

Examining the relationship of psychological well-being with religious orientation and forgiveness among students at the University of Mohaghegh Ardabili

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Article Info

Received: Sep 10, 2016

Received in revised form:

Nov 18, 2016

Accepted: Nov 30, 2016

Available Online: Feb 19, 2017

Keywords:

Forgiveness

Psychological well-being

Religious orientation

Students

Abstract

Background and Objective: Given the rise of positive-thinking approach to mental health in recent years, Psychological well-being, which is a measure for the growth of the real talents of each individual, has attracted scientific attention. This study aimed to investigate the relationship of psychological well-being to religious orientation and forgiveness among students at the University of Mohaghegh Ardabili.

Methods: The descriptive and correlational method was used in this study and the statistical population consisted of students of mohaghegh Ardabili University in 2015. 150 students were selected using available sampling method. The subjects were inquired to answer the Ryff's Psychological Well-being questionnaire, Alport religious orientation questionnaire and Walker and Garsokh Forgiveness Scale. Multiple regression analysis was used to analyze the data. All ethical issues were observed. Moreover, the authors did not report conflict of interest.

Results: The findings proved that there is a positive significant relationship between psychological well-being with intrinsic religious orientation and Forgiveness as well as negative significant between psychological well-being and external religious orientation among students ($p < 0/01$).

Conclusion: Therefore, It can be concluded that attention to religious orientation and efforts to promote forgiveness in students can improve their psychological well-being.

Please cite this article as: Sadri Damirchi E, Mohammadi N, Fayazi M, Afsar E. The relationship between Religious orientation and Forgiveness with psychological well-being among students. J Res Relig Health.2017;3(2): 20- 30.

Summary

Background and Objectives: With the emergence of positive-thinking approach to mental health in recent years, psychological well-being, as a measure of the growth of an individual's real talents, has attracted the attention of the scientific community. It is, therefore, essential to identify the factors influencing psychological well-being (1).

The World Health Organization defines mental health as "a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community." (2) Karademas regards well-being as

the emotional and cognitive reactions to the understanding of personal capabilities and characteristics, efficient and effective interaction with the community and the world, and growth and development over time; this includes life satisfaction and positive energy and mood (1). Therefore, models such as Diener's *Subjective Well-being* and Ryff's six-factor *Psychological Well-being* have been formulated to delineate mental health in such a way that, rather than focusing on illness and weakness, individual strengths and assets are stressed (2).

Ryff's model is considered as one of the most important psychological and well-being models. According to the model, well-being is an attempt to achieve dominance and promotion that is actualized in an individual's talents and potential (3). Accordingly,

six important factors have been identified (used for judging individuals): self-acceptance, purpose in life, personal growth, positive relations with others, environmental mastery, and autonomy. These components constitute Ryff's Psychological Well-being model (3). Psychological well-being is influenced by various factors such as religious orientation and forgiveness. One of the moderators of physical and psychological damage is individuals' religious orientation (4). Religion has several definitions (5). Gordon Allport has introduced the concepts of intrinsic and extrinsic religious orientation for the application of religion in people's lives. A person with intrinsic religious orientation lives with his religion and finds the meaning and main purpose of life in religion; in contrast, a person with extrinsic religious orientation exploits his religion to achieve his selfish goals (6). Kazemian Moghaddam and Sohrabzadeh Honarmand's study (7) also found a significant positive relationship between religious attitudes and mental health.

One of the important aspects of psychological well-being is forgiveness. Forgiving or forgiveness is a moral virtue practiced in the face of others' errors and could be trained (8). However, revenge is a natural human response to others' errors, but forgiveness is the thoroughfare of mental health (9). Forgiveness does not mean a required reestablishment of the ties with the wrongdoer; rather, it means that the wrongdoer should achieve some degree of change before he deserves to be forgiven (10). Forgiveness prevents the occurrence of negative interaction cycles in relationships and enhances psychological well-being (11).

Method: The study was descriptive-correlational in design. The population included all the students enrolled in the first semester of the academic year 2015-2016. From among the population ($N = 13000$), a sample of 377 students (227 male and 150 female) were selected using cluster random sampling based on Krejcie and Morgan's table while considering the inclusion criteria (i.e., being a student at the time of the study, having no severe psychological problems, and being willing to cooperate and complete the questionnaires). The data were collected using Ryff's *Psychological Well-being Scale*, Allport's *Religious Orientation Scale*, and Walker and Garsokh's *Forgiveness Scale*. Descriptive and inferential statistics (viz., Pearson correlation coefficient and multiple regression analysis) were used to analyze the data.

