

# Exploring the Level of Tendency to Prayer and the Factors Affecting It among Students of Neyshabur University of Medical Sciences in 2017

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## Abstract

**Background and Objective:** Considering the effect of prayer on each person, especially at a young age and studentship period, this study aimed to explore the level of tendency to prayer and the factors affecting it among students of Neyshabur University of Medical Sciences.

**Methods:** In this descriptive and analytical study, 260 students of Neyshabur University of Medical Sciences were selected by stratified sampling. Data were collected using questionnaire with two sections; the first section was intended to collect the participants' demographic information and the second one aimed at exploring students' tendency to prayer and its affecting factors. The collected data were analyzed by carrying out descriptive (frequency, mean, and standard deviation) and inferential (independent-samples t-test, ANOVA) statistical procedures. The significance level was set at  $P < 0.05$ . In this study all ethical issues were observed and the researchers declared no conflict of interests.

**Results:** The mean and standard deviation of the tendency toward prayer were  $73.96 \pm 19.38$ . The most influential factors in the tendency of students to prayer were the enjoyment of prayer and the achievement of calmness, the prevention of sin and unpleasant deeds and the least influential factors in the tendency of students to prayer were the intimate relationship with the imam congregation, the useful lecture and the scientific mastery of imam congregation during the time of the prayers. The results of the t-test showed students' marital status and gender significantly influenced their tendency to prayer ( $P < 0.05$ ). Further, the results of one-way ANOVA showed that students' academic year, GPA, and parents' academic degree ( $P < 0.05$ ) significantly influenced the participants tendency toward prayer. In other words, the level of prayer tendency was considerably higher in married, female students. Also, students with higher GPAs and students in the fourth year of their studies were more willing to say prayer.

**Conclusion:** The level of tendency to prayer among students of Neyshabur University of Medical Sciences was good. However, an effective educational program should be designed to strengthen this ritual.

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## Summary

### Background and Objective

Journal of Pizhūhish dar dīn va salāmat

(i.e., Research on Religion & Health)

The study of prayer as a practical indicator of religiousness in the university as a cultural and normative institution in a system that sees the

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strengthening of religious values in its next generation as a key principle is very important (1). But unfortunately, the interest in prayer among teenagers, young people and students has reduced, and mosques and chapels are not being properly used by the youth (2). In this regard, students of medicine are in a special position, because the students of this group, in addition to the stresses caused by theoretical educational environments, are also affected by the stresses caused by different parts of the hospital (3). As a result, prayers and pray can serve as a supportive shield against stress, problems and disasters (4). Various opinions have been presented about the factors affecting the tendency of people to pray. Some of them refer to socio-cultural factors and some to individual variables (5). For example, studies have shown that praying and performing other religious practices among students differs in light of demographic information such as age, gender, marital status, type of educational course, residence status, level education and occupation of parents (6). This study aimed to explore the level of tendency to prayer and the factors affecting it among students of Neyshabur University of Medical Sciences.

#### Methods

**Compliance with ethical guidelines:** Measures were taken to observe the study's ethical principles, to clarify the expectations of the study from the participants, to obtain written consent from the participants, and to assure them that all information would be kept confidential.

In this descriptive and analytical study, 260 students of Neyshabur University of Medical Sciences were selected by stratified sampling in year 2017. Data were collected using questionnaire with two sections; the first section was intended to collect the participants' demographic information and the second one aimed at exploring students' tendency to prayer and its affecting factors. The collected data were analyzed using descriptive (frequency, mean, standard deviation) and inferential (independent-samples t-test, ANOVA) statistics. The statistical significance was set at  $P < 0.05$ .

#### Results

The results showed that the lowest age of participants was 19 years and the highest was 38 years. Also, the mean and standard deviation of the age of participating students were  $21.09 \pm 1.52$ . The lowest and highest age of beginning prayers respectively were 5 and 20 years. The mean and standard deviation of the age of beginning prayers were  $10.23 \pm 2.78$  years. From the students' perspective, the most effective group in their tendency to pray was the family. The mean and standard deviation of the tendency toward prayer were  $73.96 \pm 19.38$ . The most influential factors in the tendency of students to prayer were the enjoyment of prayer and the achievement of calmness, the prevention of sin and unpleasant deeds, while the least influential factors in the tendency of students to prayer were the intimate relationship with the imam congregation, the useful lecture and the scientific mastery of imam congregation during the time of the prayers. The results of the t-test showed students' marital status and gender significantly

influenced their tendency to prayer ( $P < 0.05$ ). Further, the results of one-way ANOVA showed that students' academic year, GDP, and parents' academic degree ( $P < 0.05$ ) significantly influenced the participants tendency toward prayer. In other words, the level of prayer tendency was considerably higher in married, female students. Also, students with higher GDPs and students in the fourth year of their studies were more willing to say prayer.

