

The Role of Secular Attachment in the Field of Mental Health in the Cyberspace

Mansoorah Mahdiyar , Javad Molazadeh* , Mohammad Ali Goodarzi , Abdolaziz Aflakseir 

Department of Clinical Psychology, Faculty of Educational Sciences and Psychology, Shiraz University, Shiraz, Iran.

*Correspondence should be addressed to Dr. Javad Molazadeh; Email: javad.Molazade@gmail.com

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Abstract

Background and Objective: Today, people spend a lot of time in the cyberspace and social networks. One of the common phenomena of this space is false self-presentation, which can have many consequences in the field of mental health for both the individual and other users. Identifying the effective factors in this phenomenon helps us in prevention. It seems that the effective factors in this field are self-esteem and secular attachment. So the purpose of this study was to examine the role of secular attachment in the field of mental health in cyberspace, which was examined in the form of a model.

Methods: The present study is correlational. The statistical population of the study included all male and female students of Shiraz University, out of whom a sample of 307 people was selected by available sampling method. They answered the questionnaires of false self-presentation, secular attachment and self-esteem. In this study, all ethical considerations were observed and no conflict of interest was reported by the authors.

Results: The results showed a good fit of the model. In other words, the results showed that self-esteem can predict false self-presentation through mediation of secular attachment.

Conclusion: It is suggested that researchers and therapists not neglect the role of cultural and religious variables. Parents and education activists should also pay special attention to fostering self-esteem during development.

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Summary

Background and Objective

Today, people spend a lot of time in cyberspace and social networks. This can have many consequences in the field of mental health (1). One of these consequences is to present a different self from the real one, which according to the available evidence, can have many consequences for both the individual and other users. Consequences for the individual include decreased virtual social communication, dropout, wasted time, guilt and depression (2). One of the consequences of this false self for other people is

the feeling of dissatisfaction and depression, which in turn and in a vicious cycle may also make them feel deficient and get caught in the presentation of false self (3). Identifying the effective factors in this phenomenon helps us in rehabilitation. Research has repeatedly shown that low self-esteem is one of the characteristics that make a person prone to false self-presentation (4). But the issue that seems to have been neglected is the importance of secular attachment for individuals, which can be greatly influenced by self-esteem. It seems that as long as material issues, physical attractiveness and the like are not very important to a person, he does not spend much time in these social networks to look at the

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possessions of others; nor does he feel lacking and dissatisfied by watching them so he wants to compensate by presenting a different self. Therefore, in the present study, the authors sought to investigate the hypothesis that low self-esteem, mediated by secular attachment, can predict one of the phenomena of cyberspace that plays a role in endangering the mental health of individuals.

Methods

Compliance with ethical guidelines: All relevant ethical principles, including the confidentiality of the questionnaires and obtaining the informed consent of the participants in this research have been observed. In addition, while providing implicit information about the purpose of the questionnaire, the individuals were asked to collaborate with the researchers if they wished.

The present study is correlational. The statistical population of the study was all male and female students of Shiraz University, out of whom 307 were selected by available sampling method and answered the questionnaires of false self-expression, attachment and self-esteem. The questionnaires were designed using porcelain software and provided to students in cyberspace. The research design was also correlational and causal relationships between the research variables in the form of structural equation modeling were examined. Statistical analysis was performed using structural equation modeling.

Results

The first hypothesis of the study was that secular attachment positively predicts false representation, which was confirmed ($\beta=0.17$ and $P<0.01$). The second research hypothesis, which was related to predicting self-esteem by false self-presentation, was also confirmed ($\beta=-0.54$ and $P<0.000$). The results also support another hypothesis of the research based on the predictor of variable secular attachment by self-esteem ($\beta=-0.68$ and $P<0.000$). The last hypothesis of the study was related to the prediction of false self-expression by self-esteem through mediation. Bootstrap method was used to investigate the indirect effects. According to the results, this hypothesis was also supported. Therefore, it can be stated that the effect of self-esteem on the false self, to some extent, can be explained by the variable of attachment. Overall pattern fitted the criteria, all of which indicate a good fit of the proposed pattern.

