



AENSI Journals

Journal of Applied Science and AgricultureJournal home page: www.aensiweb.com/jasa/index.html

The Relationship Between Religious Orientation and the Psychological Well-Being of Students of Shiraz Azad University

Mehdi Vares

Department of Elementary Education, Shiraz Branch, Islamic Azad University, Shiraz, Iran PO BOX; 71993-3

ARTICLE INFO

Article history:

Received 19 October 2013

Received in revised form 16

November 2013

Accepted 19 November 2013

Available online 11 January 2014

Keywords:

religious orientation

psychological well-being

students, Azad University

ABSTRACT

Objective: This paper is organized in two sections to investigate the causality among imports, exports and economic growth; one does not regard the uncertainties of the variables, the other does. **Method:** Data is of the time series type during 1971 to 2010 and the autoregressive distributed lag model (ARDL) is used. **Results:** The results of model estimation without regarding uncertainties showed that in the short run, imports and exports have significant and positive impacts on economic growth and there is two-way causality between imports and economic growth, as well as exports and economic growth. On the other hand, there is one-way causality from imports to exports while the reverse does not hold. In the long run, exports have a positive and significant impact on economic growth. Moreover, there is two-way causality among imports, exports, and economic growth. **Conclusions:** The results of model estimation by regarding uncertainties revealed that imports and exports have positive and significant impacts on economic growth in the short run. In the long run, exports have a positive impact and imports have a negative impact on economic growth. Furthermore, the results of the causality test among the variables in the long and short run revealed two-way causality among imports, exports, and economic growth.

© 2013 AENSI Publisher All rights reserved.

To Cite This Article: Mehdi Vares., The Relationship Between Religious Orientation and the Psychological Well-Being of Students of Shiraz Azad University. *J. Appl. Sci. & Agric.*, 8(6): 888-892, 2013

INTRODUCTION

Over the past few years numerous studies have been conducted on the relationship between religion and psychological well-being. They indicate that religion plays a significant role in coping with life's stresses and mitigates the impacts of severe crises. Religious rules are innate and designed to reach perfection and eliminate imperfection. Each rule is planned to satisfy one human need. If a human accepts monotheism and observes religious rules, his/her innate forces flourish and their psychological capacities are broadened; otherwise, their psychological capacities remain limited, with no abilities to ponder over the universe and will lead dark lives (Hosseini, 1998).

A number of western religion researchers consider religion as a creation of enlightenment (Moran, 1988). According to Webber, the clash between what we imagine should be there and what actually happens is the origin of religious attitude (Hamilton, tr. Solasi, 2002). Moreover, religion and religious phenomena possess social structures which enhance group solidarity through rites and rituals (Kozler, tr. Solasi, 2004).

Alport was the first to assign religion external and internal aspects. External orientation involves those religious thoughts and actions which are performed to satisfy needs while internal orientation entails conditions in which the individual's life totally relies on religion and all his behaviors are directed by religion (Sadeghi, 1999).

According to Fromm, religion satisfies a number of human needs and gives them perspective and a focus of devotion (KhosrowPanah, 2003). Freud, the founder of psychoanalysis, considered religious beliefs as illusions and representations of the most ancient and most powerful human desires (Hick, tr. Saleki, 1997). He believes religion is rooted in fundamental dependence on the father and suppressed childhood desires embodied in the form of God (KhosrowPanah, 1993).

Finally, from an Islamic point of view, religion is a set of beliefs, thoughts, rules, morals, and, in short, all do's and don'ts sent down by God to guide man through such tools as the Holy Book, Sunnah, reason, and nature (KhosrowPanah, 2000).

The environment makes people involve in their activities. Life experiences can change individuals' attitudes, responsibility, and the way they deal with problems. Various changes in the academic life and learning opportunities create special conditions for individuals (Ghorbani, 1994). The studies conducted on the

Corresponding Author: Mehdi Vares, Shiraz Branch, Islamic Azad University, Shiraz, Iran

Tel: 00987112411321 Fax: 00987112142323 E-mail: mehdivares@yahoo.com

psychology of religion in the past decades have indicated the impacts of these variables on psychological well-being (cited in KhavaninZadeh, 2004).

Accordingly, the present study is going to investigate the relationship between religious orientation and psychological well-being of the students of Shiraz Azad University. The relationships between internal and external religious orientations and p aspects of psychological well-being are investigated through 9 general questions.