Results: Descriptive statistics related to the variables under study showed that the highest average was for the variable psychological well-being with the mean and standard deviation of 66.61 ± 8.55 ; the lowest average was related to the extrinsic religious orientation with the mean and standard deviation of 30.39 ± 6.32 . In addition, the results showed significant positive correlations of psychological well-being with intrinsic religious orientation ($r = .41, p < .01$) and forgiveness ($r = .52, p < .01$) and a negative significant correlation between psychological well-being and extrinsic religious orientation ($r = -.53, p < .01$). The

results of linear regression analysis indicated that nearly 24% of the variance in psychological well-being could be predicted by religious orientation and forgiveness. The F ratio also revealed that the regression of psychological well-being was significant based on the variables religious orientation and forgiveness.

Furthermore, the results of the regression analysis showed a linear relationship between the variables, suggesting that the assumption of linearity was met. Therefore, according to the results, the variables intrinsic religious orientation ($\beta = 0.008$), extrinsic religious orientation ($\beta = -0.006$), and forgiveness ($\beta = 0.002$) could predict psychological well-being with a 99% confidence interval.

Conclusion: Given the results obtained in this study, it could be argued that the promotion of psychological well-being of the society depends on several variables and that forgiveness and religious orientation are considered as influential factors in this regard. Religion in general and internalized religion in particular are concerned with a sense of meaning and purposefulness, growth and perfection, and power and dominance of human being; in fact, religion gives meaning to one's life and keeps them away from emptiness, hence promoting psychological well-being. Forgiveness could also hold back individuals' negative feelings and arouse their positive feelings and is an influential factor in psychological well-being. In case of interpersonal resentment, forgiveness, through confronting negative emotions and developing a cognitive-behavioral framework, could help promote well-being and, consequently, happiness. In addition, the results showed significant positive correlations of psychological well-being with religious orientation and forgiveness. It could, thus, be concluded that taking account of religious orientation and investing efforts to promote forgiveness on the students' part could improve their psychological well-being.

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دراسة العلاقة بين التمتع النفسي وبين التوجه الديني والتسامح في طلاب جامعة المحقق الاردبيلي

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معلومات المادة

الوصول: ٢٠١٦، ١٠ Sep

وصول النص النهائي: ٢٠١٦، ١٨ Nov

القبول: ٢٠١٦، ٣٠ Nov

النشر الإلكتروني: ٢٠١٧، ١٩ Feb

الألفاظ الرئيسية:

التسامح

التمتع النفسي

التوجه الديني

الطلاب

الملخص

السابقة و الهدف: نظرا لظهور وجهة النظر الايجابية تجاه الصحة النفسية في السنوات الاخيرة فقد لفت انتباه الساعات العلمية لموضوع التمتع النفسي الذي يعتبر معيارا لنمو المواهب الحقيقية لكل شخص ولهذا فان لمعرفة العوامل المؤثرة على التمتع النفسي اهمية بالغة. فقد درس هذا البحث العلاقة بين التمتع النفسي وبين الاتجاه الديني والتسامح في طلاب جامعة المحقق الاردبيلي.

الأساليب: هذا البحث من النوع الوصفي - الترابطي وتضمن المجتمع الإحصائي، جميع طلاب جامعة المحقق الاردبيلي في سنة ٢٠١٦/١٣٩٤ وقد تم اختيار ١٥٠ طالب (نموذج تحقيقي) من بينهم بطريقة اخذ العينات. وتم تجميع المعطيات باستخدام اوراق استبيان "ريف" للتمتع النفسي واستبيان "البورت" للتوجه الديني ومقياس التسامح ل"والكر وغارسوخ ومن ثم تم تحليلها بمناهج الاحصاء الوصفي والاستنباطي (معامل ارتباط بيرسون و رغريسون ذات المتغيرات المتعددة).

تم مراعاة جميع الموارد الاخلاقية في هذا البحث و اضافة الى هذا فإن مؤلفي المقالة لم يبلغوا عن تضارب المصالح.

