Religious Attitude in First and Last Year Medical Students of Ahvaz Jundishapur University of Medical Sciences and its Relationship with Self-esteem

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Abstract

Background and Objective: Religious attitude and self-esteem are the concepts that have tremendous effects on all aspects of human life and have been studied in various studies. The aim of this study was to examine the religious attitude and self-esteem of medical students in Ahwaz Jundishapur University of Medical Sciences and determine the relationship between these two variables.

Methods: In this descriptive-analytical study, 197 first- and last-year medical students were selected and evaluated. Data collection instruments were 25-item religious attitude questionnaire (Golris-Barahani), and 10-item Rosenberg Self-Esteem questionnaire. The results were analyzed using descriptive statistics, Spearman correlation coefficient, independent sample t-test, and Mann-Whitney test. In this study, all the ethical considerations have been observed and no conflict of interest was reported by the authors.

Results: The mean age of the freshmen and senior's were18.93±.94 and 24.59±1.28, respectively. The mean of religious attitudes and self-esteem score of students, on a scale of 100 and 40, were 60.42±10.01 and 26.51±5.92, respectively. The mean and standard deviation of the religious attitude scores of the first and last year students were 63.39±10.01 and 57.55±10.3, respectively, which was statistically significant (P<0.001). The mean and standard deviation of self-esteem scores in the first and last years of medical education were 26.58±6.14 and 26.43±5.71, respectively. This difference was not statistically significant (P=0.85). Pearson correlation coefficient showed a positive relationship between religious attitudes and self-esteem (r=0.156, P=0.032) and a negative relationship between intrinsic religious attitudes and age of students (r=0.293, P=0.001).

Conclusion: The results showed that the religious attitude of medical students is high at the time of entering university, but this attitude has weakened upon graduation. Identifying the factors lowering students' religious attitudes to implement strategic plans can provide a basis for strengthening students' religious beliefs.

Summary

Background and Objective

Religious attitude and self-esteem are the concepts which have a significant impact on all aspects of human life and have received a lot of attention all over the world. The results of these studies have shown that religious beliefs have been effective in the quality of

life and mental health of medical students (1, 2). Therefore, considering the importance of physical and mental health of students in each country as national and cultural capital and their role in building and promoting society, and considering the influence of religious beliefs on mental health, as well as the positive relationship between mental health and self-esteem (3); and since so far few studies have been conducted on religious beliefs and self-esteem, especially during the years of university education, it has been decided that in this study, while studying the religious attitude of the first and last year students, the relationship between religious attitudes and self-esteem in medical students in Ahvaz Jundishapur University of Medical Sciences will be examined.

Methods

Compliance with ethical guidelines: In the present study, questionnaires were completed anonymously and without specifications for the sake of safeguarding and protecting the students' 'personal information and observing the ethical considerations in safeguarding their rights.

In this descriptive-analytical study, 197 first and last year of medical students were evaluated through census method. The criteria for entering the research were studying in the first or the last year in medical school and the consent to completing the questionnaire; and failure to complete the questionnaire was considered a criterion for withdrawal. The data were collected using standard questionnaires of Golriz-Barahani religious attitude and Rosenberg self-esteem. Validity and reliability of these questionnaires have been reviewed and approved in various studies (1, 4). The Golriz-Barahani questionnaire contains 25 items, from *I totally disagree* to *I totally agree*, based on the Likert scale from 0 to 4. The Rosenberg questionnaire also has 10 items, each of which contains a four-dimensional scale (totally agree to completely disagree), ranging from 1 to 4. The data were analyzed using Pearson correlation coefficient, t-test, and Mann-Whitney test.

Results

The mean age of the first year students was $18.93\pm.94$ and the last year was 28.51 ± 28.59. The mean score of religious attitude and self-esteem among students from the maximum of 100 and 40 were 60.42 ± 10.56 and 26.51 ± 5.92, respectively. The mean and standard deviation of the religious attitude scores of the first and last year students were 63.39 ± 10.01 and 57.55 ± 10.3, respectively (P<0.001); and the mean and standard deviation of religious attitude of male and female students were 60.62 ± 9.9 and 60.19 ± 11.27, respectively (P=0.98). The mean and standard deviation of self-esteem scores in the first and last year medical students were 26.58 ± 6.14 and 26.43 ± 5.71, respectively (P=0.85). The correlations between religious attitude and self-esteem were calculated by Pearson correlation coefficient. The findings showed that there is a significant relationship between religious attitude and self-esteem (r=0.156, P=0.032). The Pearson correlation coefficient showed that there is a negative

significant relationship between age and religious attitude (r=-0.293, P=0.001). However, no significant relationship was found between age and self-esteem (P<0.05).

