

# Prediction of Life Satisfaction based on Attitude and Practical Commitment to Prayer in Students of Farhangian University of Tabriz

Ali Eghbali<sup>\*</sup> , Mohammad Azimi 

Department of Educational Sciences, Faculty of Psychology and Educational Sciences, Farhangian University, Tehran, Iran.

<sup>\*</sup>Correspondence should be addressed to Mr. Ali Eghbali; Email: [e.eghbali@cfu.ac.ir](mailto:e.eghbali@cfu.ac.ir)

## Article Info

Received: Feb 20, 2021

Received in revised form:

Apr 7, 2021

Accepted: May 11, 2021

Available Online: Jun 22, 2022

## Keywords:

Life satisfaction

Prayers

Subjective well-being



 <https://doi.org/10.22037/jrrh.v8i2.34151>

## Abstract

**Background and Objective:** The concept of life satisfaction has attracted increasing attention over the past two decades. Life satisfaction means having a favourable attitude toward one's life as a whole. The aim of this study was to predict life satisfaction based on attitude and practical commitment to prayer in students of Farhangian University of Tabriz.

**Methods:** The research method used in the present study was descriptive-correlational. The statistical population included all married female students of Tabriz Farhangian University, who were studying in the academic year 2020-2021. Using available sampling method, 101 of them were selected. Data were collected using the Questionnaire of Attitude and Practical Commitment to Prayer (Anisi et al.,) and the Life Satisfaction Scale of Diner et al. In this study, all ethical considerations were observed and no conflict of interest was reported by the authors.

**Results:** The results showed that attitude and practical commitment to prayer had a significant correlation with life satisfaction ( $r=0.632$ ). The results of regression analysis also showed that the attitude and practical commitment to prayer predict life satisfaction ( $\beta=0.758$ ). Also, among the variables, the effectiveness of prayer in individual and social life ( $\beta=0.414$ ) and heart's presence in prayer ( $\beta=0.338$ ) significantly predicted life satisfaction.

**Conclusion:** Based on the findings, it can be stated that attitude and practical commitment to prayer have a significant role in predicting life satisfaction.

**Please cite this article as:** Eghbali A, Azimi M. Prediction of Life Satisfaction based on Attitude and Practical Commitment to Prayer in Students of Farhangian University of Tabriz. Journal of Pizhūhish dar dīn va salāmat. 2022;8(2):9-19. <https://doi.org/10.22037/jrrh.v8i2.34151>

## Summary

### Background and Objective

Life satisfaction is a key indicator of subjective well-being and indicates its cognitive element, measures the judgment of people about their lives and usually the process of assessing people from their status is defined by a set of distinct and unique criteria. In the three-component model of subjective well-being, the cognitive aspect of subjective well-being is the satisfaction of people with different aspects of life, such as employment, marriage, parents, and life as a whole (1). The existing evidence suggests that personality traits

such as extraversion, neuroticism and conscientiousness have a more direct role in the satisfaction with life. Along with them, parents, same-sex peers, body ability and physical concepts play an important role in the satisfaction with life (2). Life satisfaction is also positively and significantly related to other dimensions of family functions such as emotional responsiveness, emotional conflict and family interactions.

Spirituality has been conceptualized as seeking meaning in life, individual communication with transcendental realities and interactions with humanity (4). In recent years, different studies have investigated the role of spirituality and

religiosity in the lives of individuals, and have confirmed the positive effect it has on people's lives. A review of the studies conducted in this field suggests that researchers have examined the relationship between different variables such as religion and internal religious orientation, and practice of religious beliefs (5), but the attitude and practical commitment to prayer has been studied to a lesser degree, and this issue has been considered only in the study by Movahed, Mohammadi and Abbasi (6). It is also important to note that prayer is a very important pillar of the religion of Islam that can generate spiritual energy and have many cognitive benefits that affect stress, subjective well-being and interpersonal sensitivity (7). Accordingly, due to the importance of the issue of attitude toward and practical commitment to prayer and life satisfaction and given the fact that this issue has not been examined in Farhangian University, the present study was conducted to determine the role of attitude and practical commitment to prayer in life satisfaction of female students of Farhangian University.