#### Conclusion

The level of tendency to prayer among students of Neyshabur University of Medical Sciences was good. The results of the study showed that married students were more willing to say prayer in comparison to their single counterparts. Furthermore, female students had more tendency than the male students to say prayer. The findings are consistent with the results reported by Mojahed and et al (4), Yaghoobi and et al (7), Hadavi and Heshmati (8). The first year students had fewer tendencies toward prayers than the third and fourth year students. And students with higher GPAs tended to pray more than students with lower GPAs. These findings are in line with the ones reported by Alavi (9). At the end, it is argued that, in order to increase students' tendency to say prayer, authorities and policy makers should develop well-designed and efficient plans to attract students to prayer because prayer is the best way to remember God, a deterrent against sins, a safe haven for humans and a good way to soothe hearts. The major limitation of the study was that it was a cross-sectional study and only questionnaire was used for data collection. More reliable clinical assessment methods should be used in future studies.

#### Acknowledgements

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#### Ethical considerations

This article is taken from a research plan approved in March 2016 with code 97 by Neyshabur University of Medical Sciences Research Committee and approved by the Ethics Committee of Neyshabur University of Medical Sciences.

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#### Conflict of interest

The authors declared no conflict of interest.

#### Authors' contributions

Developing the Key Idea, Writing the Proposal, Data Analysis, Final Consultation and Review Article: First Author; Helping with Proposal Editing and Sample Collection: Second and Third Authors; Data Analysis: Fourth Author; Article Editing; Main Article Guidance, Task Division, Editing and Final Review: Seventh Author.

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## دراسة مستوى التوجه والميل الى الصلاة والعوامل المؤثرة عليه لدى طلاب جامعة نيسابور للعلوم الطبية في عام ٢٠١٧

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### معلومات المادة

الوصول: ١٠ رمضان ١٤٤٠

وصول النص النهائي: ١٨ ذي القعدة ١٤٤٠

القبول: ٢ ذي الحجة ١٤٤٠

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### الكلمات الرئيسية:

الجامعات

الدين

الطلاب

### الملخص

**خلفية البحث وأهدافه:** بالنظر الى تأثير الصلاة على كل شخص، وخاصة في عمر الشباب والمرحلة الجامعية، فقد تم اجراء هذا البحث بهدف تحديد مستوى الرغبة الى الصلاة وعوامله المؤثرة في طلاب جامعة نيسابور للعلوم الطبية في عام.

**منهجية البحث:** في هذه الدراسة الوصفية والتحليلية تم اختيار ٢٦٠ طالب من الطلاب المؤهلين من جامعة نيسابور للعلوم الطبية عن طريق اخذ العيات التطبيقية. وكانت اداة جمع البيانات عبارة عن استبيان ذي قسمين يتضمن معلومات ديموغرافية ومستوى الرغبة الى الصلاة والعوامل المؤثرة على ذلك. تم تحليل البيانات وتحجتها من خلال اختبارات وصفية (المتوسط، الانحراف المعياري، التردد) وإحصاءات استنتاجية (اختبار تي و التباين الاحادي)، وقد اعتبر مستوى الدلالة  $P < 0.05$ . تمت مراعاة جميع الموارد الاخلاقية في هذا البحث وازافة الى هذا فإن مؤلفي البحث لم يشيروا الى اي تضارب في المصالح.