Conclusion

For the first time, this study examined the possible source of secular attachment that remained

unanswered in the literature. And in the second step, it examined the role of this religious component in the up-to-date and very practical issue of cyberspace. According to the results, the role of self-esteem in predicting secular attachment was confirmed with a high coefficient. The mediating role of secular attachment in the relationship between self-esteem and false self-presentation was also confirmed. These results are consistent with research that finds secular attachment, problematic in the field of mental health (5). The results are also consistent with the findings of previous research that shows low self-esteem is an important factor in presenting false self (3).

Therefore, the result of the present study can be summarized as follows: people with low self-esteem use material manifestations as a means to feel valued, but the nature of these issues is such that no matter how much one achieves, one still wants more of it and they become extremely dependent. The result of this extreme dependence in the cyberspace can be a false self-presentation because this space is a ready platform for presenting and pursuing material manifestations. Thus, a person who is extremely dependent on these manifestations feels both dissatisfied and worthless when he sees more of what people have, and is more motivated to provide false information to compensate for this dissatisfaction.

Relying on a questionnaire and available sampling were the limitations of this study. It is suggested that researchers and therapists not neglect the role of cultural and religious variables. Parents and activists in the field of education, according to religious and psychological teachings, should pay special attention to fostering high self-esteem in children so that the person is not prone to extreme dependence on material things and its consequences.

Acknowledgements

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Ethical considerations

According to the authors, this article has been obtained from the doctoral dissertation of the first author entitled "Study of the role of self-esteem in predicting Instagram addiction and its related marginal issues through mediation of secular attachment" approved by the Ethics in Research Committee of Shariz University of Medical Sciences under the code of ethics IR.SUMS.REC.1399.1166.

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Conflict of interest

The authors declared no conflict of interest in this study.

Authors' contribution

Selecting the topic, collecting and analyzing data and writing the article: first author, supervisors: second and third authors and consulting professor: fourth author.

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دور التعلق بالماديات في مجال الصحة العقلية في الفضاء السيبراني

منصورة مهدي يار^{ID}، جواد ملازادة^{ID}، محمد علي كودرزي^{ID}، عبدالعزيز افلاكسير^{ID}

قسم علم النفس السريري، كلية علم النفس والعلوم التربوية، جامعة شيراز، شيراز، إيران.

* المراسلات الموجهة إلى الدكتور جواد ملازادة؛ البريد الإلكتروني: javad.Molazade@gmail.com

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الإنتماء المادي

انترنت

الصحة العقلية

الملخص

خلفية البحث وأهدافه: يقضي الناس وقتاً كثيراً في الفضاء السيبراني والقنوات الاجتماعية. من المظاهر الشائعة في هذا الفضاء، هي عرض الهوية الوهمية، الذي يؤدي إلى عواقب عديدة في مجال الصحة العقلية لكل من الفرد نفسه والمستخدمين الآخرين. إن معرفة العوامل المؤثرة في هذه الظاهرة تساعدنا في إعادة التأهيل. يبدو أن عزلة النفس والتعلق من العوامل المؤثرة في هذا المجال. ولهذا فالغرض من هذا البحث، دراسة دور التعلق بالماديات في مجال الصحة العقلية في الفضاء السيبراني.

منهجية البحث: اعتمدت الدراسة الراهنة على منهج البحث المترابط. اشتمل المجتمع الاحصائي للدراسة، جميع الطلاب والطالبات في جامعة شيراز حيث تم اختيار ٣٠٧ منهم بطريقة أخذ العينة المتاحة ومن ثم قاموا بالاجابة عن الاستبيانات عن عرض الهوية الوهمية والتعلق وعزلة النفس. تمت مراعاة جميع الموارد الأخلاقية في هذا البحث وازافة الى هذا فإن مؤلفي البحث لم يشيروا الى اي تضارب في المصالح.

