

# The Role of Religious Coping and Psychological Hardiness in Predicting the Social Well-being of Payam-e Noor University Students during the Covid-19 Outbreak

Zahra Ghobadimehr<sup>1</sup> , Morteza Ghorbani<sup>2</sup> , Omid Mirzaee-Fandokht<sup>3\*</sup> , Sadegh Ahmadi<sup>4</sup> 

1- Department of Psychology, Faculty of Psychology and Educational Sciences, Islamshahr Branch, Islamic Azad University, Islamshahr, Iran.

2- Department of Psychology, Faculty of Psychology and Educational Sciences, Electronics Branch, Islamic Azad University, Tehran, Iran.

3- Department of Psychology, Faculty of Psychology and Educational Sciences, Allameh Tabataba'i University, Tehran, Iran.

4- Department of Educational Sciences, Faculty of Psychology and Educational Sciences, Farhangian University, Zanjan, Iran.

\*Correspondence should be addressed to Dr. Omid Mirzaee-Fandokht; Email: [omid.mirzaei.r.1395@gmail.com](mailto:omid.mirzaei.r.1395@gmail.com)

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## Abstract

**Background and Objective:** Identifying the effective factors in promoting students' social well-being can be a guide for educating students for the educational system. Therefore, the aim of the present study was to investigate the role of religious coping and psychological hardiness in predicting the social well-being of Payam-e Noor university students during the Covid-19 outbreak.

**Methods:** The statistical population included all students (no=350) of Payam-e Noor University in Hajiabad, South Khorasan, Iran in the academic year 2020-2021. Based on Krejcie and Morgan's table, 180 students were selected by available sampling method completed Pargament et al.'s Religious Coping Questionnaire, Kiamarei et al.'s Psychological Hardiness Questionnaire, and Keyes and Magyar-Moe's Social Well-being Subscale online. Pearson correlation test and multiple regression were used to analyze the data. In this study, all ethical considerations were observed and the authors reported no conflict of interests.

**Results:** The results showed that the correlation of psychological hardiness with social well-being ( $r=0.585$ ), and the correlation between positive religious coping and social well-being were positive and significant ( $r=0.498$ ), but the correlation between negative religious coping and social well-being was negative ( $r=-0.285$ ) ( $P<0.01$ ). Also, the value of the coefficient of determination showed that religious coping strategies and psychological hardiness explained 38.8% of the variance in social well-being.

**Conclusion:** According to the results of the study, by planning to improve religious coping strategies and psychological hardiness of students, their social well-being can be increased at all times, especially during the corona pandemic.



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## Summary

### Background and Objective

Ensuring the social well-being of the students, who are the young and active part of every society, is one of the most important social issues (1). Psychological hardiness is one of the factors

that can affect the feeling of well-being, physical and mental health and levels of adaptation in individuals (2). Its role in predicting psychological well-being and mental well-being has been confirmed (3-6). In promoting well-being, the role of religious coping processes that lead to optimal performance is emphasized (7). In this regard, studies point to the role of religious

coping methods in psychological well-being and health (8-10).

We live in a time when the world is facing an important and lesser known problem called the Covid-19 epidemic. The unfortunate and challenging conditions resulting from Covid-19 have changed the lives of different groups, including students; therefore, addressing the factors that can reduce students' psychological distress and improve their social well-being is quite necessary and important (11). A review of the related literature also shows that studies have emphasized the role of psychological hardiness and religious coping on other aspects of well-being and health, and no study has directly examined the relationship between these variables and social well-being in the target community, i.e., students during the Covid-19 epidemic. Therefore, the present study was conducted to investigate the role of religious coping and psychological hardiness in predicting social well-being of Payam-e Noor University students during the Covid-19 outbreak.

## Methods

**Compliance with ethical guidelines:** The required explanations including the purpose of the study, how to answer the questions, and voluntary participation were provided to the participants in the supplementary text along with the questionnaire. The participants were allowed to leave the study whenever they wished. They were also informed that their information would be kept confidential.