2. Methodology:

This is a descriptive-correlative comparative study. The population includes all undergraduate students of Shiraz Azad University officially recorded as studying in the 2011-2012 academic year. The sample includes 317 students selected through cluster sampling. 6 faculties were selected out of all faculties of Shiraz Azad University; one department was selected randomly out of each faculty and the sophomore undergraduates of these departments were investigated. Of all subjects, 227 were females (%71.6) and 90 were males (%28.4). The 21-item Alport questionnaire and the 90-item SCL90R were used to investigate religious orientation and psychological well-being, respectively. Cronbach's Alpha was used to measure the reliability of the questionnaires; the results are shown in table 1.

Table 1: Cronbach's alpha for religious orientation and psychological well-being questionnaires and their components.

Cronbach's alpha	Cronbach's alpha	component	No.
0.70	-	External orientation	1
0.82	-	Internal orientation	2
0.61	-	Total religious orientation	3
-	0.85	Physical complaints	4
-	0.86	Obsession-obligation	5
-	0.85	Sensitivity in interactions	6
-	0.89	depression	7
-	0.82	Anxiety	8
-	0.81	Aggression	9
-	0.82	phobia	10
-	0.74	Paranoiac thoughts	11
-	0.84	Psychosis	12
-	0.96	Total psychological well-being	13

3. Results:

In order to investigate the relationship between internal and external religious orientations and 9 components of psychological well-being, 9 questions are tested and separately dealt with.

The means and SD's of religious orientation and psychological well-being of the students are presented in the following tables for each component.

Table 2: Mean and SD's of religious orientation.

Total		Females		Males		Group	Variable
SD	Mean	SD	Mean	SD	Mean		
9.43	63.81	8.14	65.91	10.26	61.72	Engineering	Religious orientation
9.09	52.78	8.33	52.91	13.99	51.89	Business	
9.58	59.48	9.40	58.29	9.74	63.57	Agriculture	
9.34	60.51	9.02	60.09	10.03	61.24	Humanities	
9.76	60.47	10.36	60.82	8.32	59.56	Architecture	
8.19	57.26	7.95	57.06	9.83	58.14	Natural sciences	
9.95	58.86	9.67	58.30	10.54	60.24	Total	

Table 3: Mean and SD's of religious orientation components.

Total		Females		Males		Group	Variable
SD	Mean	SD	Mean	SD	Mean		
8.77	36.31	8/23	37.44	9.27	35.19	Engineering	External
8.21	32.14	7.94	31.75	10.03	34.89	Business	
8.68	34.87	8.99	34.71	8.16	35.43	Agriculture	
7.50	33.90	7.28	34.05	8.02	33.64	Humanities	
8.93	30.62	8.65	31.92	9.20	27.00	Architecture	
5.88	34.08	5.71	34.48	6.75	32.29	Natural sciences	
8.20	33.74	7.94	33.76	8.84	33.69	Total	
7.77	27.50	8.09	28.47	7.44	26.53	Engineering	Internal
7.05	20.64	6.68	21.16	8.87	17.00	Business	
6.36	24.61	6.46	23.58	4.88	28.14	Agriculture	
6.88	26.62	6.33	26.05	7.78	27.60	Humanities	
9.72	29.85	9.77	28.88	9.60	32.56	Architecture	
7.49	23.18	6.82	22.58	10.15	25.86	Natural sciences	
8.04	25.12	7.75	24.53	8.59	26.55	Total	

Table 4: Mean and SD's of psychological well-being.

Total		Females		Males		Group	Variable
SD	Mean	SD	Mean	SD	Mean		
8.96	13.38	8.94	13.46	9.07	13.19	Physical complaint	Psychological well-being
8.05	12.90	8.04	12.81	8.14	13.10	Obsession	
7.10	10.47	6.80	10.36	7.83	10.75	Sensitivity in interactions	
10.54	15.66	10.27	15.69	11.25	15.57	Depression	
5.87	7.59	6.01	7.66	5.53	7.44	Anxiety	
4.94	6.55	4.75	6.27	5.35	7.25	Aggression	
5.24	5.93	4.79	5.67	6.22	6.57	Phobia	
4.92	8.33	4.99	8.40	4.76	8.15	Paranoia	
7.47	9.77	7.01	9.16	8.35	11.27	Psychosis	
62.39	102.68	60.149	101.50	67.87	105.56	Total	

Multiple regression analysis was adopted to investigate the impact of religious orientation on psychological well-being and its components in the students.

Table 5: Regression model, variance analysis, and regression statistics of religious orientation components with physical complaint.

Sig	R2	R	F	Mean of squares	Degree of freedom	Sum of squares	Model
0.001	0.008	0.091	1.301	105.364	2	210.729	Regression
				80.969	314	25424.110	Residual

Sig	T	Beta	Se	B	Predicting factors
0.145	1.460	0.085	0.064	0.093	External orientation
0.300	1.039	0.060	.065	0.69	Internal orientation

According to table 4-7, the multiple correlation coefficient is $R = 0.091$ and $R^2 = 0.008$. In order to determine which components of religious orientation have the most important roles in psychological well-being of the whole group of subjects, the standard regression coefficient (beta) was used. The results showed that no component of religious orientation predicts physical complaint.

