

## Intervention of Religion-based Education in Depression Syndrome among Married Women Attending Cultural Centers in Babol

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### Abstract

**Background and Objective:** Today depression is one of the most prevalent psychological disorders and a widespread issue in human life. This study aims to evaluate the effect of teaching Quran and its prominent concepts on depression among married women.

**Methods:** The study is experimental including a control group and a pre-test/post-test design. Research population includes all married women between 25 and 45, living in Babol. The randomized sample includes 50 women attending cultural centers divided into experimental and control groups. Married women were trained in ten sessions. The main instrument was a depression questionnaire which had 13 multiple-choice items with a Chronbach's alpha of 0.87. All ethical issues were observed in the study and the researchers declared no conflict of interests.

**Results:** The effect of Quran therapy on depression syndrome among married women of Babol in the experimental group is statistically significant ( $P < 0.05$ ). In other words, by removing the effect of pretest, there is a meaningful difference between the mean of the two groups in pre-test scores. This shows that Quran therapy has a positive and meaningful effect on depression in married women.

**Conclusion:** Reading Quran, using its divine teachings, and being accustomed to this heavenly book, if accompanied by honest practice, can lower depression and increase mental health of married women. Knowing Quran and commitment to Quran therapy and attention to its solutions and teachings need to be taken seriously both in families and throughout our Islamic society.

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### Summary

#### Background and Objective

Depression is one of the most prevalent psychiatric disorders. Prevalence of depression can be compared to that of common cold among physical discomforts. At least 12 percent of the population in advanced countries have referred to psychiatrists for treatment of symptoms of depression during their life (1). Scientific reports demonstrate that about 330 million people suffer from depression, lack of self-esteem, low self-

esteem and lack of control in life (2). Depression is a disorder characterized by a fall in energy and motivation, problems with concentration, poor appetite, and thoughts associated with death and suicide, with changes in the level of activity, cognitive abilities, speech, sleep, appetite and other biological rhythms (3). The prevalence of depression is estimated to be about 2.3 to 7.3 percent in the general population, with approximately 6 percent of the people suffering from it at least once in their lifetime (4). Research shows that spirituality has a significant impact on mental and physical health. Quing (5), Johnson and Jang (6),

Farrell and Doolittle (7) and Irlele et al (8) have noted that spirituality plays a major role in mental health as well as depression. They have also found that level of depression is lower among spiritual people. Research indicates that being religious can moderate the effects of extreme crises (9).

These days most scholars corroborate absolute effects of religion on body, mind and other aspects of human life. Most psychologists are of the opinion that non-religious people mostly suffer mental illnesses caused by the bitterness of life (10). In a clinical study, the findings showed that in all the mental indices and most of the objective levels, prayer reduces both anxiety and depression and enhances self-esteem (11). The study of Islamic sources and the views of Muslim scholars also suggest that religious attitudes and religious beliefs have a positive correlation with mental health (10).

So far, scholars, writers, and experts have written many articles about identifying the causes of human insecurity, preventing it, and treating it, which have shown that the decline in interest in life, isolation, feelings of grief, self-consciousness, restlessness and feeling of failure in life and disappointment among non-religious people are more than religious ones. Religious people feel more relaxed in different situations of life (12). A plethora of studies have investigated the relation between religion and religious beliefs and mental health in different groups, but few studies have delved into the role of the Holy Qur'an in mental health. In this regard, studies have been conducted to investigate the effect of the Holy Qur'an's sound on issues such as anxiety and depression, studying only one component of the Qur'an, heard when it is recited (3, 14-18). Therefore, given that the Qur'an and its illuminating and life-giving program lead the society to health, it is necessary to address it considering its importance and its applicability. This research seeks to answer the question as to whether religious education intervention is effective in the depression syndrome of married women referring to the cultural centers of Babol.

### Methods

This research is quasi-experimental with pre-test and post-test design and control group. The statistical population of this study included all 25-to-45-year-old married women who referred to cultural centers of Babol. The criteria for entering the research were: being 25-45, being resident of Babol, having a minimum level of diploma and maximum of master's degree, and being married, Muslim and Shiite.

