

The Effectiveness of Religious-based Interpersonal Problem Solving Training on Mental Health of Young Female Prisoners in Kermanshah City

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Abstract

Background and Objective: Nowadays, many efforts have been made in the context of prisons through psychological intervention programs in order to improve the efficiency of prisoners in order to improve the solution of social problems, rebuild their personality and improve their mental health. Therefore, considering the age of prison-based intervention programs, the provision of correctional, educational and educational services, as well as examining its effect on the empowerment of prisoners, is of particular importance. This study was conducted about of the effectiveness of religious-based interpersonal problem solving education on mental health of young female prisoners in Kermanshah city.

Methods: This is a quasi-experimental research with control group. The statistical population of this study was all young female prisoners in Kermanshah Central Prison in 2019, that 30 of whom were selected using available sampling method and were randomly assigned to two experimental (n=15) and control (n=15) groups. The Goldberg Mental Health Questionnaire was used to collect data. Ten two-hour sessions of interpersonal problem-solving training of D’Zurilla & Nezu that combined with religious teachings were held twice a week for the experimental group. Data were analyzed by analysis of covariance. In this study, all the ethical considerations were observed and the authors reported no conflict of interests.

Results: The results showed that interpersonal problem solving training based on religious teachings had a significant effect on the components of anxiety, social function and depressive symptoms ($P < 0.05$), while the intervention had no significant effect on the component of physical symptoms.

Conclusion: Due to the effective results of religious-based interpersonal problem solving education on mental health, it can be used as a corrective and preventive intervention program for the mental health of young female prisoners.



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Summary

Background and Objective

Many efforts have been made today in prisons around the world through various psychological intervention programs to make prisoners more efficient in promoting their mental health (1-3).

The World Health Organization defines mental health as "a state of social, mental, and physical well-being, and does not consider it to be a mere absence or lack of disease or dysfunction". However, the medical model that consistently emphasizes the idea of 'repair shop', i.e. health as returning to the normal state, has overshadowed psychological views about well-being and bad life

and has inappropriately influenced its theoretical and practical contexts (4). The occurrence of any restrictions in the social and psychological fields causes psychological and physical harm (5). It has been rehabilitated to provide conditions for the return of prisoners to a healthy social life, which will be provided in the shadow of providing correctional and educational programs in prisons (6). Over the past decade, the study, application, education and treatment of cognitive-behavioral programs, including interpersonal problem solving for prisoners, has expanded significantly (7). In Islamic texts, problem solving is emphasized, for example, "a religious person thinks, achieves peace and looks at the end of the work, is safe against regret" (8). "Before you get into a problem, stop to know where it came from and went out, otherwise you will be regretful". "Leave what is not important and deal with important matters" and "Do not start until you know something" (9).

This study was conducted to examine the effectiveness of interpersonal problem solving based on Islamic teachings in the mental health of young female prisoners in Kermanshah.

Methods

Compliance with ethical guidelines: In the present study, an attempt has been made to observe the ethical principles of research, such as the confidentiality of the participants' information, obtaining the participants' consent to participate in the study, and leaving them free to withdraw from it.

A quasi-experimental pre-test-post-test design with a control group was used in the present study. The statistical population of this study included all young female offenders in Kermanshah Central Prison in 2019, out of whom 30 were selected using available sampling method and were randomly assigned to two experimental groups (15 people) and control (15 people). The Goldberg Mental Health Questionnaire was used to collect data. Ten two-hour interpersonal problem-solving training sessions were conducted twice a week for the experimental groups (10), which were combined with Islamic teachings. Problem solving has been also emphasized in Islamic teachings. The collected data were analyzed by analysis of covariance.

Results

The most important achievements of this program include: 1) teaching how to think and not what to think about, which helps people to think of different solutions in the face of interpersonal and

interpersonal problems and adopt the best solution, 2) promote mental health and prevent the occurrence and intensification of emotional and behavioral disorders such as isolation, depression, anxiety, anger and aggression, 3) change and modify behavior and adopt a problem-solving coping style in order to provide lasting psychological security. The intervention package was used by (11) and was validated by experts. It has been used many times in different studies in Iran for different populations (12). The results showed that interpersonal problem solving training based on Islamic teachings had a significant effect on the components of anxiety, social function and depressive symptoms ($P < 0.05$), while the intervention had no significant effect on the component of physical symptoms.

