

The Effect of Teaching Patience Based on the Quran on Resiliency and Self-compassion in Spouses of the Disabled with Spinal Cord Injury in Isfahan

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Abstract

Background and Objective: Resistance against the problems of life and patience about the unfortunate consequences are among the essential skills for living in today's world. The aim of this study was examine the effectiveness of teaching patience based on the Quran in the resiliency and self-compassion of the spouses of the disabled with spinal cord injury in Isfahan.

Methods: This study used a quasi-experimental pretest-posttest control group design. The statistical population included all the spouses of the disabled with spinal cord injury in Isfahan in 2020, out of whom 30 were selected according to inclusion criteria on a voluntarily basis and were randomly assigned into experimental (15 person) and control (15 person) groups. In this study, data were gathered using demographic characteristics questionnaire, Resiliency Scale (Conner & Davidson) and Self-Compassion Scale (short-form, Raes & et al.). The data were analyzed by Univariate Analysis of Covariance (ANCOVA). In the present study, all ethical considerations were observed and the authors declared no conflict of interest.

Results: The results showed a significant difference between the experimental and control groups in their means scores related to the two variables of resiliency and self-compassion ($P < 0/05$).

Conclusion: The results show that teaching patience based on the Quran is effective in increasing resiliency and self-compassion in the spouses of the disabled with spinal cord injury.



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Summary

Background and Objective

Spinal cord injury is a type of disability that puts a person in the list of the disabled (1). Spinal cord injuries, in addition to causing physical injuries and problems, also affect all aspects of the patient's life and her family and society (2). On the other hand, resistance to the problems of life and practicing patience about the unfortunate consequences have always been emphasized in Islam and it is one of the essential life skills in

today's world (3). Despite the fact that the word 'patience' has been repeated 103 times in the Quran and this skill has been emphasized in various verses (4), few studies in the country have examined the effect of teaching patience based on the Quran and its effect on variables such as resilience and self-compassion (5, 6). In some studies, the relationship between patience and other psychological variables has been examined and fewer studies have examined the effectiveness of an intervention based on Quran verses in resilience, self-compassion, or other psychological variables. Thus, the aim of the present study was

to survey the effectiveness of patient training based on the Quran on resiliency and self-compassion in the spouses of the disabled with spinal cord injury.

Methods

Compliance with ethical guidelines: In order to observe the ethical principles of research, the purpose and nature of the study, method of conducting it and the voluntary nature of the study were explained to all the participants. Individuals were willing to participate in the study and were told that all information obtained from the participants would be kept confidential and analyzed in groups while preserving the nature and personal information related to the participants.

This study used a quasi-experimental pretest-posttest control group design. The statistical population included all spouses of the disabled with spinal cord injury in Isfahan in 2020 year, out of whom 30 were selected according to inclusion criteria on a voluntarily basis and were randomly assigned to experimental (15 person) and control (15 person) groups. In this study, data were gathered using the demographic characteristics questionnaire, Resiliency Scale (Conner & Davidson) (7) and Self-Compassion Scale (short-form, Raes & et al) (8, 9) and were analyzed by Univariate Analysis of Covariance (ANCOVA).

Results

In the variable of resiliency, the mean pre-test scores of the experimental group and the control group was found to be 36.26 (± 10.55) and 11.66 (± 1.34), respectively. Their post-test mean scores was 45.26 (± 11.70) and 12.33 (± 1.34), respectively, which confirms the effectiveness of the independent variable. In the self-compassion variable, the mean score and standard deviation related to the pre-test in the experimental group was 6.20 (± 0.41) and in the control group it was 6.60 (± 1.24). The mean score on the post-test was found to be 34.60 (± 1.29) in the experimental group and 6.13 (± 0.35) in the control group. Univariate Analysis of Covariance was used to test the research hypotheses. Before examining the hypotheses, Levin's test was used to test the assumption of equality of variance. The results confirmed this assumption related to the two variables of resiliency and self-compassion. The results showed a significant difference between the adjusted mean scores related to the participants' resilience on the basis of group membership (experimental and control groups) in

the post-test phase ($F=11.623$) ($P<0.005$). Therefore, teaching patience based on the Quran verses had an effect on increasing the resilience of the experimental group on the post-test (ETA coefficient=0.30). There was a significant difference between the adjusted mean scores related to the participants' self-compassion based on group membership (experimental and control groups) in the post-test phase ($F=36.305$) ($P<0.05$). Therefore, teaching patience based on the Quranic verses had an effect on increasing the resilience of the experimental group on the post-test (ETA coefficient=0.57).

Conclusion

The findings of the present study related to the first hypothesis showed that teaching patience based on the Quran was effective in increasing the resilience in the spouses of people with spinal cord injuries. This finding is consistent with the results of Askaryan and et al. on the effectiveness of training the religious coping skills on increasing resilience (5) and the results of Bakhshizadeh and et al. on the effectiveness of resilience training based on Islamic spirituality in increasing the tolerance of mothers with disabled children (6). In Islam, patience not only leads to self-acceptance with all the limitations, but also leads to acceptance by others. In living with a person with a disability, acceptance instead of criticism and judgment is a factor that affects the resilience of the disabled person and leads to increased life expectancy despite all the limitations. In the present study, the role of divine judgment and predestination in figuring out the life events was specified in the framework of the Quranic verses related to patience. The most important factor in accepting and interpreting the pleasant and unpleasant events of life as divine judgment and predestination is the belief that God acts on the basis of wisdom. From the Islamic point of view, life has meaning under any circumstances and it is the way people explain the situations that affect the way they deal with situations.