المكشوفات: وتشير نتائج البحث ان هناك ترابطاً قوياً وإيجابياً بين التمتع النفسي وبين التوجه الديني الباطني والتسامح وفي المقابل هناك ترابط سلبي بين التمتع النفسي وبين التوجه الديني الخارجي ($P < .01$).

النتيجة: اذن من الصحيح الاستنتاج بأن اضعاء الاهمية على قضية التوجه الديني والمحاولة لارتقاء مستوى التسامح بين الطلاب يمكن ان يمهد الارضية لارتقاء مستوى التمتع النفسي عند الطلاب.

يتم استناد المقالة على الترتيب التالي:

Sadri Damirchi E, Mohammadi N, Fayazi M, Afsar E. The relationship between Religious orientation and Forgiveness with psychological well-being among students. J Res Relig Health.2017;3(2): 20- 30.

بررسی رابطه‌ی بهزیستی روان‌شناختی با جهت‌گیری مذهبی و بخشش در دانشجویان دانشگاه محقق اردبیلی

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اطلاعات مقاله

دریافت: ۲۰ شهریور ۹۵

دریافت متن نهایی: ۲۸ آبان ۹۵

پذیرش: ۱۰ آذر ۹۵

نشر الکترونیکی: ۱ اسفند ۹۵

واژگان کلیدی:

بخشش

بهزیستی روان‌شناختی

جهت‌گیری مذهبی

دانشجویان

چکیده

سابقه و هدف: با توجه به ظهور رویکرد مثبت‌نگر به سلامت روانی در سال‌های اخیر، بهزیستی روان‌شناختی، که معیاری برای رشد استعدادهای واقعی هر فرد محسوب می‌شود، توجه مجامع علمی را به خود جلب کرده است؛ به همین دلیل، شناسایی عوامل تأثیرگذار بر آن دارای اهمیت اساسی است. از این‌رو، پژوهش حاضر با هدف بررسی ارتباط بهزیستی روان‌شناختی با جهت‌گیری مذهبی و بخشش در دانشجویان دانشگاه محقق اردبیلی انجام شده است.

روش کار: این پژوهش از نوع توصیفی-همبستگی؛ و جامعه‌ی آماری شامل همه‌ی دانشجویان دانشگاه محقق اردبیلی در سال ۱۳۹۴ است، که از میان آنان ۱۵۰ دانشجو (نمونه‌ی پژوهشی) با روش نمونه‌گیری در دسترس انتخاب شدند. داده‌ها با استفاده از پرسش‌نامه‌ی بهزیستی روان‌شناختی ریف، پرسش‌نامه‌ی جهت‌گیری مذهبی آلپورت و مقیاس بخشش والکر و گارسوخ، جمع‌آوری؛ و با روش‌های آمار توصیفی و استنباطی (ضریب همبستگی پیرسون و رگرسیون چندگانه) تحلیل شد. در این پژوهش همه‌ی موارد اخلاقی رعایت شده است. علاوه‌براین، نویسندگان مقاله هیچ‌گونه تضاد منافی گزارش نکرده‌اند.

یافته‌ها: یافته‌های به‌دست‌آمده نشان داد که بین بهزیستی روان‌شناختی با جهت‌گیری مذهبی درونی و بخشش رابطه‌ی مثبت معنادار؛ و همچنین بین بهزیستی روان‌شناختی و جهت‌گیری مذهبی بیرونی رابطه‌ی منفی وجود دارد ($P < 0/01$).

نتیجه‌گیری: بنابراین، می‌توان نتیجه گرفت که مد نظر قراردادن جهت‌گیری مذهبی و تلاش برای ارتقای بخشش در دانشجویان، می‌تواند زمینه‌ساز ارتقای بهزیستی روان‌شناختی آنان شود.

استناد مقاله به این صورت است:

Sadri Damirchi E, Mohammadi N, Fayazi M, Afsar E. The relationship between Religious orientation and Forgiveness with psychological well-being among students. J Res Relig Health. 2017;3(2): 20- 30.

مقدمه

سازمان بهداشت جهانی، سلامت روانی را «حالتی از بهزیستی که در آن فرد توانایی‌های خود را بشناسد و بتواند با فشارهای