

The Effect of Teaching the Ways of Finding Meaning Based on Quranic Teachings on the Happiness of Female Theologians

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Abstract

Background and Objective: Being meaningful leads to happiness and enables people to interpret events and to develop values for themselves about how human lives and what s/he wants in life. Since the Holy Quran has presented the way of living a meaningful life, the present study was conducted to investigate the effect of teaching the ways of finding meaning based on the Quranic teachings on the happiness of female theologians in Qom.

Methods: This is a quasi-experimental study with pre-test post-test control group design conducted as a group consultation in eight sessions. The statistical population of this study included all female theologians studying in the first semester in 2019 academic year in Qom. The sample population of this study was 60 female theologians aged between 18 to 25 years in the undergraduate level, who voluntarily enrolled in the study and were randomly divided into two control and experiment groups. The research instrument was the Oxford Happiness Questionnaire. The descriptive and analytical statistical methods (analysis of covariance) were used to analyze the data. In the present study, all the ethical considerations were observed and the authors declared no conflict of interest.

Results: The results of data analysis showed that the mean happiness score for the experimental group was 94.51 ± 31.40 before the intervention and 130.13 ± 14.87 after group counseling. As a result, the ways of finding meaning based on Quranic teachings were effective in the level of happiness of religious scholars ($P < 0.001$).

Conclusion: As the Quran verses have explained the ways of living a meaningful life, the concepts of Holy Quran are suggested to be used for students and theologians to create happiness.



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Summary

Background and Objective

Happiness includes several basic components; the emotional component based on which the happy person feels moody, happy and cheerful; the social component, in which the happy person can create a good social relationship with others and enjoy their social support; and, finally, the

cognitive component, according to which happy persons interpret the information in the environment in a certain way, resulting in a feeling of happiness and optimism. In happiness mood, the individuals' evaluation of themselves and their lives can include cognitive aspects such as the ability to enjoy life or emotional aspects such as emotional reaction in response to events (1, 2) Happiness is one of the human needs. The most important determinants of happiness is the

sense of meaning in life. Sense of meaning enables a person to interpret the events in a purposeful manner and set certain values for his/her way of life and his/her demands in life and be satisfied or happy with them. As the Quranic verses have clarified the way to living a meaningful life, the aim of the current study was to study the effect of finding ways for living a meaningful life on happiness of female theologians in Qom, Iran.

Methods

Compliance with ethical guidelines: To observe the ethical guidelines, the participants were assured that their questionnaire information would be kept confidential. In this way, all the information related to demographic information and level of happiness of the participants is presented collectively to prevent disclosing the information.

This study is quasi-experimental with a pre-test post-test control group design conducted by group observation in eight sessions. The sample size included all female theologians studying in the first semester in 2019 academic year in Qom. Sixty female theologians aged 18 to 25 years old were recruited using convenience sampling method. They were randomly divided into two control and intervention groups, considering the probability of the first type error equal to 0.05 and the study power equal to 0.9.

Individuals enrolled in the study voluntarily. A call was announced at the Almostafa University for participation in the study. The research instrument included the Oxford Happiness Questionnaire. The Oxford Happiness Questionnaire was developed by Michael Argyle and Peter Hills at Oxford University and includes 29 items. People should answer the questions by deciding how much they agree or disagree with each item on a six-point Likert scale ranging from strongly disagree=1 to strongly agree=6. The maximum possible score one can achieve is 87 and the minimum is 0.

Group counseling was held for the experimental group for 8 two-hour sessions per week and the control group did not receive any counseling.

Statistical analysis: The collected data was finally analyzed using frequency distribution and analytical tests (analysis of covariance). The significance level of the tests used was considered to be lower than 0.05.

Results

The results of data analysis showed that the mean

score related to happiness in the experimental group before the intervention was 94.51+31.40 increasing to 130.13+14.87 following the intervention.

The findings showed a significant difference between the mean scores of the two groups in happiness. As a result, the ways of finding meaning based on Quranic verses was effective in the happiness of female theologians.

Conclusion

The results of the present study showed that teaching to live a meaningful life and combining it with Islamic teachings led to improved happiness of female theologians. This counselling method is effective and significantly increased the happiness of the experimental group compared to the control group. Friedman concluded that people would be happier if they felt their lives were meaningful and purposeful and were confident in the values that guided their lives (3). According to Argyle, achieved scores on the meaningful life scales are strongly correlated with scores on happiness scales. People with a meaningful life manner look at things with a rational view, pray and try to solve their problems directly and ask others for help in a timely manner (1). Therefore, the results of the present study are in line with those of the mentioned studies and teaching to find a sense of meaning in life based on the Quranic verses can significantly improve individuals' happiness.

Today, the effect of happiness and vitality on mental health is well known. Research shows that positive mood affects the immune system. Therefore, happier people live longer. Having a meaningful and purposeful life makes all people lively and happy, regardless of their major differences in their personal characteristics. In contrast, unhappy people think and act pessimistically, deluding and blaming themselves and others, and avoiding trying to solve problems (4, 5). As the Quranic verses have explained the principles of meaningful life in the best possible way, it is recommended that the concepts of the Holy Quran be used for school and university students and theologians.

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Ethical considerations

According to the authors of this article, this study is part of a research project entitled "The effect of teaching the ways of finding meaning based on

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Conflict of interest

The authors declared no conflict of interest.

Authors' contribution

Writing the introduction and discussion sections: first author; writing the discussion and method sections: second author; and statistical analysis: third author.