## Methods

**Compliance with ethical guidelines:** To observe the ethical principles in the present study, the participants were informed about the method of implementation and purpose of the study and participated with informed consent in the study. The participants were also reassured about the privacy of their personal information.

The present study was descriptive-correlational. The statistical population of the study included all married female students of Tabriz Farhangian University, who were studying in the academic year 2020-2021. The sample size (101 people) was selected using purposive sampling method. Data were collected using the Scale of Attitude and Practical Commitment to Prayer developed by Anisi, Navidi and Hosseini Nejad Nasrabad and the Life Satisfaction Scale of Diner et al. Descriptive statistics including mean and standard deviation and inferential statistics including Pearson's correlation and Multiple regression were used for data analysis.

## Results

All participants in this study (101 people) were women and ranged in age from 18 to 21 years. In terms of education, all participants are undergraduate students in primary education (68%), physics education (2.5%), biology education (7%), exceptional children's education (2.8%) and counseling (3%), science education

(3%) and Persian language and literature education (3%).

The results showed that life satisfaction is related to students' attitudes and practical commitment to prayer and significantly predicts students' life satisfaction. Also, attitude and practical commitment to prayer explain 42% of the variance in life satisfaction. Among the components of attitude and practical commitment to prayer, the effectiveness of prayer in individual and social life (0.414) and heart's presence in prayer (0.338), with 0.95 confidence level, significantly explain life satisfaction.

## Conclusion

Findings showed that the attitude and practical commitment to prayer and its components have a significant correlation with life satisfaction and among the components, the effectiveness of prayer in individual and social life and the care and presence of the heart in prayer significantly predict life satisfaction. These findings are consistent with the results of the studies by Okulicz-Kozaryn (8), Yorulmaz (9), Movahed, Mohammadi and Abbasi (6).

To explain the findings, it can be stated that religiosity and spirituality are meaningful systems and act as ways to understand oneself and interact with the world, and they may create perceived control and positive expectations about the future. This is partly because religious practices and beliefs provide psychological resources such as a sense of worthiness, meaning of life, hope for the future, forgiveness of oneself and others, and a sense of personal control (10). Based on the findings, it can be stated that attitude and practical commitment to prayer play a significant role in predicting life satisfaction. Based on this, the cultural directors of Farhangian University can improve the life satisfaction of students by correctly explaining the position of prayer.

## Acknowledgements

The researchers would like to thank all the participants in this study.

## Ethical considerations

According to the authors, this study has been confirmed under the letter number 50100/174 in Farhangian University of Tabriz.

## Funding

According to the authors, this research was done at the personal expense of the authors and received no sponsorship.

## Conflict of interest

The authors declared no conflict of interest in this study.

### Authors' contribution

Writing the whole article: first author, and collecting and analyzing the data: second author.

## References

1. Jebb AT, Morrison M, Tay L, Diener E. Subjective well-being around the world: trends and predictors across the life span. *Psychological Science*. 2020;31(3):293-305.
2. Lu A, Hong X, Yu Y, Ling H, Tian H, Yu Z, et al. Perceived physical appearance and life satisfaction: A moderated mediation model of self-esteem and life experience of deaf and hearing adolescents. *Journal of adolescence*. 2015;39:1-9.
3. Szcześniak M, Tulecka M. Family functioning and life satisfaction: The mediatory role of emotional intelligence. *Psychology research and behavior management*. 2020;13:223.
4. Worthington Jr EL, Hook JN, Davis DE, McDaniel MA. Religion and spirituality. *Journal of clinical psychology*. 2011;67(2):204-14.
5. Krause N, Hayward RD. Prayer beliefs and change in life satisfaction over time. *Journal of religion and health*. 2013;52(2):674-94.
6. Movahed A, Mohammadi H, Abbasi Z. The relation of the attitude dimensions to prayer with the life satisfaction and meaning in life in female students of Qayen high school. *KAUMS Journal (FEYZ)*. 2020;23(7):727-34. (Full Text in Persian)
7. Henry HM. Spiritual energy of Islamic prayers as a catalyst for psychotherapy. *Journal of Religion and Health*. 2015;54(2):387-98.
8. Okulicz-Kozaryn A. Religiosity and life satisfaction across nations. *Mental Health, Religion & Culture*. 2010;13(2):155-69.
9. Yorulmaz Ö. Türkiye’de Dindarlık ve Mutluluk Arasındaki İlişki: Dindar İnsanlar daha mı Mutlu? Çankırı Karatekin Üniversitesi İktisadi ve İdari Bilimler Fakültesi Dergisi. 2016;6(1):801-18.
10. Bradshaw M, Kent BV. Prayer, attachment to God, and changes in psychological well-being in later life. *Journal of aging and health*. 2018;30(5):667-91.