The present study is a descriptive-correlational one. The statistical population included all students of Payam-e Noor University in Hajjabad, South Khorasan province, Iran, in the academic year 2020-2021; Based on Krejcie and Morgan's table, 180 participants were selected by convenience sampling method. They completed Pargament et al.'s Religious Coping Questionnaire, Kiamarei et al.'s Psychological Hardiness Questionnaire and Keyes and Magyarmo's Social Well-being Subscale online. Pearson correlation test and multiple regression were used to analyze the data.

## Results

The results showed a positive correlation between psychological hardiness and social well-being ( $r=0.585$  &  $P<0.01$ ), a positive correlation between positive religious coping and social well-being ( $r=0.498$  &  $P<0.01$ ), but there was a negative correlation between negative religious coping and social well-being ( $r=-0.285$  and

$P<0.01$ ). Also, the determination coefficient value showed that religious coping and psychological hardiness could explain 38.8% of the variance in social well-being.

## Conclusion

The aim of the present study was to examine the role of religious coping and psychological hardiness in predicting students' social well-being during the Covid-19 outbreak. The results showed that the correlation between psychological hardiness and social well-being was positive. Psychological hardiness components also positively predicted students' social well-being. The obtained result is consistent with the results of previous studies (3-6). In explaining the above findings, it can be stated that psychological hardiness, as an individual trait, can make people feel better about themselves and the world around them, and therefore, have a greater sense of satisfaction and success in life. In fact, people with psychological hardiness enjoy a model that they select as an example in the field of commitment, control, and struggle, and these models have healthy, positive consequences that enable people to deal with the events, feel efficient, and control the environment (6) and, thus, increase their social well-being.

The results showed that the correlation between positive religious coping and social well-being was positive, but the correlation between negative religious coping and social well-being was negative. Also, positive religious coping positively and negative religious coping negatively predict students' social well-being. The above finding is consistent with the results of previous studies (7, 12). In explaining the obtained result, it can be stated that believing in the power of God and surrendering to the will of God enables human to endure and get over the pains, while spiritual needs are met and human being is able to move away from his body and do not feel pain, or relax so much that s/he do not experience tension (13). In other words, when people face problems, they can overcome them by controlling emotions and increasing their tolerance level with the help of God and by using religious coping methods such as benevolent evaluation, prayer, supplication, patience, etc. In this way, they maintain their individual and social well-being and peace of mind as much as possible.

One of the strengths of the present study is its context-specific nature (the period of Covid-19 outbreak). Another strength of the study lies in studying the role of religious coping and

psychological hardiness in special and critical situations, because most studies have been conducted in normal conditions and in the field of mental health and psychological well-being rather than social well-being, and their role in special circumstances has been examined to a lesser extent.

One of the limitations of this study was the self-reporting nature of the research instrument used, and the convenience sampling method, which was done by online method. Therefore, caution should be practiced in interpreting and generalizing the results.

It is suggested that the future studies compare the mentioned variables based on the moderating role of demographic factors such as age, gender, etc., in the form of structural equations. Researchers are also advised to replicate the present study using a wider sample selected by non-Internet-based sampling methods and by examining influential variables such as the social support network. In order to promote the students' social well-being, workshops and educational courses can also be held with the aim of improving psychological hardiness and the role of religious coping with a cognitive approach.

#### Acknowledgements

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#### Ethical considerations

According to the authors, this study has been obtained from the research project entitled "The Model of the Role of Religious Coping Strategies and Moral Intelligence in Predicting Mental, Emotional, Psychological, and Social Well-being of Students during the Covid-19 Pandemic with the Mediating Role of Psychological Hardiness", approved by the Research Ethics Committee of Birjand University of Medical Sciences under the ethics code number IR.BUMS.REC.1399.426.

#### Funding

According to the authors, this study had no sponsor and was done at the authors' personal expense.

#### Conflict of interest

The authors declared no conflict of interests in this study.

#### Authors' contribution

Writing the main text of the article: first author; statistical analysis: second author; the corresponding author, designing and final edition of the article: third author; data collection: fourth author.

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## دور التأقلم الديني والصلابة النفسية في رفع مستوى جودة الحياة الاجتماعية لطلاب جامعة پیام نور خلال فترة تفشي جائحة كوفيد ١٩

زهراء قبادي مهر<sup>١</sup>، مرتضى قرباني<sup>٢</sup>، اميد ميرزائي فندخت<sup>٣</sup>، صادق أحمددي<sup>٤</sup>

١- قسم علم النفس، كلية علم النفس والعلوم التربوية، فرع إسلامشهر، جامعة آزاد الإسلامية، إسلامشهر، إيران.

