

The Effect of Life Skills Training Based on the Holy Quran on the Negative Emotions, Life Quality and Life Orientation of Patients with Breast Cancer in Tehran

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Article Info

Received: Aug 8, 2019

Received in revised form:
Sep 29, 2019

Accepted: Oct 12, 2019

Available Online: Dec 22, 2019

Keywords:

Cancer
Emotional
Life orientation
Life skill
Quality of life

Abstract

Background and Objective: Cancer is the fourth most common chronic disease that has a negative effect on patients' normal life and mental health. Therefore, the present study aimed to investigate the effectiveness of life skills training with Quranic approach on negative emotions, the quality of life and orientation toward life in patients afflicted by Breast Cancer in Tehran.

Methods: This was a quasi-experimental study with a pretest-posttest and control group design. The statistical population included all women with breast cancer selected from those referring to Kasra hospital in Tehran. Based on the specified criteria for inclusion in the study and DASS, WHOQ-26 and LOT-R, life quality and orientation to life, patients with the highest scores were selected by convenience sampling and randomly assigned to experimental and control groups ($n_1=n_2=15$). The experimental group received eight 60-minute sessions of therapeutic intervention one session a week, while the control group received no intervention. The collected data was analyzed by descriptive statistics and multivariate analysis of covariance (MANCOVA). In this study, all the ethical considerations have been observed and no conflict of interest was reported by the authors.

Results: The results of the study showed that there was a significant difference between the experimental and control groups in reducing the negative emotions such as anxiety, depression and stress ($P<0.05$). The results further showed that there was a significant difference in quality of life scores and life orientation between the two groups ($P<0.05$).

Conclusion: Life skills training based on the Holy Quran combined with standard medical care had a beneficial effect on the psychological indicators and health of cancer patients and decreased their negative emotions.



 <https://doi.org/10.22037/jrrh.v5i4.18886>

Please cite this article as: Ekhtiary-Sadegh M, Imani-Naeini M, Mirza-Mohammadi MH. The Effect of Life Skills Training Based on the Holy Quran on the Negative Emotions, Life Quality and Life Orientation of Patients with Breast Cancer in Tehran. Journal of Pizhūhish dar dīn va salāmat. 2020;5(4):7-19. <https://doi.org/10.22037/jrrh.v5i4.18886>

Summary

Background and Objective

Chronic diseases are the main cause of mortality today (1). Cancer is an example of a chronic disease characterized by abnormal cell deformation and loss of cell differentiation and has physical, psychological and

social consequences (2-5). Most people develop stress, depression and anxiety in the first months after getting a chronic illness. If these negative emotions persist, they will have a harmful effect on the patients' mental and physical health (1).

One of the variables affecting health and prevention in mental health of patients with chronic diseases is the quality of life and life orientation (6). Improving the

quality of life is one of the basic goals of treatment, and studies show that there is a relationship between quality of life and psychological problems (7, 8). The results of studies also show that life orientation is correlated with the adaptability of people in adverse conditions and enjoying better health conditions (9, 10).

Life orientation refers to individuals' interpretation of life and includes the dimensions of optimism and pessimism (11, 12). Studies show that optimistic individuals are more likely to be able to deal with problems (13). When a chronic illness occurs, the family is affected, in addition to the patient. Therefore, there is a need to pay attention to psychological as well as the physical symptoms in these individuals (14). One of the factors affecting the status of chronic patients is life skills (15).

Life skills include psychosocial, social and interpersonal skills that allow an individual to make informed decisions, establish appropriate relationships, develop their coping skills and their ability to live a good life in the present and future (16-18). Living skills based on the Qur'anic approach provide the opportunity for all-round improvement, and takes all dimensions of human development into account equally (19). In this approach, the goal is to improve individual and social life using Creator's worship (19-22).

There are many psychological treatments available in addition to drug therapies for psychological disorders to improve life in cancer patients. But the existing psychological therapies have not been found to be successful in this regard. Therefore, the present study was conducted with the aim of "studying the effect of life skills training based on the Quranic approach on negative emotions, quality of life and life orientation in breast cancer patients".

Methods

Compliance with ethical guidelines: In order to adhere to research ethics and to protect the rights of the subjects, all subjects were given the necessary explanations regarding the purpose of the study and how it was implemented; They were also assured that the personal information obtained would be kept confidential and that the data released would be analyzed in a collective manner, with the privacy of the individual being kept private.

The study was quasi-experimental with a pretest and posttest experimental and control group design. Among women with breast cancer referring to the Kasra hospital in Tehran in 1396, 30 were selected using accessible and purposive sampling method. The experimental group included 15 and the control group 15 patients. The experimental group received eight sessions of Quranic life skills training for 1 hour, but the control group received no training. In this study, ethical considerations and entry and exit criteria were also observed. Data was collected using a short-form of the depression, anxiety and stress questionnaire (23), quality of life questionnaire (24) and life orientation questionnaire (25). The collected data were analyzed

using descriptive statistics and multivariate covariance.

