

The Structural Equations Modeling of the Effect of Quality of Life on Affective-Behavioral Difficulties of Students of Martyrs' Families Based on the Role of Practicing Religious Beliefs

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Abstract

Background and Objective: Nowadays, the study of religion and religiosity with a psychological approach has become one of the special mental health issues. However, the results of studies on the role of religiosity in mental health in different sections of society are contradictory. This study aims to explain the effect of quality of life on affective-behavioral difficulties of students of martyrs' families based on the role of practicing religious beliefs.

Methods: The method of the present study is descriptive-causal-correlational. The statistical population included all students of the families of the martyrs of Golestan province, out of whom 250 were selected by the available sampling method. They filled in the Quality of Life Questionnaire, a short checklist of symptoms of mental disorders, and a questionnaire on practicing religious beliefs. Data analysis was performed using structural equation modeling. In this study, all ethical considerations were observed and no conflict of interest was reported by the authors.

Results: According to the results of this study, the rate of practicing religious beliefs by most of the students was moderately high, and the proposed model of causal relationships between research variables had an acceptable fit. In general, in the proposed research model, the results showed that the quality of life was directly and indirectly correlated with the students' behavioral-emotional problems, anxiety, depression, obsession, sensitivity to interpersonal relationships, physical complaints and phobia relationship through the practice of religious beliefs ($P < 0.05$). This relationship between quality of life and practice of religious beliefs was positive and significant ($P < 0.05$). The relationship between practicing religious beliefs and behavioral-emotional problems was also negative and significant ($P < 0.05$).

Conclusion: According to the research findings, education on and promotion of the quality of life and encouraging students to practice religious beliefs lead to improved problem-solving skills and reduced behavioral-emotional problems.

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Summary

Background and Objective

Students as the main human resources of societies have a significant role in the development and excellence of any country. Therefore, paying attention to the effective factors in the development of their mental needs and health is

very important (1). Today, the concept of quality of life is an important indicator for assessing health in various dimensions (2, 3). Quality of life is the result of the interaction between personality and the living environment (4). Some experts consider quality of life as a mental concept, but most of them consider it as a complex concept that includes positive and negative events (3-5). The World Health Organization also considers quality of life as an individual's understanding of the current state of his/her life with respect to cultural issues and his/her value system (6). Statistics show that behavioral-emotional problems are relatively common in different societies (7). Some studies have shown that behavioral-emotional problems are significantly more prevalent among students (8-11). One of the variables that affect the quality of life and vulnerability to mental illness is religion and religiosity (12, 13). In this regard, there are several Quranic verses including verse 6 of Surah Al-Kaferun and verse 83 of Surah Al-Imran (14).

However, few studies have been conducted on the health and quality of life of students of martyrs' families. This study aims to explain the effect of quality of life on affective-behavioral difficulties students of martyrs' families as mediated by the role of putting religious beliefs into practice.

Methods

Compliance with ethical guidelines: The ethical principles observed during the research included explaining the objectives of the research and ensuring that information would be kept confidential to the research units, voluntary nature of participation in the research, and obtaining informed consent to participate in the research.

This research is a survey and correlational study and was carried out using structural equation modeling. The statistical population included all control students from the families of the martyrs of Golestan province, out of whom 250 were selected by available sampling. A sample size of 100 to 200 people is sufficient in such studies (15). To collect data, the World Health Organization quality of life questionnaire (16), Dragotis et al. (17) and the Golzari Religious Belief Practice Questionnaire (18) were used. Structural equation modeling was used to analyze the data.

Results

Demographic information showed that the average age of students was 30.62 years. And 48% were studying for a bachelor's degree, 34%

for a master's degree and 18% for a doctorate. More than 50% of the participants were women. According to the results of this study, the rate of practice of most students' religious beliefs was moderately high, and the proposed model of causal relationships between research variables had an acceptable fit. In general, in the proposed research model, the results showed that the quality of life is directly and indirectly correlated with behavioral-emotional problems, anxiety, depression, obsession, sensitivity to interpersonal relationships, physical complaints and phobia in students of martyr families through the practice of religious beliefs ($P < 0.05$). This relationship between quality of life and putting religious beliefs into practice was positive and significant ($P < 0.05$). The relationship between practicing religious beliefs and behavioral-emotional problems was also negative and significant ($P < 0.05$).