The findings of the study related to the second hypothesis showed that teaching patience based on the Quran was effective in increasing self-compassion in the spouses of the disabled with spinal cord injuries. This finding is consistent with previous findings in this field showing a relationship between patience and self-compassion (9, 10). Explaining this research finding, it can be stated that one of the consequences of patience in life as a mechanism involved in dealing with unfortunate life events is

an increase in the level of adaptation and emotional resilience.

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Ethical considerations

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Conflict of interest

The authors declared no conflict of interest.

Authors' contribution

Execution of plan, drafting of the article and data analysis: First author; developing an intervention plan and monitoring its implementation: Second author.

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تأثير تعليم الصبر طبقاً للمباني القرآنية على التحمل والشفقة الذاتية عند زوجات المعلولين بالإصابة النخاعية في مدينة أصفهان

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الملخص

خلفية البحث وأهدافه: إن المقاومة بوجه مشاكل الحياة، والصبر أمام الحوادث المؤلمة؛ يعتبر أحد المهارات الضرورية للحياة في عالم اليوم. كما أن الإسلام كان يؤكد على ذلك دائماً. والهدف من الدراسة الحاضرة كانت مطالعة الآثار المترتبة على تعليم الصبر طبقاً للمباني القرآنية على زيادة درجة التحمل والشفقة الذاتية عند زوجات المعلولين بالإصابة النخاعية في مدينة أصفهان.

منهجية البحث: تعتبر هذه الدراسة من النوع نصف التجريبي ومن صنف ما قبل الاختبار-ما بعد الاختبار مع وجود مجموعة ضابطة. وتشمل المجموعة المدروسة جميع زوجات المعلولين بالإصابة النخاعية لمدينة أصفهان في عام ٢٠١٩، حيث تم اختيار ٣٠ فرداً منهن بملاحظة معايير الانضمام بصورة ذاتية، وتم وضعهن بنحو عشوائي في مجموعتين: اختبارية (١٥ فرداً) وضابطة (١٥ فرداً). وقد تم جمع البيانات من خلال الاستعانة باستبيانات الخصائص السكانية ومقياس التحمل (كانر-ديويدسون) ومقياس الشفقة الذاتية (فرم كوتاه-راس وزملاؤه). ومن ثم تم تحليلها بطريقة تحليل (كواريانس) ذو المتغير الواحد (آنكوا). وقد تمت مراعاة جميع الضوابط الأخلاقية في هذه الدراسة، ولم يلحظ مؤلف المقالة أي تضارب للمصالح.

الكشوفات: طبقاً للنتائج الحاصلة فإن هناك اختلافاً ذا معنى بين المعدل الوسطي لدرجات ما بعد الاختبار بين مجموعة الاختبار والمجموعة الضابطة، وذلك في متغيري التحمل والشفقة الذاتية ($P < 0.001$).

الاستنتاج: تشير المعطيات إلى مؤثرية تعليم الصبر طبقاً للمباني القرآنية في زيادة التحمل والشفقة الذاتية عند زوجات المعلولين بالإصابة النخاعية.

الكلمات الرئيسية:

الإصابة النخاعية

التحمل

الزوجات

الشفقة الذاتية

الصبر

القرآن

المعلولون

يتم استناد المقالة على الترتيب التالي:

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تأثیر آموزش صبر بر مبنای قرآن بر تاب‌آوری و خودشفقت‌ورزی در همسران معلولان ضایعه نخاعی شهر اصفهان

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چکیده

سابقه و هدف: مقاومت در برابر مشکلات زندگی و صبر بر پیامدهای ناگوار یکی از مهارت‌های ضروری برای زندگی در دنیای امروز است که همواره در اسلام نیز تأکید شده است. هدف پژوهش حاضر بررسی اثربخشی آموزش صبر بر مبنای قرآن بر افزایش تاب‌آوری و خودشفقت‌ورزی همسران معلولان ضایعه نخاعی در شهر اصفهان بود.

روش کار: پژوهش حاضر نیمه‌تجربی از نوع پیش‌آزمون-پس‌آزمون با گروه کنترل است. جامعه آماری شامل تمامی همسران معلولان ضایعه نخاعی شهر اصفهان در سال ۱۳۹۸ بود که تعداد ۳۰ نفر از آنان با توجه به معیارهای شمول به‌صورت داوطلبانه انتخاب و به‌طور تصادفی در دو گروه آزمایش (۱۵ نفر) و کنترل (۱۵ نفر) قرار داده شدند. داده‌ها با استفاده از پرسش‌نامه‌های ویژگی‌های جمعیت‌شناختی، مقیاس تاب‌آوری (کانر-دیویدسون) و مقیاس خودشفقت‌ورزی (فرم کوتاه-راس و همکاران) جمع‌آوری و با روش تحلیل کوواریانس تک‌متغیره (آنکوا) تحلیل شد. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلفان مقاله تضاد منافی گزارش نکرده‌اند.

یافته‌ها: بر اساس نتایج به‌دست‌آمده، بین میانگین نمرات پس‌آزمون گروه آزمایش و گروه کنترل در دو متغیر تاب‌آوری و خودشفقت‌ورزی تفاوت معناداری وجود داشت ($P < 0.005$).

نتیجه‌گیری: یافته‌ها نشان می‌دهد که آموزش صبر بر مبنای قرآن در افزایش تاب‌آوری و خودشفقت‌ورزی در همسران معلولان ضایعه نخاعی مؤثر است.

واژگان کلیدی:

تاب‌آوری

خودشفقت‌ورزی

صبر

ضایعه نخاعی

قرآن

معلولان

همسران

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ضایعه نخاعی^۱ نوعی معلولیت است که فرد را در طیف افراد ناتوان قرار می‌دهد (۱). صدمات واردشده به نخاع صرفه‌نظر از

مقدمه

^۱spinal_cord_injury

مجله پژوهش در دین و سلامت

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