The sample of this study was randomly selected from among 50 women who referred to the cultural center. Twenty-five were in the control group and twenty-five in the experimental group. The experimental group received ten sessions and did not see the educational control group. After the preliminary studies of the resources and training sessions, they were initially held twice a week and after one month of training, training sessions were held weekly once, so

that the skills were more practiced and hence internalized in the manners of the participants. In all meetings, the necessary training was provided during the interaction between the researcher and the individuals. A pre-test of Beck Depression Inventory was performed for the selected sample and after the training sessions, the post-test was re-tested. In order to analyze the data, descriptive statistics such as frequency, percentage, mean, standard deviation and inferential statistics (covariance analysis) and Cronbach's alpha methods were used to calculate the reliability coefficients.

### Results

The results of covariance analysis with a significant level of less than 0.001 were obtained. Thus, the effect of religion-based intervention in depression symptoms of married women in cultural centers of Babol city was statistically significant at level  $P < 0.05$ . In other words, by removing the effect of pre-test, there was a significant difference between the mean scores of the two groups in the post-test of depression and it can be concluded that religious education significantly and positively influenced the depression of married women in Babol city.

### Conclusion

The findings of this study demonstrated that there was a significant difference between the subjects of the experimental and control group after the implementation of the Quran training sessions, which confirmed the effect of the religious education intervention in reduction of depression among married women. This is in line with the results of the following studies.

In a good number of studies, it has been shown that the sound of Qur'anic verses, a fondness for the Quran, and Qur'anic recitation affect depression, and also raise both happiness and mental health. The recitation of the Qur'an as well as prayer for the depression of patients had a positive impact. In these studies, the positive effect of Quran verses on the reduction of anxiety has been proven. Quranic verses also affect happiness. Spirituality also affects anxiety and depression. In addition, researchers found that the level of depression was lower among spiritual participants.

### Ethical considerations

The Ethics Committee in Biomedical Research of Shahid Beheshti University of Medical Sciences has confirmed this research.

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### Conflict of interest

The authors declared no conflict of interest.

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## أثر التدخل التعليمي القائم على أساس الدين، على متلازمة الاكتئاب لدى النساء المتزوجات التي تمت مراجعتهم الى المراكز الثقافية في مدينة بابل

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### معلومات المادة

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### الكلمات الرئيسية:

الاكتئاب

التعليم الديني

القرآن

النساء المتزوجات

### الملخص

**خلفية البحث وأهدافه:** يعتبر الاكتئاب واحدا من الاضطرابات النفسية الأكثر شيوعا ومن المشاكل السائدة في الحياة البشرية. لقد اجري هذا البحث بغرض دراسة تأثير تعليم القرآن الكريم ومفاهيمه السامية على الاكتئاب لدى المتزوجات.

**منهجية البحث:** هذه الدراسة التجريبية هي من نوع الاختبار القبلي والاختبار البعدي مع المجموعة الضابطة. وقد اشتمل المجتمع الاحصائي جميع المتزوجات اللاتي تتراوح اعمارهن بين ٢٥ الى ٤٥ سنة واللاتي يسكنن في مدينة بابل. تكونت عينة البحث من ٥٠ امرأة تمت مراجعتها الى المراكز الثقافية وتم اختيارهن عشوائياً ثم ادراجهن في مجموعتي التجريبية والضابطة. تلقت النساء المتزوجات ١٠ محاضرات تعليمية. اشتملت اداة البحث استبانة "بك" للاكتئاب مع ١٣ سؤال من أربعة خيارات، وتم حساب معامل ثبات كرونباخ ألفا وكانت النتيجة ٠.٨٧. تمت مراعاة جميع الموارد الأخلاقية في هذا البحث؛ وازافة الى هذا فإن مؤلفي المقالة لم يشيروا الى أي تضارب في المصالح.