Conclusion

The findings of this study, which aimed to explore the religious attitude and self-esteem of the first- and last-year students of Ahvaz Jundishapur University of Medical Sciences, showed that most of the students had strong religious attitude and high self-esteem. The results of this study are consistent with the findings of Rejali (5) and Fakoori (6), who have reported a high level of religious attitude and student self-esteem among students. The comparison of the religious attitude of the first- and last- year students showed that the religious attitude of the last-year students significantly decreased. That is, the presence of students in the university along with the current conditions has led to a decrease in students' religious attitudes. Some studies have reported that the religious attitude of students decreases during college studies. Sabokroo in a study on the religious attitudes on students of University of Tehran reported that students' religious attitude decreases with increasing student attendance time at university (7). The negative correlation between the religious attitude and the age of medical students in Shiraz University of Medical Sciences, which was reported in the Sahraian study (8), also indicated a decrease in religious attitudes of students with rising age. On the other hand, the results of the present study are not consistent with the findings of the study of Khodapanahi (9) who reported increasing level of religious beliefs in final year of students comparing their first year at Shahid Beheshti University; and with the study by Garshad (10) at Bojnourd University of Medical Sciences that reported no significant difference between religious attitudes of students in different years (5). Certainly, more detailed studies can clarify the various dimensions of this issue. Other findings of this study showed that there is a significant positive relationship between the two variables of religious attitude and self-esteem. That is to say, the higher religious level, the higher self-esteem. It seems that religious attitude can increase self-esteem in students. Studies have also indicated the effect of religious attitude on self-esteem (11). According to the findings of this study, it can be said that high religious attitude can be useful in mental health, especially self-esteem; and self-esteem can also affect the cultural, social, family and educational aspects of a personality. The results of this study and other similar studies show that the conditions in the universities are unlikely to contribute to the religious beliefs of the students, and therefore, it is necessary to carry out precise studies to clarify the reasons behind it.

Ethical considerations

The Ethics Committee in Biomedical Research of Ahvaz Jundishapur University of Medical Sciences has confirmed this research. Ethics Code: AJUMS.REC.13960550

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Conflict of interest

The authors declared no conflict of interest.

Authors' Contributions

Research Background and Theoretical Basis, Explaining Discussion and Conclusion; and Analyzing Data: First author; Completing and Distributing Questionnaires and Final Review Article: Second author.

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المقالة الأصيلة

دراسة حول النظرة الدينية عند طلاب الجامعة في السنة الاولى والأخيرة من اختصاص الطب بجامعة جندي شابور للعلوم الطبية في مدينة الأهواز وعلاقتها مع عزّة النفس

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الملخّص

خلفية البحث وأهدافه: النظرة الدينية وعزّة النفس هما مصطلحان لهما تأثيرها الكبير على كافة أبعاد الحياة البشرية وأجريت الكثير من البحوث حولهما. هذه الدراسة تمت بهدف مناقشة النظرة الدينية وعزّة النفس لدى طلاب جامعة قسم الطب بجامعة جندي شابور للعلوم الطبية في الاهواز والعلاقة بين هاذين المتغيرين.

منهجية البحث: في هذه الدراسة التوصيفية–التحليلية، تم اختيار ودراسة ١٩٧ طالباً من طلاب السنةالاولى والأخيرة في اختصاص الطب بأسلوب الاحصاء من بين الجميع. المعلومات تم جمعُها بواسطة الاستمارات ذات المقياس الموحد لقياس النظرة الدينية عند كلريز و براهني، وعزّة النفس عند روزنبرغ. ان تحليل وتجزئة المعطيات تمت عبر الاستفادة من اختبارات الاحصاء لضريب التضامن عند بيرسون، اختبار تي ومن ويتني. تمت مراعاة جميع الموارد الاخلاقية في هذا البحث واضافة الى هذا فإن مؤلفي البحث لم يشيروا الى اي تضارب في المصالح.

الكشوفات: معدل أعمار الطلاب في السنة الاولى ١٨/٩٣±٠/٩٤ والسنة الاخيرة ٢٤/٥٩±١/٢٨ و معدل علامة النظرة الدينية وعزّة النفس عند الطلاب من الحد الاقصى ١٠٠ و ٤٠ كانت ٦٠/٤٢±١٠/٥٦ و ٢٦/٥١±٥/٩٢ على التوالي. إضافة الى هذا فإن معدل وانحراف المعيار لعلامات النظرة الدينية عند طلاب السنة الاولى والاخيرة في الطب كانت ٦٣/٣٩±١٠/٠١ و ٥٧/٥٥±١٠/٣٥ على التوالي حيث ان هذا التفاوت من الناحية الاحصائية كان ذات دلالة احصائية (P<٠/٠٠١). وكذلك فإن معدل وانحراف المعيار لعلامات عزّة النفس عند طلاب السنة الاولى والاخيرة في الطب كانت بالترتيب ٢٦/٥٨±٦/١٤ و ٢٦/٤٣±٥/٧١ حيث ان هذا التفاوت لم يكن ذات دلالة احصائية (P=٠/٨٥). اظهر ضريب تضامن بيرسون ايضا أن هناك علاقة ايجابية دالة احصائية ما بين النظرة الدينية وعزّة النفس (r=٠/١٥٦ و P=٠/٠٣٢)؛ و هناك علاقة سلبية وذات معنى ما بين النظرة الدينية والعمر (r=−٠/٢٩٣ و P=٠/٠٠١).