Results

The mean age in the experimental and the control group was 44.21 ± 10.06 and 44.41 ± 10.62 , respectively. The results showed that in the experimental group, after intervention, the score related to the quality of life and life orientation increased and negative emotions score decreased. But there was no change in the scores of the control group. Before implementing covariance analysis, its preconditions were first observed.

The results of covariance analysis showed that life skills training with Quranic approach has a positive effect on negative emotions, quality of life and life orientation of patients with breast cancer.

Conclusion

The first finding of this study, in line with the results of previous studies (20, 22, 26), showed that the intervention improved the patients' ability to reduce negative emotions. Breast cancer is the most common, deadliest, and, emotionally and psychologically, the most effective cancer among women (27). It can be stated that with this method of intervention, the patient sees herself connected to a spiritual power supply and increases her coping ability. Accordingly, she struggles on with hope rather than depression and anxiety.

Another finding of this study, in accordance with the results of previous studies (21, 22), was that the intervention had an impact on improving the quality of life and orientation toward life. It can be said that this intervention could successfully increase spirituality in patients, and as spirituality is correlated with purposefulness in life, the quality of life of cancer patients improved and their orientation to life improved due to optimism driven by trust and belief in God.

Acknowledgements

The authors thank and appreciate all those who contributed to this study.

Ethical considerations

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

Funding

According to the authors, this research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

Conflict of interest

The authors declared no conflict of interest.

Authors' contributions

Introduction to Problem Statement and Article Writing: First Author; Writing research methodology and participation in statistical analysis: Second Author; Writing Discussion, Conclusion and Participation in Statistical Analysis: Third Author.

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دراسة مدى تأثير تعليم مهارات الحياة القائم على المنهج القرآني على الانفعالات السلبية والجودة والتوجه الحياتي لدى المصابات بسرطان الثدي في مدينة طهران

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معلومات المادة

الوصول: ٦ ذي الحجة ١٤٤٠

وصول النص النهائي: ٢٩ محرم ١٤٤١

القبول: ١٣ صفر ١٤٤١

النشر الإلكتروني: ٢٥ ربيع الثاني ١٤٤١

الكلمات الرئيسية:

الانفعال

التوجه الحياتي

جودة الحياة

سرطان

المهارات الحياتية

الملخص

خلفية البحث وأهدافه: يعتبر السرطان رابع أكثر الأمراض المزمنة شيوعاً والذي له تأثير سلبي على الأداء الطبيعي للحياة والصحة العقلية للمرضى. إن البحث الحاضر يهدف إلى دراسة مدى تأثير تعليم المهارات الحياتية القائم على المنهج القرآني على الانفعالات السلبية والجودة والتوجه الحياتي على مرضى سرطان الثدي في مدينة طهران.

تلقت المجموعة التجريبية ثماني جلسات لمدة ٦٠ دقيقة من التدخل في جلسة واحدة في الأسبوع، ولكن المجموعة الضابطة لم تتلق أي تدخل. وقد تم تحليل البيانات التي تم الحصول عليها عن طريق إحصاءات وصفية وتحليل متعدد المتغيرات من التباين.

منهجية البحث: إن الأسلوب المتبع في هذه الدراسة هو شبه تجريبي من صنف الاختبار المسبق والاختبار اللاحق ومجموعة التحكم. اشتمل المجتمع الإحصائي جميع النساء المصابات بسرطان الثدي من بين اللواتي راجعن مستشفى كسرى في مدينة طهران واستناداً إلى معايير الدخول إلى الدراسة واستبيانات النموذج القصير للاكتئاب والقلق والاضطراب وجودة الحياة والتوجه الحياتي، تم اختيار المرضى الذين كانت لديهم أعلى درجات وذلك من خلال أخذ العينات المتاحة ثم تم تقسيمهم ($n=30$) بشكل عشوائي إلى مجموعتي الاختبار والتحكم ($n_1=n_2=15$) تلقت مجموعة الاختبار ثماني جلسات التدخل العلاجي ومدة كل جلسة ٦٠ دقيقة وذلك مرة في الأسبوع ولكن لم تتلق مجموعة التحكم أية مداخل. تم تحليل البيانات باستخدام مناهج الإحصاء الوصفي وتحليل التباين متعدد المتغيرات. تمت مراعاة جميع الموارد الأخلاقية في هذا البحث؛ فإن مؤلفي البحث لم يشيروا إلى أي تضارب في المصالح.