Conclusion

The findings of the present study are consistent with the results of the studies by Pina et al. (19), Safara and Salmabadi (13) and Bohloli (20), who showed that the relationship between practicing religious beliefs and behavioral-emotional problems was negative and significant. In explanation for this finding, it can be stated that behaviors such as trusting in God, patience and prayer can cause inner peace by creating hope and positive attitudes (13). When a person practices religion and is purposeful in life, she feels calm and can better manage her emotions, this reduces a person's vulnerability to stressful environmental stimuli and psychological damage. As God has stated in the Holy Quran, faith leads to mental security and health (21).

Another finding of the present study, which is consistent with the results of studies by Ower et al. (22), Kim and Lee (23) and Nevarez-Flores (24), is that quality of life is correlated with behavioral-emotional problems through practice of religious beliefs. In explaining this result, it can be stated that a person's belief system affects his/her health behaviors and lifestyle, and thus his/her quality of life and mental health is formed (22). In fact, having a relationship with God creates a feeling of psychological support for the person, and as a result, the person avoids psychological harms.

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Ethical considerations

The authors declared this article is obtained from the doctoral dissertation in the field of clinical psychology of the corresponding author of the article with the approval code 5341 on 8/19/2012.

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Conflict of interest

The authors declared no conflict of interest.

Authors' contribution

Selecting the topic and thesis supervisor and analyzing the research findings: first author; writing statement of the problem, research methodology and discussion and conclusion: second author.

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تحديد نموذج المعادلات الهيكلية لتأثير نوعية الحياة على المشاكل السلوكية- العاطفية لطلبة جامعات عوائل الشهداء بملاحظة دخالة العمل بالمعتقدات الدينية

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المشاكل السلوكية-العاطفية

المعتقد الديني

نوعية الحياة

الملخص

خلفية البحث وأهدافه: إن دراسة الدين والتدين من زاوية علم النفس قد أصبحت في هذا العصر مسألة مهمة من مسائل الصحة النفسية. ورغم ذلك فإنه توجد في مجال أثر التدين على الصحة النفسية لدى فئات المجتمع المختلفة نتائج دراسية متناقضة. وقد تم القيام بهذه الدراسة بهدف شرح أثر نوعية الحياة على المشاكل السلوكية-العاطفية مع ملاحظة دخالة العمل بالمعتقدات الدينية عند طلبة جامعات عوائل الشهداء.

منهجية البحث: يعتبر منهج هذه الدراسة من النوع الوصفي-التعاوني من النوع العلمي. وتشمل فئة الدراسة جميع طلبة جامعات عوائل الشهداء في محافظة (كلستان)، وقد تم اختيار ٢٥٠ فرداً منهم بطريقة الموجود المتوفر، وقد أجابوا على استبيان كيفية الحياة، واللائحة القصيرة لعلامات الاضطرابات النفسية، واستبيان العمل بالمعتقدات الدينية. كما تم تحليل البيانات بالاستعانة بنموذج تحديد المعادلات الهيكلية. وقد تمت مراعاة جميع الضوابط الأخلاقية في هذه الدراسة، ولم يلحظ مؤلفو المقالة أي تعارض للمصالح.