الاستنتاج: أظهرت النتائج ان مستوى النظرة الدينية عند طلاب الطب في بداية الدخول الى الجامعة كان مرتفع جداً ولكن في نهاية الدراسة الجامعية كانت منخفضة. لهذا السبب فإن معرفة أسباب أنخفاض النظرة الدينية عند الطلاب و تنفيذ برامج استراتيجية يمكن أن يوفر الفرصة لتعزيز المعتقدات الدينية.

يتم استناد المقالة على الترتيب التالي:

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مقاله‌ی پژوهشی

بررسی نگرش مذهبی در دانشجویان سال اول و آخر رشته‌ی پزشکی دانشگاه علوم پزشکی جندی شاپور اهواز و رابطه‌ی آن با عزّت نفس

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چکیده

سابقه و هدف: نگرش مذهبی و عزّت نفس مقوله‌هایی هستند که در تمام جنبه‌های زندگی بشر تأثیر بسزایی دارند و پژوهش‌های بسیاری در این باره انجام شده است. مطالعه‌ی حاضر با هدف بررسی نگرش مذهبی و عزّت نفس در دانشجویان رشته‌ی پزشکی دانشگاه علوم پزشکی جندی شاپور اهواز و رابطه‌ی بین این دو متغیّر صورت گرفته است.

روش کار: در این مطالعه‌ی توصیفی-تحلیلی، ۱۹۷ نفر از دانشجویان سال اول و آخر رشته‌ی پزشکی به روش تمام‌شماری، انتخاب و بررسی شدند. داده‌ها با استفاده از پرسش‌نامه‌های استاندارد نگرش‌سنج مذهبی گلریز و براهنی و عزّت نفس روزنبرگ جمع‌آوری شد. تجزیه و تحلیل داده‌ها با استفاده از آزمون‌های آماری ضریب همبستگی پیرسون، آزمون t و من ویتنی انجام شد. در این پژوهش همه‌ی موارد اخلاقی رعایت شده است و مؤلفان مقاله هیچ‌گونه تضاد منافعی گزارش نکرده‌اند.

یافته‌ها: میانگین سن دانشجویان سال اول ۱۸/۹۳±۰/۹۴ و سال آخر ۲۴/۵۹±۱/۲۸؛ و میانگین نمره‌ی نگرش مذهبی و عزّت نفس دانشجویان از حداکثر ۱۰۰ و ۴۰ به ترتیب ۶۰/۴۲±۱۰/۵۶ و ۲۶/۵۱ ±۵/۹۲ بود. علاوه‌براین، میانگین و انحراف معیار نمرات نگرش مذهبی دانشجویان سال اول و آخر پزشکی نیز به ترتیب ۶۳/۳۹±۱۰/۰۱ و ۵۷/۵۵±۱۰/۳۵ بود که این تفاوت از نظر آماری معنی‌دار بود (P<۰/۰۰۱). همچنین میانگین و انحراف معیار نمرات عزّت نفس دانشجویان سال اول و آخر پزشکی به ترتیب ۲۶/۵۸±۶/۱۴ و ۲۶/۴۳±۵/۷۱ بود که این تفاوت از نظر آماری معنی‌دار نبود (P=۰/۸۵). ضریب همبستگی پیرسون نیز نشان داد که بین نگرش مذهبی و عزّت نفس رابطه‌ی مثبت معنی‌دار (r=۰/۱۵۶ و P=۰/۰۳۲)؛ و بین نگرش مذهبی و سن رابطه‌ی منفی و معنی‌داری وجود داشت (r=-۰/۲۹۳ و P=۰/۰۰۱).

نتیجه‌گیری: نتایج نشان داد که میزان نگرش مذهبی دانشجویان پزشکی در بدو ورود به دانشگاه بسیار زیاد بود اما در پایان تحصیل کاهش یافته بود. ازاین‌رو، شناسایی عوامل کاهش‌دهنده‌ی نگرش مذهبی دانشجویان و اجرای برنامه‌های راهبردی می‌تواند زمینه‌ی تقویت باورهای دینی را فراهم کند.

استناد مقاله به این صورت است:

Shakurnia A, Baniasad M. Religious Attitude in First and Last Year Medical Students of Ahvaz Jundishapur University of Medical Sciences and its Relationship with Self-esteem. Journal of Pizhūhish dar dīn va salāmat. 2019;5(3):5-17. https://doi.org/10.22037/jrrh.v5i3.17392