Conclusion

The present study was conducted to investigate the effectiveness of interpersonal problem solving based on Islamic teachings on increasing the mental health of young female prisoners in Kermanshah. The results showed that in the experimental group, the problem-solving program affected the components of anxiety, social function and depressive symptoms, while it had no effect on the component of physical symptoms. This result is consistent with the findings of the studies by (13, 14). Regarding the effect of the intervention on increasing the component of social functioning, it should be stated that problem solving allows individuals to produce, select and implement a complete set of effective and efficient behaviors, which in turn causes further improvement of mental and social health preventing the individual from social incompatibility (8). In other words, problem solving is actually a kind of confrontation and because confrontation is a kind of evaluation process and evaluation has a greater cognitive burden, problem-solving training has a great and effective role in promoting the coping skills in social life and thus increasing social functions for everyone including young female prisoners. Due to the effective results of interpersonal problem-solving training based on Islamic teachings, it can be used as a corrective and preventive intervention program for the mental health of young female prisoners.

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Ethical considerations

According to the authors of the article, the current study was obtained from the doctoral dissertation of the first author, which was approved on 2022/01/08 at Islamic Azad University, Kermanshah Branch.

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According to the authors, this study has no sponsors and was conducted at personal cost of the authors.

Conflict of interest

The authors declared no conflict of interests.

Authors' contribution

Writing the article, data collection, and statistical analysis: first author; editing the article, corresponding author, and conceptualization: second author.

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فاعلية التثقيف الديني ودور التعاليم الإسلامية في حل المشاكل الشخصية على الصحة النفسية للشابات السجينات في مدينة كرمانشاه

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معلومات المادة

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الملخص

خلفية البحث وأهدافه: أصبحت مسألة تثقيف السجناء عبر البرامج التعليمية والتثقيفية وتطوير المهارات النفسية من أجل إعادة تأهيل نزلاء السجون ورفع مستوى الحياة الفردية والإجتماعية لدى السجناء وتطوير مهاراتهم والإرتقاء بمستوى صحة السجن النفسية والجسدية، تحظى باهتمام السلطات لتحويل السجون إلى مراكز إعادة تأهيل وصناعة الإنسان. ونظراً لعقاقة البرامج التأهيلية في السجون وقدمها التاريخي، باتت مسألة تقديم الخدمات الإصلاحية، والتربوية، والتعليمية، ودراسة تأثير هذه البرامج التثقيفية على إطلاق مواهب نزلاء السجون، محط اهتمام الباحثين والخبراء في المجال التربوي. وبناء على أهمية الأمر، تسعى هذه الدراسة أن تلقي الضوء على فاعلية التثقيف الديني ودور التعاليم الإسلامية في حل المشاكل الشخصية على الصحة النفسية للشابات السجينات في مدينة كرمانشاه.

منهجية البحث: المنهجية التي اعتمدت عليها الدراسة، منهجية شبه تجريبية، تعتمد على نتائج ماقبل الإختبار ومابعده على المجموعة الضابطة. اما الجمعية الإحصائية فقد شملت جميع نزيلات السجون الشابات في سجن كرمانشاه المركزي عام ٢٠١٩م. حيث اختيرت ٣٠ سجيناً من بينهن عبر منهج أخذ العينات المتاحة وتقسيمهن بشكل عشوائي إلى مجموعتين: المجموعة التجريبية (١٥ مشاركة) والمجموعة الضابطة (١٥ مشاركة). كما اعتمدت الدراسة استبيان السلامة النفسية للدربرغ لجمع المعلومات الضرورية. وخضعت المشاركات لتعليمات امتدت لعشر جلسات استغرقت كل جلسة ساعتين حيث تلقت فيها السجينات تعليم تطويرية لحلحلة المشاكل الفردية عبر منهجية "ذوريللا" و "نزو" بعد دمجها بالتعاليم الإسلامية. واقترنت هذه الجلسات التي استغرقت أسبوعين كاملين، على المجموعة التجريبية فقط. كما تم تحليل المعلومات بعد جمعها، عبر منهجية تحليل التباين. وتمت مراعاة جميع الموارد الأخلاقية في هذا البحث وإضافة إلى ذلك، فإن مؤلفي البحث لم يشيروا إلى أيتضارب في المصالح.