Table 6: Regression model, variance analysis, and regression statistics of religious orientation components with obsession and obligation.

Sig	R2	R	F	Mean of squares	Degree of freedom	Sum of squares	Model
0.05	0.025	0.158	4.036	257.586	2	515.173	Regression
				63.816	314	20038.095	Residual

Sig	T	Beta	Se	B	Predicting factors
0.001	2.809	0.162	0.057	5.737	External orientation
0.258	1/133	0.065	0.058	0.159	Internal orientation

The results show that $R = 0.158$ and $R^2 = 0.025$. In order to determine which components of religious orientation have the most important roles in obsession of the whole group of subjects, the standard regression coefficient (beta) was used. The results showed that external religious orientation had a significant positive role in predicting obsession with beta of 0.162. However, internal religious orientation with beta of 0.65 did not.

Table 7: Regression model, variance analysis, and regression statistics of religious orientation components with sensitivity in interactions.

Sig	R2	R	F	Sum of squares	Degree of freedom	Sum of squares	Model
0.05	0.024	0.153	3.784	190.201	2	380.403	Regression
				50.264	314	15782.853	Residual

Sig	T	Beta	Se	B	Predicting factors
0.001	2.644	0.153	0.050	0.133	External orientation
0.159	1.413	0.082	0.051	0.072	Internal orientation

The results show that $R = 0.153$ and $R^2 = 0.024$. In order to determine which components of religious orientation have the most important roles in sensitivity in interactions of the whole group of subjects, the standard regression coefficient (beta) was used. The results showed that external religious orientation had a significant positive role in predicting sensitivity with beta of 0.153. However, internal religious orientation with beta of 0.082 did not.

The results show that $R = 0.145$ and $R^2 = 0.021$. In order to determine which components of religious orientation have the most important roles in depression of the whole group of subjects, the standard regression coefficient (beta) was used. The results showed that external religious orientation had a significant positive role in predicting depression with beta of 0.150. However, internal religious orientation with beta of 0.030 did not.

Table 8: Regression model, variance analysis, and regression statistics of religious orientation components with depression.

Sig	R ²	R	F	Mean of squares	Degree of freedom	Sum of squares	Model
0.05	0.021	0.145	3.348	369.651	2	739.303	Regression
				110.420	312	34451.028	Residual

Sig	T	Beta	Se	B	Predicting variables
0.01	2.583	0.150	0.075	0.193	External orientation
0.601	0.523	0.030	0.076	0.040	Internal orientation

Table 9: Regression model, variance analysis, and regression statistics of religious orientation components with anxiety.

Sig	R ²	R	F	Mean of squares	Degree of Freedom	Sum of squares	Model
0.057	0.018	0.134	2.891	99.106	2	198.211	Regression
				34.277	314	10762.861	Residual

Sig	T	Beta	Se	B	Predicting variables
0.05	2.391	0.138	0.042	0.099	External orientation
0.391	0.859	0.050	0.042	0.036	Internal orientation

The results show that $R = 0.134$ and $R^2 = 0.018$. In order to determine which components of religious orientation have the most important roles in anxiety of the whole group of subjects, the standard regression coefficient (beta) was used. The results showed that external religious orientation had a significant positive role in predicting anxiety with beta of 0.138. However, internal religious orientation with beta of 0.052 did not.

Table 10: Regression model, variance analysis, and regression statistics of religious orientation components with aggression.

Sig	R ²	R	F	Mean of squares	Degree of freedom	Sum of squares	Model
0.001	0.051	0.227	8.470	198.072	2	396.143	Regression
				23.386	313	7319.942	Residual

Sig	T	Beta	Se	B	Predicting variables
0.001	3.383	0.193	0.034	0.116	External orientation
0.001	3.141	0.179	0.035	0.110	Internal orientation

The results show that $R = 0.227$ and $R^2 = 0.051$. In order to determine which components of religious orientation have the most important roles in aggression of the whole group of subjects, the standard regression coefficient (beta) was used. The results showed that external religious orientation had a significant positive role in predicting aggression with beta of 0.198 at $P < 0.001$. Also, internal religious orientation with beta of 0.179, at $P < 0.001$ predicted aggression.

Table 11: Regression model, variance analysis, and regression statistics of religious orientation components with phobia.