**الكشوفات:** كان المتوسط والانحراف المعياري للميل الى الصلاة  $19.38 \pm 7.33$  و إن أهم العوامل المؤثرة في الرغبة الطلاب إلى الصلاة على التوالي هي التمتع بالصلاة والوصول إلى طمأنينة قلبية، وتجنب المعاصي والاعمال السيئة، وكانت العوامل الأقل تأثيراً في ميل الطلاب إلى الصلاة على التوالي هي العلاقة الحميمة مع امام الجماعة والمحاضرات المفيدة والتمكن العلمي لإمام الجماعة أثناء اقامة الصلاة. اظهر اختبار "تي" الاحصائي ان هناك علاقة ذات دلالة احصائية بين الحالة الزوجية والجنس وبين متوسط الميل الى الصلاة ( $P < 0.05$ )؛ بينما اظهر اختبار التباين الاحادي فرقا كبيراً بين متوسط الميل الى الصلاة وبين السنة الدراسية والمعدل والمستوى الدراسي للوالدين ( $P < 0.05$ ). بعبارة اخرى فإن نسبة الميل الى الصلاة في الطالبات المتزوجات وبمعدل عالي وفي السنة الدراسية الأخيرة، أعلى من الطلاب الآخرين.

**الاستنتاج:** إن مستوى الرغبة الى الصلاة لدى طلاب جامعة نيسابور للعلوم الطبية كان بمستوى جيد لكنه بحاجة الى تنظيم برنامج تعليمي فعال في مجال تعزيز هذه الفريضة.

يتم استناد المقالة على الترتيب التالي:

Kavosi A, Meshkani M, Shurvarzi N, Roohi Gh, Nasiri H, Kavosi A, Mohammadi Gh. Exploring the Level of Tendency to Prayer and the Factors Affecting It among Students of Neyshabur University of Medical Sciences in 2017. Journal of Pizhūhish dar dīn va salāmat. 2019;5(3):96-108. <https://doi.org/10.22037/jrrh.v5i3.22306>

## بررسی میزان گرایش به نماز و عوامل مؤثر بر آن در دانشجویان دانشگاه علوم پزشکی نیشابور در سال ۱۳۹۶

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### چکیده

**سابقه و هدف:** با توجه به تأثیر نماز بر هر شخص به‌ویژه در سن جوانی و دوران دانشجویی، این پژوهش با هدف تعیین میزان گرایش به نماز و عوامل مؤثر بر آن، در دانشجویان دانشگاه علوم پزشکی نیشابور در سال ۱۳۹۶ انجام شده است.

**روش کار:** در این پژوهش توصیفی-تحلیلی، تعداد ۲۶۰ دانشجوی واجد شرایط دانشگاه علوم پزشکی نیشابور با روش نمونه‌گیری طبقه‌بندی وارد پژوهش شدند. ابزار گردآوری اطلاعات یک پرسش‌نامه‌ی دوبخشی شامل اطلاعات جمعیت‌شناختی و میزان گرایش به نماز و عوامل مؤثر بر آن بود. داده‌ها پس از جمع‌آوری با استفاده از آزمون‌های توصیفی (میانگین، انحراف معیار و فراوانی) و استنباطی (آزمون  $t$  و واریانس یک‌طرفه) تجزیه و تحلیل شد و مقدار  $P$  کمتر از ۰/۰۵ در نظر گرفته شد. در این پژوهش همه‌ی موارد اخلاقی رعایت شده است و مؤلفان مقاله هیچ‌گونه تضاد منافعی گزارش نکرده‌اند.

**یافته‌ها:** میانگین و انحراف معیار کلی گرایش به نماز  $73/96 \pm 19/38$  به دست آمد. بیشترین عوامل تأثیرگذار در گرایش دانشجویان به نماز به‌ترتیب لذت‌بخش بودن نماز و رسیدن به آرامش قلبی، پیشگیری از گناه و کارهای ناپسند؛ و کمترین عوامل تأثیرگذار به‌ترتیب ارتباط صمیمی با امام جماعت، سخنرانی مفید و تسلط علمی امام جماعت در زمان برپایی نماز بود. آزمون آماری  $t$  بین تأهل و جنس با میانگین گرایش به نماز ارتباط معنادار ( $P < 0/05$ )؛ و آزمون آماری واریانس یک‌طرفه بین میانگین گرایش به نماز با سال تحصیلی، معدل و تحصیلات والدین دانشجویان اختلاف معناداری نشان داد ( $P < 0/05$ ). به عبارتی دیگر، میزان گرایش به نماز در دانشجویان متأهل زن، با معدل بالا و سال آخر، نسبت به دانشجویان دیگر بیشتر بود.

**نتیجه‌گیری:** میزان گرایش دانشجویان دانشگاه علوم پزشکی نیشابور به نماز در سطح خوب بود، اما نیازمند تدوین برنامه‌ی آموزشی مؤثر در زمینه‌ی تقویت این فریضه است.

### اطلاعات مقاله

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### واژگان کلیدی:

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