

# Predicting Mental Health Based on Religious Beliefs and Social Intelligence in the Students of Payame Noor University of Khoy

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## Abstract

**Background and Objective:** Students are more in need of mental health considering the importance and direct impact they have on the growth, development and progress of the society and since they are considered as the efficient and specialized forces of the future for the society and due to the special conditions of the student period such as being away from family, entering a large and stressful complex, economic problems, high volume of courses and intense competition. It seems that there is a relationship between mental health and religious beliefs and social intelligence in the students. In this regard, the purpose of this study is to investigate the role of religious beliefs and social intelligence in predicting the mental health of students at Payame Noor University of Khoy.

**Methods:** The present study was descriptive and performed through multivariate regression and Pearson correlation. For this purpose, from the statistical population of undergraduate students in Payame Noor University of Khoy using Fidell and Tabachnick's formulas, a sample of 120 people (60 girls and 60 boys) were selected by random cluster sampling method in the academic year 2016-2017. From the questionnaire, 28 questions of Goldberg mental health question, 25 questions of Baraheni religious attitude and 21 questions of Tromso social intelligence were completed by the participants and the results were analyzed using multivariate regression and Pearson correlation. In this study, all the ethical considerations were observed and the author of the article did not reported any conflict of interest.

**Results:** The maximum age of the studied students was in the age group of 20-25 (78.3%) and the maximum number of students was related to technical fields. The results showed that there was a significant relationship between religious beliefs and general, mental and psychological health and between social awareness and public health ( $R=0.71$  and  $P<0.01$ )

**Conclusion:** Based on the findings, it can be stated that the higher the religious beliefs and beliefs of the people, the better the public health and also the people who have higher social awareness and knowledge have a better and more appropriate general health of the public.

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## Summary

### Background and Objective

Health is an undeniable issue that was once considered as the absence of disease and today includes physical, mental and social well-being. This comprehensive definition also has two important features; first, it is ideal and

unattainable, and, second, the separation of health and disease is not easily possible (1). Experts attach great importance to the general health of people, especially young people, and believe that the optimal public health can be directly and indirectly affected by various factors. Students of any society are the efficient class and future professionals of any society. Many factors are important in increasing the general health of students. One of these factors is religious beliefs. The common denominator of all religious practices is the formation of religious beliefs. Another factor affecting the general mental health of students is social intelligence, which includes a set of non-cognitive capacities and skills that affect a person's ability to succeed and deal with environmental pressures.

In the field of public health and religious beliefs or public health and social awareness, numerous studies have been conducted inside and outside the country, but no studies have been specifically conducted in the field of public health based on religious beliefs and social awareness. It is worth mentioning that in our society, many of the behaviors of people are derived from religious beliefs and in accordance with their social consciousness and are often evaluated based on them. Considering the fact that religious beliefs and social consciousness affect health and based on the importance of the issue in the students, who are the future makers of society, and considering the fact that no independent research has been done in this field so far, this article intends to examine the general health of the students of Payame Noor University, Khoy branch based on their religious beliefs and social awareness.

## Methods

**Compliance with ethical guidelines:** During the research, all ethical considerations were observed, including the non-mandatory completion of questionnaires and giving code to the questionnaires and ensuring the students about the confidentiality of their information. Participants could leave the study whenever they wished and the test results would be sent to them if they wished.

The present study is a descriptive study and its statistical population included about 2000 students of Payame Noor University of Khoy in the academic year 2020–2021. Fidell and Tabachnick provide a formula for calculating the sample size in multiple regression based on the number of predictive variables used. Accordingly, according to the number of predictor variables of the present study, 120 students (60 girls and 60 boys), who

were able and willing to participate in the study, were selected by available sampling method. In this study, three types of questionnaires were used: Mental Health Questionnaire, which was introduced by Goldberg and Hillier, the Social Intelligence Questionnaire, developed by Silvera, Martin Josen, and Dahl, which measures three areas of social intelligence including social information processing, social skills, and social awareness, and a religious attitude questionnaire designed by Baraheni in 1999 (2).

## Results

Out of 120 students studied in this study, the minimum age belonged to the 20-25 age group (78.3%) and the maximum age belonged to the 35-31 age group (5.0%). The lowest number was in theology (6.7%). Descriptive indicators such as frequency, frequency percentage were used to describe and classify these features. The highest frequency of participants was in the age group of 20-25 years with a frequency of 94 and 78.3%. The results of model estimation in the table of regression coefficients showed that the coefficient of influence of religious beliefs according to *t* value (6.1), social awareness (2.99), social information processing (2.04), social knowledge (0.72) and social skills (2.83) was significant in predicting the general health criterion. In addition, there is a direct and significant relationship between public health and social information processing (social awareness component) according to the obtained correlation coefficient (0.62) at the alpha level of 0.01. There is a direct and significant relationship between public health and social information processing (social awareness component) at alpha level of 0.01. There was also a significant relationship between general health and social knowledge (social awareness component) according to the obtained correlation coefficient (0.65). There was also a direct and significant relationship between public health and social knowledge at the alpha level of 0.01 and a direct and significant relationship between general health and social skills according to the obtained correlation coefficient (0.71) at the alpha level of 0.01.