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تأثير تعليم طرق البحث عن المعنى طبقاً للتعاليم القرآنية على ميزان السعادة عند المحققين الدينيين الإناث

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معلومات المادة

الوصول: ٥ ربيع الثاني ١٤٤٢

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النشر الإلكتروني: ١٧ جمادى الأولى ١٤٤٣

الملخص

خلفية البحث وأهدافه: إن كون الشيء ذا معنى يؤدي إلى السعادة، ويسمح للأشخاص بتفسير الأحداث، واستدراك وضع قيم لأنفسهم حول طبيعة الحياة ورغبات الإنسان في الحياة. وباعتبار أن الآيات الإلهية تدل على طريق وأسلوب الحياة ذات المعنى، فإن الدراسة الحاضرة تستهدف دراسة تأثير الطرق الباحثة عن المعنى طبقاً للتعاليم القرآنية على ميزان سعادة المحققين الإناث لمدينة قم.

منهجية البحث: تعتبر هذه الدراسة من النوع نصف التجريبي مرفقة باختبار سابق واختبار لاحق مع وجود مجموعة ضابطة، بصورة استشارة جماعية، وقد تمت على مدى ثمانية جلسات. وكانت المجموعة الإحصائية للدراسة تشمل جميع المحققين الإناث لمدينة قم خلال نصف العام الدراسي ٢٠١٩-٢٠١٨ وكانت عينة هذه الدراسة تضم ٦٠ محققة من الإناث ضمن أعمار تتراوح بين ١٨ و ٢٥ عاماً في مرحلة الليسانس. وقد سجلوا أسماءهن بصورة تطوعية في الاستشارة الجماعية، وتم تقسيمهن إلى مجموعتين ٣٠ فرداً ضابطة واختبارية. وكانت أدوات الدراسة استبيان سعادة (أكسفورد). وتمت الاستعانة بطرق الإحصاء الوصفية والتحليلية (تحليل كوواريانس) من أجل تفكيك وتحليل البيانات. كما تمت مراعاة جميع الضوابط الأخلاقية في هذه الدراسة، ولم يلحظ مؤلفو المقالة أي تضارب للمصالح.

المعطيات: تشير نتائج البيانات أن متوسط درجات السعادة لمجموعة الاختبار قبل المداخلة كانت $94/51 + 31/40$ وقد تغيرت بعد الاستشارة الجماعية إلى $130/13 + 14/87$ وبناءً على هذا فإن متوسط مجموعة الاختبار كانت أعلى في مرحلة ما بعد الاختبار. وفي النتيجة فإن الطرق الباحثة عن المعنى طبقاً للتعاليم القرآنية كانت مؤثرة على ميزان السعادة عند المحققين الدينيين ($P < 0.001$).

الاستنتاج: باعتبار أن الآيات الإلهية قد بيّنت طرق وأساليب الحياة ذات المعنى بأفضل الطرق، فإنه يُقترح الاستفادة من مفاهيم هذه الآيات في تعليم المؤسسات التعليمية وذلك لإيجاد السعادة عند التلاميذ وطلبة الجامعات والمحققين.

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تأثیر آموزش راه‌های معنایابی بر اساس آموزه‌های قرآنی بر میزان شادمانی دین‌پژوهان دختر

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چکیده

سابقه و هدف: بامعنا بودن موجب شادی می‌شود و به اشخاص اجازه می‌دهد رویدادها را تفسیر کنند و درباره نحوه زندگی و خواسته‌های انسان در زندگی برای خویش ارزش‌هایی تدارک ببینند. از آنجاکه آیات الهی راه و روش زندگی معنادار را ارائه نموده است، پژوهش حاضر به منظور بررسی تأثیر راه‌های معنایابی بر اساس آموزه‌های قرآنی بر میزان شادمانی دین‌پژوهان دختر شهر قم صورت گرفته است.

روش کار: این پژوهش از نوع نیمه‌تجربی همراه با پیش‌آزمون-پس‌آزمون با گروه کنترل است که به صورت مشاوره گروهی و در هشت جلسه برگزار شده است. جامعه آماری پژوهش تمامی دین‌پژوهان دختر شهر قم در نیم‌سال اول تحصیلی ۹۸-۱۳۹۷ و نمونه پژوهش ۶۰ دین‌پژوه دختر با دامنه سنی ۱۸ تا ۲۵ در مقطع کارشناسی بود که به صورت داوطلبانه در مشاوره گروهی ثبت نام نمودند و به صورت تصادفی در دو گروه ۳۰ نفره کنترل و آزمایش قرار گرفتند. ابزار پژوهش پرسش‌نامه شادمانی آکسفورد بود. برای تجزیه و تحلیل داده‌ها از روش‌های آمار توصیفی و تحلیلی (تحلیل کوواریانس) استفاده شد. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلفان مقاله تضاد منافی گزارش نکرده‌اند.

یافته‌ها: تحلیل داده‌ها نشان می‌دهد که میانگین نمرات شادمانی گروه آزمایش قبل از مداخله $31/40 \pm 94/51$ و بعد از مشاوره گروهی $13/87 \pm 130/13$ تغییر کرد. بنابراین میانگین گروه آزمایش در مرحله پس‌آزمون بیشتر بود. در نتیجه راه‌های معنایابی بر اساس آموزه‌های قرآنی بر میزان شادمانی دین‌پژوهان مؤثر بوده است ($P < 0/001$).

نتیجه‌گیری: از آنجاکه آیات الهی راه و روش زندگی معنادار را به بهترین شیوه تبیین نموده است پیشنهاد می‌شود در آموزش‌های مؤسسات آموزشی از مفاهیم این آیات برای ایجاد شادمانی در دانش‌آموزان، دانشجویان و دین‌پژوهان استفاده شود.

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