٢- قسم علم النفس، كلية علم النفس والعلوم التربوية، فرع الإلكترونيات، جامعة آزاد الإسلامية، طهران، إيران.

٣- قسم علم النفس، كلية علم النفس والعلوم التربوية، جامعة العلامة الطباطبائي، طهران، إيران.

٤- قسم العلوم التربوية، كلية علم النفس والعلوم التربوية، دار المعلمين العالية، زنجان، إيران.

\* المراسلات الموجهة إلى الدكتور اميد ميرزائي فندخت؛ البريد الإلكتروني: [omid.mirzaei.r.1395@gmail.com](mailto:omid.mirzaei.r.1395@gmail.com)

### معلومات المادة

الوصول: ٢٣ ذى القعدة ١٤٤٢

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النشر الإلكتروني: ٢٦ صفر ١٤٤٤

### الملخص

**خلفية البحث وأهدافه:** يمكن أن يعزز كشف الأسباب والعوامل المؤثرة في رفع مستوى جودة الحياة الاجتماعية لدى الطلاب، مستواهم العلمي والمعرفي في المنظومة التعليمية. وانطلاقاً من هذه القناعة يسعى هذا البحث معرفة دور التأقلم الديني والصلابة النفسية في رفع مستوى جودة الحياة الاجتماعية لطلاب جامعة پیام نور خلال فترة تفشي جائحة كوفيد ١٩.

**منهجية البحث:** اعتمدت الدراسة المنهجية الوصفية الارتباطية. أما المجتمع الإحصائي التي أجريت عليه الدراسة فهو طلاب جامعة پیام نور مدينة حاجي آباد في محافظة خراسان الجنوبية. إذ اختير ١٨٠ طالباً من أصل ٣٥٠ طالباً في دفعة سنة ٢٠٢١-٢٠٢٠، حسب جدول جرجسي ومورغان وعبر منهج أخذ العينات المتاحة، وأجاب الطلاب المشاركون عبر الإنترنت على استبيان التأقلم الديني لدى بارغامنت والزلاء، واستبيان الصلابة النفسية لكيامرثي والزلاء، ومعيار تحسين جودة الحياة الاجتماعية لدى كيز ومارغيارمو. واستخدمت الدراسة في تحليل البيانات معامل الارتباط لدى بيرسون وتحليل الانحدار الخطي المتعدد. تمت مراعاة جميع الموارد الأخلاقية في هذا البحث وإضافة إلى ذلك فإن مؤلفي البحث لم يشيروا إلى أي تضارب في المصالح.

**المعطيات:** اظهرت النتائج أن العلاقة بين الصلابة النفسية وتحسين جودة الحياة الاجتماعية كان ( $r=0.585$  و  $P<0.01$ ) وبين التأقلم الديني وتحسين جودة الحياة الاجتماعية كانت علاقة إيجابية يمكن الإشارة إليها ( $r=0.498$  و  $P<0.01$ ). إلا أن العلاقة بين التأقلم السلبي وتعامل الاجتماعي كانت سلبية ( $r=-0.285$  و  $P<0.01$ ). كما أشارت النسبة المئوية أنّ التأقلم الديني والصلابة الاجتماعية بلغت ٣٨/٨ بالمئة من التباين المتغير لتحسين جودة الحياة الاجتماعية.

**الاستنتاج:** اشارت النتائج إلى أنّ إعداد ورش تعليمية لرفع مستوى التأقلم الديني والصلابة الاجتماعية للطلاب، يمكن أن تساعد على الإرتقاء بمستوى صلابتهم وتأقلمهم مع الظروف الخاصة مثل الظروف التي فرضتها جائحة كوفيد ١٩.

