

The Effectiveness of Remembrance of God in Self-Control and Happiness among the Families of Ardabil Disciplinary Command Employees

Hamid Parsayi¹ , Ali Reza Abdolrahimi^{1*} , Mehdi Moeinikia² 

1- Department of Quranic and Hadith Sciences, Ardabil Branch, Islamic Azad University, Ardabil, Iran.

2- Department of Psychology and Educational Sciences, Ardabil Branch, Islamic Azad University, Ardabil, Iran.

*Correspondence should be addressed to Mr. Ali Reza Abdolrahimi; Email: A.Abdolrahimi@iauardabil.ac.ir

Article Info

Received: Aug 23, 2020

Received in revised form:

Sep 26, 2020

Accepted: Oct 31, 2020

Available Online: Jun 22, 2021

Keywords:

Ardabil

Happiness

Police officers

Remembering God

Self-control



 <https://doi.org/10.22037/jrrh.v7i2.31896>

Abstract

Background and Objective: Spirituality is one of the dimensions of human that shows his connection and integration with the universe. Due to the importance of spirituality and its effect on self-regulatory and self-controlling behaviors, the aim of this study was to investigate the effect of remembrance of God on self-control and happiness among the families of Ardabil Disciplinary Command employees.

Methods: This research is a quasi-experimental research with pre-test and post-test control group design. The statistical population of this study consisted of all families of Ardabil police personnel who participated in the ideological courses of this organization in 2019. Thirty people were selected by available sampling method out of the sample population and randomly assigned to the experimental and control groups (N=15). The process of spiritual therapy lasted for 12 sessions, each session lasting 45 minutes, and the control group did not receive any intervention. Data collection tools included self-control and happiness questionnaires. In this study, all ethical considerations were observed and no conflict of interest was reported by the authors.

Results: The results of analysis of covariance showed that spirituality therapy was effective in improving the overall scores related to self-control and happiness in police officers' families.

Conclusion: Based on the obtained findings, spirituality therapy can be used as an effective method in improving self-control and happiness of officers' families in Ardabil.

Summary

Background and Objective

Self-control is an aspect of inhibition control, the ability to regulate one's feelings, thoughts, and behaviors in the face of temptations and impulses (1). As an executive function, self-control is a cognitive process that is necessary to regulate an individual's behavior to achieve specific goals (2). Experimental research findings show that people with higher self-control experience less negative emotions and have healthier relationships due to

better control over the interference of personal desires in occupational duties (3).

Happiness is one of the variables in positive psychology and is the amount of positive value that a person attaches to him/herself. Happiness is a positive concept that is vital to maintaining good health. This construct has two aspects; One is the emotional factor that reflects the emotional experience of happiness, contentment, joy, and other positive emotions; And another is the cognitive assessment of satisfaction from different domains of life, which indicates happiness and psychological well-being (4).

Over the past decade, interest in spirituality has increased dramatically among health professionals, including psychologists. Spirituality is a form of coping that helps people to cope with a wide range of difficult living situations (5). In recent years, many studies have been conducted in the field of spirituality and spirituality is considered as one of the four general components of health (6). Spirituality is one of the dimensions of man that shows his connection and integration with the universe. Communication and integration give man hope and meaning and transcend him beyond the limits of time and place and material interests (7).

Considering the above-mentioned research records and the importance of spirituality in self-control and happiness, the present study was conducted to investigate the effectiveness of God's remembrance on self-control and happiness among the families of Ardabil police command staff.

Methods

Compliance with ethical guidelines: In this study, all related ethical principles, including professional, scientific and educational responsibility, respect for the rights and dignity of individuals, adherence to possible and reasoned standards in research, proper use of knowledge and skills, avoidance of fabrication and distortion of information, conflict of interest, professional secrecy, confidentiality of questionnaires, obtaining the informed consent of the participants in the research and leaving them to leave it were observed.

This is a quasi-experimental study with a pre-test and post-test control group design. The statistical population of the study included all the families of Ardabil police officers, who attended ideological courses of this organization in 2019 (N=70). Given that in experimental and quasi-experimental studies, the minimum sample should be 15 people, thirty people were selected by available sampling from this community and were selected by considering the possibility of attending meetings and their consent and were randomly assigned to experimental and control groups (15 people each) and filled in the self-control and happiness questionnaires. Spiritual therapy was performed for 12 45-minute sessions once a week for the experimental group and the control group did not receive any intervention. At the end of the treatment sessions, both groups responded to the self-control and happiness scales. Inclusion criteria included willingness to

participate in research and having a minimum literacy (up to the fifth grade of elementary school) and exclusion criteria included unwillingness to participate in research, illiteracy, and three sessions of absence in the educational program. Multivariate analysis of variance (MANCOVA) was used to analyze the data due to the multivariate nature of the article title.