Sig	R ²	R	F	Mean of squares	Degree of freedom	Sum of squares	model
0.001	0.051	0.226	8.434	222.787	2	445.574	Regression
				26.415	314	8294.300	Residual

Sig	T	Beta	Se	B	Predicting variables
0.001	3.405	0.194	0.037	0.124	External orientation
0.001	3.094	0.176	0.037	0.115	Internal orientation

The results show that $R = 0.226$ and $R^2 = 0.051$. In order to determine which components of religious orientation have the most important roles in phobias of the whole group of subjects, the standard regression coefficient (beta) was used. The results showed that external religious orientation had a significant positive role in predicting phobias with beta of 0.198 at $P < 0.001$. Also, internal religious orientation with beta of 0.176, at $P < 0.001$ predicted phobias.

Table 12: Regression model, variance analysis, and regression statistics of religious orientation components with paranoia.

Sig	R ²	R	F	Sum of squares	Degree of freedom	Sum of squares	model
0.105	0.014	0.120	2.271	55.314	2	110.628	Regression
				24.353	313	7622.596	Residual

Sig	T	Beta	Se	B	Predicting variables
0.05	2.127	0.124	0.035	0.075	External orientation
0.496	0.682	0.040	0.036	0.024	Internal orientation

The results show that $R = 0.120$ and $R^2 = 0.014$. In order to determine which components of religious orientation have the most important roles in paranoia of the whole group of subjects, the standard regression coefficient (beta) was used. The results showed that external religious orientation had a significant positive role in predicting paranoia with beta of 0.124 at $P < 0.05$. However, internal religious orientation with beta of 0.040 did not.

Table 13: Regression model, variance analysis, and regression statistics of religious orientation components with psychosis.

Sig	R2	R	F	Sum of squares	Degree of freedom	Sum of squares	Model
0.05	0.027	0.164	4.296	235.485	2	470.970	Regression
				54.813	310	16991.970	Residual

Sig	T	Beta	Se	B	Predicting variables
0.05	2.042	0.118	0.053	0.108	External orientation
0.05	2.539	0.147	0.054	0.137	Internal orientation

The results show that $R = 0.164$ and $R^2 = 0.027$. In order to determine which components of religious orientation have the most important roles in psychosis of the whole group of subjects, the standard regression coefficient (beta) was used. The results showed that external religious orientation had a significant positive role in predicting psychosis with beta of 0.118 at $P < 0.05$. Also, internal religious orientation with beta of 0.147, at $P < 0.05$ predicted psychosis.

4 .Discussion & Conclusion:

The findings demonstrated that no component of religious orientation predicts physical complaint in the whole group of subjects. External religious orientation predicts obsession, sensitivity in interactions, depression, anxiety, phobia, paranoia, and psychosis. On the other hand, internal religious orientation does not have a significant role in predicting obsession, sensitivity in interaction, depression, anxiety, aggression, phobia, and paranoia. However, internal orientation significantly predicts aggression, phobia, and psychosis.

Frankl (1986) expresses that even in cases that the patient has organ disorders, he/she is responsible for his/her attitude toward this condition. Thompson et al (2003) found that having a goal in life increases adaptability and life quality in patients with spinal damage. Molavi and moradi (2006) studied the psychological well-being of handicapped females in Isfahan and found that religious orientation did not affect anxiety.

Religion satisfies the human's need to discover the philosophy of life and the meaning of the existence of man. As all religions have claimed that each provides a comprehensive explanation of the world where humans live in (Hallahme & Argyle), religion involves eventual and divine concepts which are beyond meaning. True religion is equal to deep spirituality (Frankel, 1985, tr. Izedi, 1996). Weber holds that religion is associated with the philosophy of those phenomena -evil, suffering, and death- which cannot be explained by sciences (sited in Hallahme & Argyle). Religion creates a set of collective cognitions which provide an interpretation of the real, a definition of self, and a source to direct behaviors (Berger and Luckmann, 1967).

REFERENCES

- Cheraghi, Mona and Molavi, Hussien, 2006. The relationship between components of religion and overall health in Isfahan University students. Psychological studies, issue 2, 2nd year 1-22.
- Khoda Panahi, Mohammad and Khavanin Zadeh, Marjan, 2000. A study of the role of personality constructs in the students' religious orientation. Psychology, 14: 185-204.
- Khodayari Fard, Mohammad and Ghobari Bonab, Bagher, 1994. Developing a measure for the religious beliefs and attitudes of the students of Tehran University, department of education and psychology.
- Mjdian, Mohammad, 2001. Religious attitudes of Tarbiat Moalelem University students and their relations to self-esteem and control sources, M.A thesis, Tarbiat Moalelem University.
- Mohammadi, Davood and Mehrabi Zadeh Honarman, Mahnaz, 2006. The relationship among religious attitudes, control source, and gender. Psychological Studies, 3: 447-64.