## علاقة الرضا من الحياة والالتزام بفريضة الصلاة عند طالبات دار المعلمين في مدينة تبريز

علي إقبالي<sup>\*</sup>، محمد عظيمي<sup>id</sup>

قسم العلوم التربوية، كلية علم النفس والعلوم التربوية، دار المعلمين، طهران، إيران.

<sup>\*</sup> المراسلات الموجهة إلى السيد علي إقبالي؛ البريد الإلكتروني: [e.eghbali@cfu.ac.ir](mailto:e.eghbali@cfu.ac.ir)

### معلومات المادة

الوصول: ٨ رجب ١٤٤٢

وصول النص النهائي: ٢٤ شعبان ١٤٤٢

القبول: ٢٨ رمضان ١٤٤٢

النشر الإلكتروني: ٢٢ ذي القعدة ١٤٤٣

### الملخص

**خلفية البحث وأهدافه:** أصبح مفهوم الرضا من الحياة محط اهتمام الكثير من الأفراد في العقدين الماضيين. فالرضا من الحياة يعني الشعور بالرضا من الحياة ككل. تسعى هذه الدراسة أن تلقي الضوء على هذا المفهوم من منظور ديني و دراسة تأثير أداء فريضة الصلاة والالتزام بها على هذه النظرة لدى طالبات دار المعلمين في مدينة تبريز.

**منهجية البحث:** تتبع هذه الدراسة المنهجية الوصفية التضامنية. أما المجتمع الإحصائي الذي أجريت عليه الدراسة فهو الطالبات المتزوجات في دار المعلمين في تبريز في عامي ٢٠٢١-٢٠٢٠ الميلاديين. واستخدمت هذه الدراسة منهج اختيار العينات الهادفة و تمّ اختيار ١٠١ شخص من بين المشاركات في الإستبيان. يُذكر أنّ المعطيات الحاصلة من إستبيان "أنيسي" المتعلقة بالالتزام العلمي بالصلاة و معيار "دينر" حول الرضا من الحياة خضعت للتحليل واستخراج المعطيات. تمت مراعاة جميع الموارد الأخلاقية في هذا البحث و إضافة الى هذا فإن مؤلفي البحث لم يشيروا الى اي تضارب في المصالح.

**المعطيات:** أثبتت النتائج أنّ النظرة الإيجابية تجاه الصلاة والالتزام بها لها علاقة وثيقة بالتضامن والتعاقد في الحياة الزوجية ( $r=0.326$ ). أما نتائج رجسبون فقد أثبتت أنّ النظرة الإيجابية تجاه فريضة الصلاة وإدائها تعزز الشعور بالرضا من الحياة ( $\beta=0.458$ ). و من بين المؤثرات والمعايير الأخرى كان الإلتزام بالصلاة من أكثر المؤثرات نجاعة و تأثيراً على الحياة الفردية والاجتماعية ( $\beta=0.414$ ) كما أنّ الخشوع في الصلاة ( $\beta=0.338$ ) من أكثر العوامل المؤثرة في الحياة.

**الاستنتاج:** تشير النتائج التي توصلت إليها هذه الورقة البحثية إلى أنّ الإلتزام بالصلاة له تأثير كبير على الشعور بالرضا من الحياة الزوجية.