الكشوفات: أظهرت الكشوفات أن هناك فرقاً كبيراً بين مجموعتي الاختبار والتحكم في الحد من الانفعالات السلبية للقلق والاكتئاب والاضطراب ($P<0.05$). وإضافة إلى هذا فإن هناك فرقاً كبيراً أيضاً في درجات جودة الحياة والتوجه الحياتي بين المجموعتين ($P<0.05$).

الاستنتاج: إن تعليم مهارات الحياة المبني على المنهج القرآني على المؤشرات النفسية للمصابات بسرطان الثدي إلى جانب العناية الطبية الصحيحة له وقع كبير على الصحة والتقليل من الانفعالات النفسية.

يتم استناد المقالة على الترتيب التالي:

Ekhtiary-Sadegh M, Imani-Naeini M, Mirza-Mohammadi MH. The Effect of Life Skills Training Based on the Holy Quran on the Negative Emotions, Life Quality and Life Orientation of Patients with Breast Cancer in Tehran. Journal of Pizhūhish dar dīn va salāmat. 2020;5(4):7-19. <https://doi.org/10.22037/jrrh.v5i4.18886>

بررسی اثربخشی آموزش مهارت‌های زندگی با رویکرد قرآنی بر هیجانات منفی، کیفیت و جهت‌گیری زندگی در مبتلایان به سرطان پستان شهر تهران

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اطلاعات مقاله

دریافت: ۱۷ مرداد ۱۳۹۸

دریافت متن نهایی: ۷ مهر ۱۳۹۸

پذیرش: ۲۰ مهر ۱۳۹۸

نشر الکترونیکی: ۱ دی ۱۳۹۸

چکیده

سابقه و هدف: سرطان چهارمین بیماری مزمن شایع است که بر عملکرد طبیعی زندگی و سلامت روان بیماران تأثیر منفی دارد. از این رو، پژوهش حاضر با هدف بررسی اثربخشی آموزش مهارت‌های زندگی با رویکرد قرآنی بر هیجانات منفی، کیفیت و جهت‌گیری زندگی در مبتلایان به سرطان پستان شهر تهران انجام شد.

روش کار: این پژوهش از نوع نیمه‌تجربی با طرح پیش‌آزمون-پس‌آزمون و گروه کنترل بود. جامعه‌ی آماری شامل کلیه‌ی زنان مبتلا به سرطان پستان از بین مراجعه‌کنندگان به بیمارستان کسرای شهر تهران بود که بر اساس معیارهای ورود به پژوهش و پرسش‌نامه‌های فرم کوتاه افسردگی، اضطراب و استرس؛ کیفیت زندگی و جهت‌گیری زندگی بیمارانی که دارای بالاترین نمرات بودند با روش نمونه‌گیری دردسترس انتخاب و به‌صورت تصادفی به گروه‌های آزمایش و گواه ($n_1=n_2=15$) تقسیم شدند ($n=30$). گروه آزمایشی هشت جلسه مداخله‌ی درمانی ۶۰ دقیقه‌ی طی یک جلسه در هفته دریافت کرد اما گروه کنترل مداخله‌ی دریافت نکرد. اطلاعات به‌دست‌آمده با روش‌های آمار توصیفی و تحلیل کوواریانس چندمتغیری تحلیل شد. در این پژوهش همه‌ی موارد اخلاقی رعایت شده است و پژوهشگران هیچ‌گونه تضاد منافی گزارش نکرده‌اند.

یافته‌ها: یافته‌های پژوهش نشان داد که تفاوت معناداری بین گروه‌های آزمایش و کنترل در کاهش هیجانات منفی اضطراب، افسردگی و استرس وجود داشت ($P<0/05$). علاوه بر این، در نمرات کیفیت زندگی و جهت‌گیری زندگی دو گروه نیز تفاوت معنادار بود ($P<0/05$).

نتیجه‌گیری: آموزش مهارت زندگی با رویکرد قرآنی بر شاخص‌های روان‌شناختی مبتلایان به سرطان در پیوند با مراقبت پزشکی استاندارد اثر سودمندی بر سلامتی و کاهش هیجانات منفی خواهد داشت.

واژگان کلیدی:

جهت‌گیری زندگی

سرطان

کیفیت زندگی

مهارت زندگی

هیجان

استناد مقاله به این صورت است:

Ekhtariy-Sadegh M, Imani-Nacini M, Mirza-Mohammadi MH. The Effect of Life Skills Training Based on the Holy Quran on the Negative Emotions, Life Quality and Life Orientation of Patients with Breast Cancer in Tehran. Journal of Pizhūhish dar dīn va salāmat. 2020;5(4):7-19. <https://doi.org/10.22037/jrrh.v5i4.18886>