المعطيات: طبقاً لنتائج هذه الدراسة فإن ميزان العمل بالمعتقدات الدينية عند أغلب الطلبة كان في الحد المتوسط وما فوق. وقد كان هناك تناسب معقول للنموذج المقترح للعلاقات العلية بين المتغيرات. وبشكل عام فإن النتائج في النموذج المقترح لهذه الدراسة تشير إلى وجود علاقة بشكل مباشر وغير مباشر بين نوعية الحياة من خلال العمل بالمعتقدات الدينية عند طلاب عوائل الشهداء مع المشاكل السلوكية-العاطفية، والاضطراب والكآبة والوسواس والحساسية تجاه العلاقات بين الأشخاص، والشكاوى البدنية، والمخاوف ($P < 0.05$). كما أن هذه العلاقة بين نوعية الحياة والعمل بالمعتقدات الدينية كانت إيجابية وذات معنى ($P < 0.05$). كما أن العلاقة بين العمل بالمعتقدات الدينية والمشاكل السلوكية-العاطفية كانت سلبية وذات معنى أيضاً ($P < 0.05$).

الاستنتاج: بملاحظة نتائج هذه الدراسة فإن التعليم والارتقاء بمستوى نوعية الحياة، وكذلك ترغيب الطلبة بالعمل بالمعتقدات الدينية يؤدي إلى تحسين مهارات حل المسائل وتقليل المشاكل السلوكية-العاطفية.

يتم استناد المقالة على الترتيب التالي:

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الگویابی معادلات ساختاری اثر کیفیت زندگی بر مشکلات رفتاری - عاطفی دانشجویان خانواده شهدا با میانجی‌گری عمل به باورهای دینی

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چکیده

سابقه و هدف: امروزه مطالعه دین و دین‌داری با رویکرد روان‌شناسانه به مسئله ویژه‌ای از مسائل بهداشت روان تبدیل شده است. باوجود این، یافته‌های مطالعاتی در زمینه نقش دین‌داری در سلامت روانی در قشرهای مختلف جامعه متناقض می‌باشد. این پژوهش با هدف تبیین اثر کیفیت زندگی بر مشکلات رفتاری-عاطفی بر اساس نقش میانجی‌گری عمل به باورهای دینی در دانشجویان خانواده شهدا انجام شده است.

روش کار: روش پژوهش حاضر توصیفی-همبستگی از نوع علی است. جامعه آماری شامل تمامی دانشجویان خانواده‌های شهدای استان گلستان بود که تعداد ۲۵۰ نفر از آنان با روش در دسترس انتخاب شدند و به پرسش‌نامه کیفیت زندگی، فرم کوتاه چک‌لیست نشانه‌های اختلالات روانی و پرسش‌نامه عمل به باورهای دینی پاسخ دادند. تحلیل داده‌ها با استفاده از الگویابی معادلات ساختاری انجام شد. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلفان مقاله تضاد منافی گزارش نکرده‌اند.

یافته‌ها: بر اساس نتایج این پژوهش، میزان عمل به باور دینی بیشتر دانشجویان در حد متوسط روبه‌بالا بود و الگوی پیشنهادی روابط علی بین متغیرهای پژوهش برازش قابل قبولی داشت. به‌طور کلی، در الگوی پیشنهادی پژوهش، نتایج نشان داد که کیفیت زندگی به‌صورت مستقیم و غیرمستقیم از طریق عمل به باورهای دینی در دانشجویان شاهد با مشکلات رفتاری-عاطفی، اضطراب، افسردگی، وسواس، حساسیت به روابط بین‌فردی، شکایات جسمانی و فوبیا رابطه داشت ($P < 0/05$). این رابطه بین کیفیت زندگی با عمل به باورهای دینی مثبت و معنی‌دار بود ($P < 0/05$). رابطه بین عمل به باورهای دینی با مشکلات رفتاری-عاطفی نیز منفی و معنی‌دار بود ($P < 0/05$).

نتیجه‌گیری: با توجه به یافته‌های پژوهش، آموزش و ارتقای کیفیت زندگی و نیز ترغیب دانشجویان به عمل به باورهای دینی به بهبود مهارت حل مسئله و کاهش مشکلات رفتاری-عاطفی منجر می‌شود.

واژگان کلیدی:

باور دینی

دانشجو

کیفیت زندگی

مشکلات رفتاری-عاطفی

استناد مقاله به این صورت است:

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