## Conclusion

The findings of the present study showed a positive and significant relationship between public health and religious beliefs. This result is in line with the findings of other researches including: Sotoudeh et al.'s study entitled "The relationship between religious attitude and mental health in students of Semnan University of

Medical Sciences"; According to which religious attitudes and religious beliefs have a high impact on students' mental health (3). The results are also consistent with those of Tahmasebi et al., according to which religious beliefs and religious attitudes have a direct effect on reducing patients' anxiety and depression and improving their mental health (4) and the findings of Ramezani et al. entitled "Religion and mental health orientation" according to which religious orientation has a positive effect on mental health and as long as the correct and accurate religious orientation is chosen, it will have a positive effect on promoting mental health (5).

In general, the results of this study show that students benefit from religious beliefs and social awareness has a positive and significant effect on increasing their general health. Therefore, by promoting the religious beliefs and raising the level of social awareness, public health can be expected to be high.

Considering the fact that the promotion of students' general health as the result of religious beliefs and identities and social awareness indicates the importance of students and the health of the country's academic community, it is necessary to conduct more studies in this field and promote their general health. Universities are suggested to provide a regular and practical program for the students in addition to their scientific and educational duties and responsibilities of students to increase their general health.

### Acknowledgements

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### Ethical considerations

The author declared this study is obtained from a research project entitled "Predicting mental health based on religious beliefs and social intelligence" approved by Payame Noor University in a letter and contract No. 1285/1/1399 dated 2020-9-5.

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The author declared this study was conducted using the research funds of Payame Noor University of West Azerbaijan Province.


### Conflict of interest

The author declared no conflict of interest.

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## تقييم ميزان مدى تأثير السلامة العامة لطلبة جامعة بيام نور خوى تبعاً للمعتقدات الدينية والوعي الاجتماعي

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### معلومات المادة

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### الكلمات الرئيسية:

استبيان السلامة العامة

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المعتقدات الدينية

الوعي الاجتماعي

### الملخص

**خلفية البحث وأهدافه:** يحتاج الطلبة الجامعيون أكثر من غيرهم إلى السلامة العامة، الروحية والنفسية. وذلك بلحاظ الأهمية والأثر المباشر الذي لهم على نمو المجتمع وتقدمه وازدهاره، وكونهم من الطاقات الفاعلة والمتخصصة لمستقبل المجتمع، وباعتبار الظروف الخاصة لفترة الدراسة الجامعية ومن جملة ذلك بُعدهم عن العائلة ودخولهم إلى مجموعة كبيرة ممتلئة بالتشجيع، والمشاكل الاقتصادية، والحجم الكبير للدروس والتنافس الشديد الذي يعانون منه. ويبدو من جهة أن هناك علاقة مباشرة للسلامة العامة بالمعتقدات الدينية والوعي الاجتماعي لدى الطلبة الجامعيين. ومن هنا، فإن الهدف من الدراسة الحاضرة هو دراسة دور المعتقدات الدينية والوعي الاجتماعي في توقع السلامة العامة الروحية والنفسية عند طلبة جامعة بيام نور في مدينة خوى.

**منهجية البحث:** تعتبر الدراسة الحاضرة من النوع الوصفي. وكانت المجموعة الإحصائية لهذه الدراسة تشمل الطلبة العاديين لمرحلة الليسانس في جامعة بيام نور في مدينة خوى والذين تم اختيار مجموعة بحجم ١٢٠ شخصاً منهم (٦٠ فتاة و ٦٠ شاباً) للعام الدراسي ٢٠٢٠-٢٠١٩ بطريقة العينات المتاحة على أساس قانون تاباجنيك وفيدل. وكانت أدوات جمع البيانات عبارة عن استبيان يحوي على ٢٨ سؤالاً في السلامة العامة لكالدبرك، واستبيان ٢٥ سؤالاً حول النظرة الدينية لبراهني واستبيان ٢١ سؤالاً في الذكاء الاجتماعي ل ترومسو. وقد تم تفكيك وتحليل نتائج ذلك اعتماداً على ركسيون متعدد المتغيرات وارتباط بيرسون. وقد تمت مراعاة جميع الضوابط الأخلاقية في هذه الدراسة ولم يلحظ مؤلفو المقالة أي تضارب للمصالح.