المعطيات: تدل النتائج على ملائمة جيدة للنموذج. بعبارة اخرى اظهرت النتائج بأنه يمكن ان تنبئ عزلة النفس، عرض الهوية الوهمية من خلال وساطة التعلق.

الاستنتاج: يقترح للباحثين والمعالجين ان يولوا اهتماماً كبيراً الى دور المتغيرات الثقافية والدينية. كما على الوالدين والناشطين في مجال التربية والتعليم ان يهتموا الى تنمية عزلة النفس العالية لدى الأطفال وفق التعاليم الدينية والنفسية حتى لا يصبح الشخص عرضة للانتماء المفرط الى الماديات وعواقبها.

يتم استناد المقالة على الترتيب التالي:

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نقش تعلق به مادیات در حوزه سلامت روان در فضای مجازی

منصوره مهدی یار^{id}، جواد ملازاده^{id*}، محمدعلی گودرزی^{id}، عبدالعزیز افلاک سیر^{id}گروه روان‌شناسی بالینی، دانشکده علوم تربیتی و روان‌شناسی، دانشگاه شیراز، شیراز، ایران.
*مکاتبات خطاب به دکتر جواد ملازاده؛ رایانامه: javad.Molazade@gmail.com

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واژگان کلیدی:

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چکیده

سابقه و هدف: امروزه افراد زمان زیادی را در فضای مجازی و شبکه‌های اجتماعی می‌گذرانند. یکی از پدیده‌های معمول این فضا نمایش خود کاذب است که می‌تواند هم برای خود فرد هم برای کاربران دیگر تبعات زیادی در حوزه سلامت روان داشته باشد. شناسایی عوامل مؤثر در این پدیده ما را در امر توانبخشی یاری می‌نماید. به نظر می‌رسد عزت نفس و تعلق از عوامل مؤثر در این زمینه باشند. بنابراین، هدف این پژوهش بررسی نقش تعلق به مادیات در حوزه سلامت روان در فضای مجازی بود که در قالب الگو بررسی شد.

روش کار: پژوهش حاضر از نوع همبستگی است. جامعه آماری پژوهش تمامی دانشجویان دختر و پسر دانشگاه شیراز بودند که از میان آنان نمونه‌ای به حجم ۳۰۷ نفر به روش نمونه‌گیری دردسترس انتخاب شد و به پرسش‌نامه‌های نمایش خود کاذب، تعلق و عزت نفس پاسخ دادند. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلفان مقاله تضاد منافی گزارش نکرده‌اند.

یافته‌ها: نتایج حاکی از برازش خوب الگو بود. به عبارت دیگر، نتایج نشان داد عزت نفس می‌تواند با واسطه‌گری تعلق، نمایش خود کاذب را پیش‌بینی نماید.

نتیجه‌گیری: پیشنهاد می‌شود پژوهشگران و درمانگران از توجه به نقش متغیرهای فرهنگی و مذهبی غفلت نورزند. والدین و فعالان حوزه تعلیم و تربیت نیز طبق تعالیم دینی و روان‌شناختی باید به پرورش عزت نفس بالا در کودکان توجه ویژه‌ای داشته باشند تا فرد مستعد وابستگی افراطی به مادیات و تبعات آن نباشد.

استناد مقاله به این صورت است:

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مقدمه

با آخرین آمار، بیش از دوسوم از کاربران اینترنت و یک‌سوم از مردم جهان به‌طور فعال از شبکه‌های اجتماعی استفاده می‌کنند (۱). تحقیقات نشان می‌دهد در کنار ویژگی‌های مثبت این شبکه‌ها، آنها می‌توانند مشکلات زیادی در حوزه

جذابیت شبکه‌های اجتماعی و دردسترس بودن آنها سبب شده است که افراد زمان زیادی را در این شبکه‌ها بگذرانند. مطابق