يتم استناد المقالة على الترتيب التالي:

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## نقش مقابله‌های مذهبی و سرسختی روان‌شناختی در پیش‌بینی بهزیستی اجتماعی دانشجویان دانشگاه پیام‌نور؛ در دوران شیوع کووید ۱۹

زهرا قبادی مهر<sup>۱</sup>، مرتضی قربانی<sup>۲</sup>، امید میرزایی فندخت<sup>۳\*</sup>، صادق احمدی<sup>۴</sup>

- ۱- گروه روان‌شناسی، دانشکده روان‌شناسی و علوم تربیتی، واحد اسلامشهر، دانشگاه آزاد اسلامی، اسلامشهر، ایران.  
 ۲- گروه روان‌شناسی، دانشکده روان‌شناسی و علوم تربیتی، واحد الکترونیک، دانشگاه آزاد اسلامی، تهران، ایران.  
 ۳- گروه روان‌شناسی، دانشکده روان‌شناسی و علوم تربیتی، دانشگاه علامه طباطبائی، تهران، ایران.  
 ۴- گروه علوم تربیتی، دانشکده روان‌شناسی و علوم تربیتی، دانشگاه فرهنگیان، زنجان، ایران.  
 \*مکاتبات خطاب به دکتر امید میرزایی فندخت؛ رایانامه: [omid.mirzaei.r.1395@gmail.com](mailto:omid.mirzaei.r.1395@gmail.com)

### چکیده

**سابقه و هدف:** شناسایی عوامل مؤثر در ارتقای بهزیستی اجتماعی دانشجویان می‌تواند راهنمای پرورش و تربیت آنان برای نظام آموزشی باشد. از این رو، هدف پژوهش حاضر بررسی نقش مقابله‌های مذهبی و سرسختی روان‌شناختی در پیش‌بینی بهزیستی اجتماعی دانشجویان دانشگاه پیام‌نور در دوران شیوع کووید ۱۹ بود.

**روش کار:** پژوهش حاضر توصیفی از نوع همبستگی است. جامعه آماری شامل تمامی دانشجویان دانشگاه پیام‌نور شهر حاجی‌آباد خراسان جنوبی به تعداد ۳۵۰ نفر در سال تحصیلی ۱۴۰۰-۱۳۹۹ بود که بر اساس جدول کرجسی و مورگان ۱۸۰ نفر به روش نمونه‌گیری در دسترس انتخاب شدند و به صورت اینترنتی به پرسش‌نامه‌های مقابله مذهبی پارگامنت و همکاران، سرسختی روان‌شناختی کیامرئی و همکاران و خرده‌مقیاس بهزیستی اجتماعی کییز و ماگیارمو پاسخ دادند. برای تحلیل داده‌ها نیز از آزمون همبستگی پیرسون و رگرسیون چندگانه استفاده شد. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلفان تضاد منافی گزارش نکرده‌اند.

**یافته‌ها:** نتایج نشان داد همبستگی بین سرسختی روان‌شناختی با بهزیستی اجتماعی ( $r=0/585$  و  $P<0/01$ ) و مقابله مذهبی مثبت با بهزیستی اجتماعی مثبت ( $r=0/498$  و  $P<0/01$ ) اما همبستگی بین مقابله مذهبی منفی با بهزیستی اجتماعی منفی ( $r=-0/285$  و  $P<0/01$ ) بود. همچنین مقدار ضریب تعیین نشان داد مقابله‌های مذهبی و سرسختی روان‌شناختی ۳۸/۸ درصد از واریانس بهزیستی اجتماعی را تبیین نمودند.

**نتیجه‌گیری:** با توجه به یافته‌های پژوهش، با برنامه‌ریزی در جهت بهبود مقابله‌های مذهبی و سرسختی روان‌شناختی دانشجویان می‌توان بهزیستی اجتماعی آنان را در تمام ایام به‌ویژه دوران کرونا افزایش داد.

### اطلاعات مقاله

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### واژگان کلیدی:

بهزیستی اجتماعی

دانشجویان

سرسختی روان‌شناختی

مقابله‌های مذهبی

استناد مقاله به این صورت است:

Ghobadimehr Z, Ghorbani M, Mirzaee-Fandokht O, Ahmadi S. The Role of Religious Coping and Psychological Hardiness in Predicting the Social Well-being of Payam-e Noor University Students during the Covid-19 Outbreak. Journal of Pizhūhish dar dīn va salāmat. 2022;8(Supplement):61-74. [https://doi.org/10.22037/jrrh.v8\(Supplement\).34908](https://doi.org/10.22037/jrrh.v8(Supplement).34908)