**الكشوفات:** كان أثر التعليم التدخل القائم على اساس المفاهيم الدينية في المجموعة التجريبية في متلازمة الاكتئاب لدى النساء المتزوجات من الجانب الاحصائي في مستوى  $P < 0.05$ . بعبارة اخرى لو تمت ازالة تأثير الاختبار القبلي، كان هناك فرق دال احصائي بين متوسط درجات المجموعتين في الاختبار البعدي للاكتئاب. اذاً إن التعليم التداخلي القائم على اساس الدين له تأثير ايجابي ودال احصائياً على متلازمة الاكتئاب عند النساء المتزوجات التي تمت مراجعتهم الى المراكز الثقافية في مدينة بابل.

**الاستنتاج:** إن استخدام القرآن الكريم وتعاليمه والأنس به والتطبيق العملي لأياته السماوية سوف يؤدي الى تقليل الاكتئاب والصحة العقلية للمرأة المتزوجة. ينبغي على المجتمع الإسلامي أن يؤمن بالعلوم القرآنية والعلاج القرآني والاهتمام باستراتيجيات والحلول المعالجة في القرآن الكريم وأن تؤخذ هذه التعاليم بمحمل الجد في المنزل والأسرة والمجتمع.

يتم استناد المقالة على الترتيب التالي:

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## مداخله‌ی آموزشی مبتنی بر مذهب بر نشانگان افسردگی زنان متأهل مراجعه‌کننده به مراکز فرهنگی شهر بابل

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### واژگان کلیدی:

آموزش مبتنی بر مذهب  
افسردگی  
زنان متأهل  
قرآن

### چکیده

**سابقه و هدف:** امروزه افسردگی یکی از شایع‌ترین اختلالات روانی و معضل عمومی زندگی بشر است. پژوهش حاضر با هدف بررسی تأثیر آموزش قرآن و مفاهیم والای آن بر افسردگی زنان متأهل انجام یافته است.

**روش کار:** این پژوهش آزمایشی از نوع پیش‌آزمون-پس‌آزمون با گروه کنترل است. جامعه‌ی آماری پژوهش شامل کلیه‌ی زنان متأهل ۲۵-۴۵ سال ساکن شهر بابل بود. نمونه‌ی پژوهش ۵۰ نفر از زنان مراجعه‌کننده به مراکز فرهنگی بودند که به صورت تصادفی انتخاب؛ و در دو گروه آزمایش و شاهد جایگزین شدند. زنان متأهل به مدت ۱۰ جلسه تحت آموزش قرار گرفتند. ابزار پژوهش شامل پرسش‌نامه‌ی افسردگی بک با ۱۳ سؤال چهار گزینه‌ای بود که ضریب پایایی آن با روش آلفای کرونباخ ۰/۸۷ محاسبه شد. در این پژوهش همه‌ی مسائل اخلاقی رعایت شده است و مؤلفان مقاله هیچ‌گونه تضاد منافی گزارش نکرده‌اند.

**یافته‌ها:** تأثیر آموزش مداخله‌ی مبتنی بر مذهب در گروه آزمایش در نشانگان افسردگی زنان متأهل مراجعه‌کننده به مراکز فرهنگی شهرستان بابل از نظر آماری در سطح  $P < 0/05$  معنادار بود. به عبارت دیگر، با خارج کردن تأثیر پیش‌آزمون، اختلاف معناداری بین میانگین نمره‌های دو گروه در پس‌آزمون افسردگی وجود داشت. بنابراین، آموزش مداخله‌ی مبتنی بر مذهب بر نشانگان افسردگی زنان متأهل مراجعه‌کننده به مراکز فرهنگی شهرستان بابل تأثیر مثبت و معناداری داشت.

**نتیجه‌گیری:** استفاده از قرآن و آموزه‌های آن و انس و ملازمت با این کتاب آسمانی در سبایه‌ی عمل به آیات الهی موجب کاهش افسردگی و سلامت روان زنان متأهل می‌شود. قرآن‌شناسی، تقیید به قرآن‌درمانی و توجه به راهبردها و راهکارهای درمانگر قرآن در نهاد خانه، خانواده و جامعه باید از طرف جامعه‌ی اسلامی به‌طور جدی باور شود.

استناد مقاله به این صورت است:

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