Results

The results of analysis of covariance showed that after the implementation of spiritual therapy, a significant difference was observed between the two groups in the mean scores related to the self-control variable. In other words, based on the results obtained from the analysis of self-control in the experimental and control groups, a significant difference existed in the post-test scores related to self-control between the experimental and control groups. This means that attending spiritual therapy sessions can increase the ability to self-control. The results of analysis of covariance showed that after the implementation of spiritual therapy, a significant difference was observed between the mean scores of the two groups in the happiness variable. In other words, based on the results obtained from the analysis of happiness variable in the experimental and control groups, a significant difference was observed in the post-test happiness scores between the experimental and control groups. This indicates that spirituality therapy had a positive effect and the level of happiness increased after spirituality therapy.

Conclusion

Based on the obtained results, there was a significant difference in the post-test scores of self-control between the experimental and control groups suggesting that attending spiritual therapy sessions increased self-control. These results are consistent with the findings of Hodge et al. that religion and spirituality have an effect on self-regulatory and self-controlling behaviors (8).

There was also a significant difference in the post-test of happiness between the experimental and control groups showing that spirituality therapy had a positive effect and the level of happiness increased after spirituality therapy. These results are consistent with the findings of a study by Amirarjmandi et al. that spirituality and therapy are effective in reducing depression and increasing marital satisfaction (9). In explaining the findings can be stated that fleeting joys that originate from sin cause neglect of personal and

social perfection and failure to do one's duties and continuing to commit sins leads to dementia, or at least stop one from fulfilling his/her human duties. In fact, true happiness cannot be achieved by fleeting and endless pleasures.

In examining the research hypotheses, the results of the present study show that the remembrance of God and attention to Islamic sources in life and educational methods have an undeniable effect on self-control and happiness, and the difference between the experimental group and the control group was undeniably obvious; the experimental group had a better mental state in times of stress and a higher ability to cope with problems and troubles. These can help professionals and officials in comprehensive planning to reduce social vulnerability and the tendency of people in the society toward religious and moral issues.

Acknowledgements

The compassionate cooperation of all Ardabil police officers as well as all the staff participating in the research who assisted the researchers in conducting this research is appreciated.

Ethical considerations

The authors declared this article is taken from the first author's doctoral dissertation entitled "The effectiveness of the remembrance of God on self-control based on Islamic sources and psychology" which was approved at the 120th meeting of the Research Council of Ardabil Islamic Azad University on 7/20/2017.

Funding

The authors of the article declared no sponsorship for this research.

Conflict of interest

The authors declared no conflict of interest.

Authors' contribution

Supervising the plan, developing a treatment plan and drafting the article and implementing the intervention: First and second authors; and data collection and analysis: Third author.

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مدى تأثير ذكر الله على ضبط النفس والسعادة لدى اسر منتسبي قيادة الشرطة في محافظة أردبيل

حميد بارساي^١، عليرضا عبدالرحيمي^{٢*}، مهدي معيني كيا^٣

١- قسم علوم القرآن والحديث، فرع اردبيل، جامعة آزاد الإسلامية، اردبيل، ايران.

٢- قسم علم النفس والعلوم التربوية، فرع اردبيل، جامعة آزاد الإسلامية، اردبيل، ايران.

* المراسلات الموجهة إلى السيد عليرضا عبدالرحيمي؛ البريد الإلكتروني: A.Abdolrahimy@iauardabil.ac.ir

معلومات المادة

الوصول: ٤ محرم ١٤٤٢

وصول النص النهائي: ٨ صفر ١٤٤٢

القبول: ١٤ ربيع الاول ١٤٤٢

النشر الإلكتروني: ١١ ذي القعدة ١٤٤٢

الكلمات الرئيسية:

أردبيل

أفراد الشرطة

ذكر الله

السعادة

ضبط النفس

الملخص

خلفية البحث وأهدافه: تعتبر الروحانية إحدى جوانب حياة الإنسان التي تظهر علاقتها وانسجامها مع العالم. نظراً لأهمية الروحانية وأثرها على سلوكيات التنظيم الذاتي وضبط النفس، قد انجز البحث الحالي لدراسة مدى فعالية ذكر الله على ضبط النفس والسعادة لدى اسر موظفين في قيادة الشرطة في محافظة أردبيل.

منهجية البحث: تم اجراء هذا البحث الشبه تجريبي مع تصميم الاختبار القبلي والبعدى مع المجموعة الضابطة. اشتمل المجتمع الاحصائي للبحث جميع اسر منتسبي قوات الشرطة في محافظة أردبيل الذين شاركوا في دورات تعليم العقائد الدينية التي اقيمت في هذه المنظمة عام ٢٠١٩. تم اختيار ٣٠ شخصاً بطريقة اخذ العينة المتاحة ومن ثم تم ادراجهم عشوائياً في مجموعتي التجربة والضابطة (N=١٥) تم اجراء العلاج الروحاني في ١٢ جلسة مدتها ٤٥ دقيقة ولم تتلق المجموعة الضابطة اي تدخل. كانت ادوات جمع البيانات، استبيان Tan Jenny لضبط النفس واستبيان أكسورد للسعادة. تم تحليل البيانات وتجزئتها باستخدام اختبار تباين المتعدد المتغيرات. تمت مراعاة جميع الموارد الاخلاقية في هذا البحث وازافة الى هذا فإن مؤلفي البحث لم يشيروا الى اي تضارب في المصالح.

