢٠٢٠-٢٠١٩، وقد تم اختيار ١٩٦ فرداً من طلبة أقسام العلوم الإنسانية والفنية والهندسة والعلوم الأساسية والفنون الجميلة، وذلك من خلال الاستعانة بأخذ النماذج بنحو عشوائي عنقودي. كما تم الاستفادة من استبيانات الارتباط بالله والتحمل وردود الفعل تجاه حوادث الحياة بغرض جمع البيانات. ومن ثم تم تحليل البيانات المجموعة بنحو متزامن بالاستعانة بمعادل التشارك لبيرسون وركرسون. وقد تمت مراعاة جميع الضوابط الأخلاقية في هذه الدراسة، ولم يلحظ مؤلفو المقالة أي تضارب للمصالح.

**الكشوفات:** تشير النتائج إلى وجود علاقة إيجابية وذات معنى بين طبيعة الارتباط الآمن بالله والتحمل وبين الصبر. كما أن هناك علاقة سلبية وذات مغزى بين نمط الارتباط غير الآمن بالله وبين الصبر. كما أن نمط الارتباط بالله والتحمل يمكنهما التنبؤ بالصبر بنحو ملفت للنظر.

**الاستنتاج:** طبقاً للمعطيات الحاصلة فإن الأشخاص الذين لديهم طبيعة علاقة آمنة بالله ويملكون قدرة تحمل أكثر فإنهم يملكون صبراً أكثر في مواجهة المشاكل، بينما نجد أن الأشخاص الذين يملكون قدرة أضعف على التحمل ولديهم نمط علاقة غير آمنة بالله فإن لديهم صبراً أقل.

يتم استناد المقالة على الترتيب التالي:

Ranjbar S, Nosrati F, Ghojari-Bonab B, Hasani SS. The Relationship of Attachment to God and Resilience with Patience in the Students of the University of Tehran. Journal of Pizhūhish dar dīn va salāmat. 2021;7(2):58-71. <https://doi.org/10.22037/jrrh.v7i2.31345>

## بررسی رابطه دلبستگی به خدا و تاب‌آوری با صبر در دانشجویان دانشگاه تهران

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### اطلاعات مقاله

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### واژگان کلیدی:

تاب‌آوری

دانشجویان

دلبستگی

سلامت روان

صبر

### چکیده

**سابقه و هدف:** صبر یکی از روش‌های کنترل و بازداری رفتار در نظر گرفته می‌شود به گونه‌ای که به انسان این امکان را می‌دهد تا خودنظارتی و خودتنظیمی بر رفتار داشته باشد. همچنین صبر همواره یکی از متغیرهای سلامت روان شناخته شده است و پژوهشگران نیز بر ارتباط بین سبک دلبستگی به خدا و تاب‌آوری با مؤلفه‌های سلامت روان تأکید کرده‌اند. از این رو، هدف از پژوهش حاضر بررسی رابطه دلبستگی به خدا و تاب‌آوری با صبر در دانشجویان دانشگاه تهران بود.

**روش کار:** این پژوهش توصیفی از نوع همبستگی است. جامعه آماری پژوهش تمامی دانشجویان دختر و پسر مشغول به تحصیل دانشگاه تهران در سال تحصیلی ۹۹-۱۳۹۸ بود که تعداد ۱۹۶ نفر از دانشجویان گروه‌های علوم انسانی، فنی و مهندسی، علوم پایه و هنرهای زیبا با استفاده از نمونه‌گیری تصادفی خوشه‌ای انتخاب شدند. برای جمع‌آوری اطلاعات از پرسش‌نامه‌های دلبستگی به خدا، تاب‌آوری و واکنش در رخدادهای زندگی استفاده شد و داده‌های به دست آمده با استفاده از ضریب همبستگی پیرسون و رگرسیون هم‌زمان تحلیل شد. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلفان مقاله تضاد منافی گزارش نکرده‌اند.

**یافته‌ها:** نتایج نشان داد که بین سبک دلبستگی ایمن به خدا و تاب‌آوری با صبر رابطه مثبت و معنادار و بین سبک دلبستگی نایمن به خدا با صبر رابطه منفی و معناداری وجود داشت. همچنین سبک دلبستگی به خدا و تاب‌آوری توانستند صبر را به طور معناداری پیش‌بینی کنند.

**نتیجه‌گیری:** بر اساس یافته‌های به دست آمده، افرادی که تاب‌آورتر هستند و سبک دلبستگی ایمن به خدا دارند در مقابل مشکلات صبر بیشتری دارند و افرادی که تاب‌آوری کمتر و سبک دلبستگی نایمن به خدا دارند صبر کمتری نیز دارند.

استناد مقاله به این صورت است:

Ranjbar S, Nosrati F, Ghojari-Bonab B, Hasani SS. The Relationship of Attachment to God and Resilience with Patience in the Students of the University of Tehran. Journal of Pizhūhish dar dīn va salāmat. 2021;7(2):58-71. <https://doi.org/10.22037/jrrh.v7i2.31345>