

The Relationship between Religiosity and the Mental Health of the Prisoners on the verge of Being Released in Kerman and Yazd Prisons

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Abstract

Background and Objective: Despite the studies which demonstrate that religious fields influence the prisoners' compatibility with prison, the role of prisons' religious concentration on the mental health of prisoners is still ambiguous and unknown. Accordingly, the present study investigates the relationship between the mental health of prisoners on the verge of being released in Kerman and Yazd.

Methods: The present study is descriptive-correlational and the statistical population includes 743 prisoners who are about to be released in prisons of Kerman and Yazd provinces. Data were collected using Goldberg's General Health Questionnaire and Glock and Stark Religiosity Questionnaire in accordance with all ethical consideration and analyzed by Pearson correlation test and stepwise multivariate regression. In this study, all ethical considerations were observed and no conflict of interest was reported by the authors.

Results: The results showed that although the prisoners had a low level of mental health, the level of their religiosity was in a suitable condition. The correlation between the parameters of religiosity and mental health of the prisoners showed that the increase in religiosity in the belief and intellectual dimensions reduced their social dysfunctions. The increase of religiosity in the ritualistic dimension also reduced their anxiety. The results of linear regression showed that the ritualistic, belief and intellectual dimensions of religiosity have a more predictive effect on the mental health of the prisoners.

Conclusion: Overall, the results showed that there is a positive relationship between the belief dimension of religiosity and the mental health of prisoners on the verge of being released, which highlights the importance of addressing this dimension in the prison's cultural programs.

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Summary

Background and Objective

Recently, the role of religion in mental health has been considered essential, and so many theoretical and experimental studies have been conducted in this field (1-3). The results of the majority of such studies show the great influence of religion on mental health (4). According to the results of these studies, high religiosity is correlated with

higher mental health and life quality (5), lower depression (6), lower stress (7), and a lower risk of suicide (8).

The excessive increase in the number of prisoners in recent decades in Iran necessitates a deeper understanding of the social effects of confinement (9). The researchers have considered this problem by highlighting mental health disorders related to confinement (10). Especially, prisoners' mental health disorders have been reported to be higher rather than those of the

general population (8). Some studies also show that half of the prisoners experience one of the mental health deriders (11).

Participating in religious activities by some prisoners is an aspect of the prison environment with effects on their mental health. Although some prisoners suffer from different kinds of mental disorders, including depression, anxiety, and sleep disorders (9), the potential role of the religious context of the prisons in the mental health of the prisoners has not been studied or known yet (12). Accordingly, the present study investigates the role of religion in the mental health of the prisoners who were about to be released in Kerman and Yazd prisons.

Methods

Compliance with ethical guidelines: Participants were informed about being free to participate in the study and to withdraw from the study whenever they wished, and were ensured that they would still benefit from all the services they normally receive until the end of their imprisonment if they did not participate. In addition, by obtaining the consent form, the data were collected with their informed consent and they were assured that the collected information would be kept confidential.

The present study is applied in terms of purpose and descriptive-correlational in terms of collecting and analyzing data. 743 prisoners, who were about to be released from prison in Kerman and Yazd in 2019 with at least six months of confinement in prison and four months left until their release were included in the study. The data collection was done inside the prison for four months (from the beginning of July to the end of October, 2019). Goldberg General Health Questionnaire (GHQ) and Glock and Stark (1965) Religiosity Scale were used as instruments.

Results

The results showed that although the prisoners in these two provinces were suspicious of mental disorder, they had an acceptable level of religiosity. There was a significant relationship between the religiosity of prisoners and their mental health so that the increase in religiosity in the prisoners increased their mental health. Correlation matrix results also show that there was a negative and significant relationship between their belief dimension and severe depression and social dysfunctions, so that the stronger the prisoners were in the beliefs dimension of religiosity, the more their severe depression and social dysfunctions decreased.

Based on the stepwise regression analysis, all religiosity dimensions, including ritualistic, intellectual, belief, and consequential are predictors of the mental health of the prisoners.

Conclusion

The results showed that prisoners are not in good conditions regarding mental health. More than half of the prisoners were suspicious of mental disorder. Therefore, these results are consistent with the results of the study by Seddon (13) and Gorji and colleague (14). The correlation between religiosity and mental health parameters of the prisoners showed that the more religiosity increases among the prisoners, the higher their general health state will be. Also, the higher the increase in the score related to belief, consequential, emotional, and ritualistic dimensions, the more decrease there will be in their social dysfunction. The results of the current study are consistent with the results of the study by Almasi and Moradi (15). Overall, the study showed that prisoners who were more religious enjoyed better mental health conditions.

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Ethical considerations

According to the author, this study is obtained from a research project entitled "An investigation of the individual, familial and social characteristics of prisoners on the verge of release in the prisons of Kerman, Yazd, and Hormozgan in 2019" approved by the Research Ethics Committees of Shahid Bahonar University of Kerman with the code of ethics IR.UK.REC.1399.004.

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Conflict of interest

The author reported no conflict of interest.