الكشوفات: اظهرت نتائج تحليل التباين انه كان للعلاج الروحاني اثر ايجابي في النتيجة الإجمالية للضبط الذاتي والسعادة لدى اسر منتسبي قوات الشرطة.

الاستنتاج: وفقاً للنتائج يمكن استخدام العلاج الروحاني كعامل فعال في تحسين ضبط النفس والسعادة لدى اسر منتسبي قوات الشرطة في محافظة أردبيل.

يتم استناد المقالة على الترتيب التالي:

Parsayi H, Abdolrahimi AR, Moeinikia M. The Effectiveness of Remembrance of God in Self-Control and Happiness among the Families of Ardabil Disciplinary Command Employees. Journal of Pizhūhish dar dīn va salāmat. 2021;7(2):72-83. <https://doi.org/10.22037/jrrh.v7i2.31896>

اثربخشی یاد خدا بر خودمهارگری و شادکامی در بین خانواده‌های کارکنان فرماندهی انتظامی استان اردبیل

حمید پارسایی^۱، علیرضا عبدالرحیمی^{۱*}، مهدی معینی کیا^۲

۱- گروه علوم قرآن و حدیث، واحد اردبیل، دانشگاه آزاد اسلامی، اردبیل، ایران.

۲- گروه روان‌شناسی و علوم تربیتی، واحد اردبیل، دانشگاه آزاد اسلامی، اردبیل، ایران.

* مکاتبات خطاب به آقای علیرضا عبدالرحیمی؛ رایانامه: A.Abdolrahimi@iauardabil.ac.ir

اطلاعات مقاله

دریافت: ۲ شهریور ۱۳۹۹

دریافت متن نهایی: ۵ مهر ۱۳۹۹

پذیرش: ۱۰ آبان ۱۳۹۹

نشر الکترونیکی: ۱ تیر ۱۴۰۰

واژگان کلیدی:

اردبیل

خودمهارگری

شادکامی

کارکنان نیروی انتظامی

یاد خدا

چکیده

سابقه و هدف: معنویت یکی از ابعاد انسان است که ارتباط و یکپارچگی او را با عالم هستی نشان می‌دهد. با توجه به اهمیت معنویت و تأثیر آن در رفتارهای خودتنظیمی و خودمهارگری، پژوهش حاضر با هدف بررسی اثربخشی یاد خدا بر خودمهارگری و شادکامی در بین خانواده‌های کارکنان فرماندهی انتظامی استان اردبیل انجام گرفته است.

روش کار: این پژوهش از نوع تحقیقات شبه‌آزمایشی با طرح پیش‌آزمون و پس‌آزمون با گروه کنترل است. جامعه آماری پژوهش تمامی خانواده‌های کارکنان نیروی انتظامی استان اردبیل بودند که در سال ۱۳۹۸ در دوره‌های عقیدتی این سازمان حضور پیدا کردند. از این جامعه تعداد ۳۰ نفر به صورت نمونه‌گیری دردسترس انتخاب و به‌طور تصادفی در دو گروه آزمایش و کنترل جایگزین شدند ($N=15$). معنویت‌درمانی به مدت ۱۲ جلسه ۴۵ دقیقه‌ای اجرا شد و گروه کنترل هیچ مداخله‌ای دریافت نکرد. ابزارهای جمع‌آوری اطلاعات پرسش‌نامه خودمهارگری تانجی و مقیاس شادکامی آکسفورد بود. نتایج با استفاده از آزمون کوواریانس چندمتغیره تجزیه و تحلیل شد. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلفان مقاله تضاد منافی گزارش نکرده‌اند.

یافته‌ها: نتایج تحلیل کوواریانس نشان داد که معنویت‌درمانی در نمره کلی خودمهارگری و شادکامی خانواده‌های کارکنان نیروی انتظامی اثربخش بود.

نتیجه‌گیری: بر اساس یافته‌های به دست آمده می‌توان از روش معنویت‌درمانی به عنوان روشی مؤثر در بهبود خودمهارگری و شادکامی خانواده‌های کارکنان نیروی انتظامی شهر اردبیل سود جست.

استناد مقاله به این صورت است:

Parsayi H, Abdolrahimi AR, Moeinikia M. The Effectiveness of Remembrance of God in Self-Control and Happiness among the Families of Ardabil Disciplinary Command Employees. Journal of Pizhūhish dar dīn va salāmat. 2021;7(2):72-83. <https://doi.org/10.22037/jrrh.v7i2.31896>