يتم استناد المقالة على الترتيب التالي:

Eghbali A, Azimi M. Prediction of Life Satisfaction based on Attitude and Practical Commitment to Prayer in Students of Farhangian University of Tabriz. Journal of Pizhūhish dar dīn va salāmat. 2022;8(2):9-19. <https://doi.org/10.22037/jrrh.v8i2.34151>

## پیش‌بینی رضایت از زندگی بر اساس نگرش و التزام عملی به نماز در دانشجویان دختر دانشگاه فرهنگیان تبریز

علی اقبالی<sup>\*</sup>، محمد عظیمی<sup>id</sup>

گروه علوم تربیتی، دانشکده روان‌شناسی و علوم تربیتی، دانشگاه فرهنگیان، تهران، ایران.

\*مکاتبات خطاب به آقای علی اقبالی، رایانامه: [e.eghbali@cfu.ac.ir](mailto:e.eghbali@cfu.ac.ir)

### اطلاعات مقاله

دریافت: ۲ اسفند ۱۳۹۹

دریافت متن نهایی: ۱۸ فروردین ۱۴۰۰

پذیرش: ۲۱ اردیبهشت ۱۴۰۰

نشر الکترونیکی: ۱ تیر ۱۴۰۱

### واژگان کلیدی:

بهبودی ذهنی

رضایت از زندگی

نماز

### چکیده

**سابقه و هدف:** مفهوم رضایت از زندگی طی دو دهه گذشته توجه زیادی را به خود جلب کرده است. رضایت از زندگی به معنای داشتن نگرشی مطلوب نسبت به زندگی خود به عنوان یک کل است. هدف مطالعه حاضر پیش‌بینی رضایت از زندگی بر اساس نگرش و التزام عملی به نماز در دانشجویان دانشگاه فرهنگیان تبریز بود.

**روش کار:** روش پژوهش حاضر توصیفی از نوع همبستگی است. جامعه آماری تمامی دانشجویان دختر متأهل دانشگاه فرهنگیان تبریز بود که در سال تحصیلی ۱۴۰۰-۱۳۹۹ مشغول به تحصیل بودند و با استفاده از روش نمونه‌گیری هدفمند ۱۰۱ نفر از آنان انتخاب شدند. داده‌ها با استفاده از پرسش‌نامه نگرش و التزام عملی به نماز انیسی و همکاران و مقیاس رضایت از زندگی دینر و همکاران جمع‌آوری شد. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلفان مقاله تضاد منافی گزارش نکرده‌اند.

**یافته‌ها:** نتایج نشان داد که نگرش و التزام عملی به نماز با رضایت از زندگی همبستگی معنادار داشت ( $r=0/326$ ). نتایج رگرسیون نیز نشان داد که نگرش و التزام عملی به نماز پیش‌بینی‌کننده رضایت از زندگی بود ( $\beta=0/458$ ). همچنین از بین متغیرها اثربخشی نماز در زندگی فردی و اجتماعی ( $\beta=0/414$ ) و مراقبت و حضور قلب در نماز ( $\beta=0/338$ ) به صورت معناداری رضایت از زندگی را پیش‌بینی کرد.

**نتیجه‌گیری:** بر اساس یافته‌های به دست آمده می‌توان گفت نگرش و التزام عملی نقش معناداری در پیش‌بینی رضایت از زندگی دارد.

استناد مقاله به این صورت است:

Eghbali A, Azimi M. Prediction of Life Satisfaction based on Attitude and Practical Commitment to Prayer in Students of Farhangian University of Tabriz. Journal of Pizhūhish dar dīn va salāmat. 2022;8(2):9-19. <https://doi.org/10.22037/jrrh.v8i2.341512>

### مقدمه

رضایت از زندگی<sup>۱</sup> شاخص کلیدی بهزیستی ذهنی<sup>۲</sup> است و

مؤلفه شناختی آن را نشان می‌دهد، قضاوت افراد را درباره زندگی خود اندازه می‌گیرد (۱) و معمولاً فرایند ارزیابی افراد از وضعیت زندگی خود بر اساس مجموعه‌ای از معیارهای متمایز و منحصر به فرد خود تعریف می‌شود (۲). اصطلاح رضایت از زندگی را می‌توان شاخصی برای بهزیستی فرد قلمداد کرد (۳).

<sup>۱</sup>) life satisfaction

<sup>۲</sup>) subjective well-being