المعطيات: اظهرت النتائج أن تعليم حل المشاكل الفردية القائم على التعاليم الإسلامية، يؤثر بشكل إيجابي على الفرد للتغلب على القلق والإضطراب، ويطور قدراته السلوكية والإجتماعية ويعزز قدراته للتغلب على حالات الكآبة والقلق ($P < .05$)، في حين لم ترصد الدراسة أي آثار جسمية ومادية ملحوظة لهذه التعليم على الفرد.

الاستنتاج: نظراً للنتائج الواعدة التي أظهرتها الدراسة حول تعليم حل المشاكل الفردية القائم على التعاليم الإسلامية؛ يمكن اعتماد هذه النتائج كبرامج تثقيفية وإصلاحي وقائي في مجال الصحة النفسية ورفع مستوى السلامة النفسية والجسدية لنزيلات السجون من أجل إعادة تأهيل هذه النساء للحياة الطبيعية.

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اثربخشی آموزش حل مسئله بین فردی مبتنی بر آموزه‌های اسلامی بر سلامت روان زنان جوان زندانی شهر کرمانشاه

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چکیده

سابقه و هدف: امروزه در سراسر دنیا در بستر زندان‌ها از طریق برنامه‌های مداخله‌ای روان‌شناختی به دنبال کارآمد کردن زندانیان در جهت ارتقای حل مسئله اجتماعی، بازسازی شخصیت و ارتقای سلامت روان آنان تلاش‌های فراوانی صورت گرفته است. بنابراین، نظر به قدمت برنامه‌های مداخلات زندان‌محور، ارائه خدمات اصلاحی، تربیتی و آموزشی و همچنین بررسی تأثیر آن بر توانمندسازی زندانیان اهمیت ویژه‌ای دارد. از این رو، این پژوهش با هدف اثربخشی حل مسئله بین فردی مبتنی بر آموزه‌های اسلامی بر سلامت روان زنان جوان زندانی شهر کرمانشاه انجام شد.

روش کار: طرح پژوهش حاضر شبه‌آزمایشی از نوع طرح پیش‌آزمون-پس‌آزمون با گروه گواه است. جامعه آماری این مطالعه تمامی مجرمان زن جوان زندان مرکزی شهر کرمانشاه در سال ۱۳۹۸ بود که تعداد ۳۰ نفر از آنان با استفاده از روش نمونه‌گیری دردسترس انتخاب شدند و با انتساب تصادفی به دو گروه آزمایشی (۱۵ نفر) و گواه (۱۵ نفر) جایگزین شدند. برای جمع‌آوری اطلاعات از پرسش‌نامه سلامت روان گلدبرگ استفاده شد. ده جلسه دو ساعته آموزش حل مسئله بین فردی دزوریلا و نزو که با آموزه‌های اسلامی ترکیب شده بود به صورت هفته‌ای دو بار برای گروه آزمایش برگزار شد. داده‌ها به روش تحلیل کوواریانس بررسی شد. این پژوهش همه موارد اخلاقی رعایت شده است و مؤلفان مقاله تضاد منافی گزارش نکرده‌اند.

یافته‌ها: نتایج نشان داد که آموزش حل مسئله بین فردی مبتنی بر آموزه‌های اسلامی بر مؤلفه‌های اضطراب، کارکرد اجتماعی و علائم افسردگی اثر معناداری داشت ($P < 0/05$)؛ حال آنکه مداخله مورد نظر بر مؤلفه علائم جسمانی اثر معناداری نداشت.

نتیجه‌گیری: با توجه به نتایج کارآمد آموزش حل مسئله بین فردی مبتنی بر آموزه‌های اسلامی می‌توان از آن به‌عنوان یک برنامه مداخله‌ای اصلاحی و پیشگیرانه در زمینه سلامت روان زنان جوان زندانی استفاده کرد.

واژگان کلیدی:

اخلاق اسلامی

روابط بین فردی

زندان

زن

سلامت روان

کنترل اجتماعی

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مقدمه

مداخله‌ای مختلف روان‌شناختی به دنبال کارآمد کردن زندانیان در جهت ارتقای سلامت روان آنان تلاش‌های فراوانی صورت گرفته است (۱-۴). سازمان بهداشت جهانی سلامت روان را

امروزه در سراسر دنیا در بستر زندان‌ها از طریق برنامه‌های