**المعطيات:** كان أعلى عمر للطلبة الذين تم إخضاعهم للدراسة الحاضرة يرجع إلى الفئة العمرية ٢٥-٢٠ سنة (٧٨/٣ في المائة) وأغلب عدد للطلبة كان يرتبط بالفروع الفنية. وتشير النتائج إلى وجود علاقة ذات معنى بين المعتقدات الدينية والسلامة العامة الروحية والنفسية، وكذلك بين الوعي الاجتماعي والسلامة العامة (R=٠/٧١ و P<٠/٠١).

**الاستنتاج:** يمكن القول بحسب المعطيات المتوفرة بأنه كلما كانت المعتقدات والعقائد الدينية للأشخاص تتمتع بمستوى أعلى فإنهم يتمتعون بسلامة عامة أفضل، وكذلك فإن الأفراد الذين يتمتعون بوعي وثقافة اجتماعية أعلى فإنهم سوف يمتلكون مستوى أفضل وأحسن من السلامة العامة.

يتم استناد المقالة على الترتيب التالي:

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## سنجش میزان تأثیرپذیری سلامت عمومی دانشجویان دانشگاه پیام نور خوی بر اساس اعتقادات دینی و آگاهی اجتماعی

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### اطلاعات مقاله

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### چکیده

**سابقه و هدف:** دانشجویان از نظر اهمیت و اثر مستقیمی که بر رشد، توسعه و پیشرفت جامعه دارند و از نیروهای کارآمد و متخصص برای آینده جامعه محسوب می‌شوند و به جهت شرایط خاص دوره دانشجویی از جمله دوری از خانواده، وارد شدن به مجموعه‌ای بزرگ و پرتنش، مشکلات اقتصادی، حجم زیاد دروس و رقابت‌های فشرده نیاز بیشتری به سلامت عمومی، روحی و روانی دارند. از سویی، به نظر می‌رسد رابطه‌ای بین سلامت عمومی با اعتقادات دینی و آگاهی اجتماعی در دانشجویان وجود دارد. از این رو، هدف پژوهش حاضر بررسی نقش اعتقادات دینی و آگاهی اجتماعی در پیش‌بینی سلامت عمومی، روحی و روانی دانشجویان دانشگاه پیام نور خوی بود.

**روش کار:** پژوهش حاضر از نوع توصیفی است. جامعه آماری پژوهش دانشجویان عادی مقطع کارشناسی دانشگاه پیام نور خوی بود که با فرمول تاباچنیک و فیدل نمونه‌ای به حجم ۱۲۰ نفر (۶۰ دختر و ۶۰ پسر) در سال تحصیلی ۹۹-۱۳۹۸ به روش نمونه‌گیری خوشه‌ای تصادفی انتخاب شد. ابزارهای جمع‌آوری داده‌ها پرسش‌نامه ۲۸ سؤالی سلامت روان گلدبرک، پرسش‌نامه ۲۵ سؤالی نگرش مذهبی براهنی و پرسش‌نامه ۲۱ سؤالی هوش اجتماعی ترومسو بود و نتایج آن با استفاده از رگرسیون چندمتغیری و همبستگی پیرسون تجزیه و تحلیل شد. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلف مقاله تضاد منافی گزارش نکرده است.

**یافته‌ها:** بیشترین سن دانشجویان بررسی‌شده در پژوهش مربوط به گروه ۲۵-۲۰ سال (۷۸/۳ درصد) و بیشترین تعداد دانشجویان مربوط به رشته‌های فنی بود. یافته‌ها نشان داد که بین اعتقادات دینی و سلامت عمومی، روحی و روانی و نیز آگاهی اجتماعی و سلامت عمومی رابطه معناداری وجود داشت ( $R=0/71$  و  $P<0/01$ ).

**نتیجه‌گیری:** هرچقدر اعتقادات و عقاید دینی افراد بالاتر باشد، سلامت عمومی بهتری خواهند داشت و همچنین افرادی که آگاهی و دانش اجتماعی بالاتری دارند، میزان سلامت عمومی بهتر و مناسب‌تری خواهند داشت.

استناد مقاله به این صورت است:

Shahande A. Predicting Mental Health Based on Religious Beliefs and Social Intelligence in the Students of Payame Noor University of Khoy. Journal of Pizhūhish dar dīn va salāmat. 2021;7(4):34-46. <https://doi.org/10.22037/jrrh.v7i4.34764>