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علاقة التدين بالصحة النفسية عند السجناء قريبي الإفراج عنهم في سجون كرمان و

يزد

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معلومات المادة

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الملخص

خلفية البحث وأهدافه: رغم وجود دراسات تشير إلى أن الخلفيات الدينية تؤثر في توافق السجناء مع السجن، ولكن دور تمرکز التدين في السجناء على الصحة النفسية للسجناء مازال مبهماً وغير معروف. وعلى هذا الأساس، تقوم هذه الدراسة بالتحقيق في علاقة التدين بالصحة النفسية للسجناء قريبي الإفراج عنهم في سجون كرمان و يزد.

منهجية البحث: تعتبر الدراسة الحاضرة من النوع الوصفي الارتباطي، وتشمل المجموعة الإحصائية ٧٤٣ فرداً من السجناء قريبي الإفراج عنهم في سجون محافظتي كرمان و يزد. وقد تم البحث فيهم بطريقة الإحصاء التام. وتم جمع البيانات بالاستعانة بالاستبيانات المعيارية للصحة العامة لغولد برك وللتدئين لغللاك وستارك. وتم تحليلها من خلال الاختبار الارتباطي لبيرسون و رغرسيون متعدد المتغيرات بطريقة الخطوة خطوة. وقد تمت مراعاة جميع الضوابط الأخلاقية في هذه الدراسة، ولم يلحظ مؤلفو المقالة أي تعارض للمصالح.

المعطيات: تشير النتائج إلى أنه رغم تدين الصحة النفسية للسجناء قريبي الإفراج عنهم، ولكن ميزان التدين عندهم موجود بحالة مطلوبة. ويشير الارتباط بين أبعاد التدين والصحة النفسية للسجناء إلى أنه مع زيادة ميزان التدين في الأبعاد العقائدية والعاطفية فإن الاختلال في الوظيفة الاجتماعية يتراجع، ومع زيادة ميزان التدين في البعد النسكي فإن ميزان الاضطراب عندهم ينخفض. كما أن النتائج الناشئة من رغرسيون الخطية تشير إلى أن الأبعاد النسكية والعاطفية والعقائدية للتدين كان لها أثر تنبؤي أكثر على الصحة النفسية للسجناء.

الاستنتاج: يمكن القول بحسب المعطيات الحاصلة بوجود علاقة إيجابية بين البعد العقائدي للتدين والصحة النفسية للسجناء تثبت أهمية التركيز على هذا البعد في البرامج الثقافية للسجناء.

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رابطه دین‌داری با سلامت روان زندانیان در شرف آزادی در زندان‌های کرمان و یزد

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چکیده

سابقه و هدف: با وجود تحقیقات صورت گرفته که نشان می‌دهد زمینه‌های مذهبی سازگاری زندانیان را با زندان تحت تأثیر قرار می‌دهد، نقش تمرکز مذهبی زندان‌ها بر سلامت روانی زندانیان همچنان مبهم و ناشناخته است. بر این اساس، در پژوهش حاضر به بررسی رابطه دین‌داری با سلامت روان زندانیان در شرف آزادی در استان‌های کرمان و یزد پرداخته شده است.

روش کار: پژوهش حاضر از نوع توصیفی-همبستگی است و جامعه آماری شامل ۷۴۳ نفر از زندانیان در شرف آزادی در زندان‌های دو استان کرمان و یزد بود که به شیوه تمام‌شماری به بررسی آنان پرداخته شد. داده‌ها با استفاده از پرسش‌نامه‌های استاندارد سلامت عمومی گلدبرگ و دین‌داری گلاک و استارک جمع‌آوری و با آزمون همبستگی پیرسون و رگرسیون چندمتغیره با روش گام‌به‌گام تجزیه و تحلیل شد. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلف مقاله تضاد منافی گزارش نکرده است.

یافته‌ها: نتایج نشان داد اگرچه زندانیان در شرف آزادی سلامت روان پایینی داشتند، اما میزان دین‌داری آنان در وضعیت مطلوبی قرار داشت. همبستگی بین ابعاد دین‌داری و سلامت روان زندانیان نشان داد که با افزایش میزان دین‌داری در ابعاد اعتقادی و عاطفی، اختلال در کارکرد اجتماعی و با افزایش میزان دین‌داری در بُعد مناسکی میزان اضطراب آنان کاهش یافت. نتایج ناشی از رگرسیون خطی نیز نشان داد که ابعاد مناسکی، عاطفی و اعتقادی دین‌داری اثر پیش‌بینی بیشتری بر سلامت روان زندانیان داشت.

نتیجه‌گیری: بر اساس یافته‌های به‌دست‌آمده می‌توان گفت که بین بُعد اعتقادی دین‌داری و سلامت روان زندانیان در شرف آزادی رابطه مثبتی وجود دارد که اهمیت پرداختن به این بُعد را در برنامه‌های فرهنگی زندان خاطر نشان می‌کند.

واژگان کلیدی:

دین‌داری

زندانیان

سلامت عمومی

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