

The Relation Between Religious Notion with Students' Happiness and Mental Health

¹Mohammad Salehi, ²Mohammad hajizad and ³Hossien bagheri

¹Department of Management, Sari Branch, Islamic Azad University, Sari, Iran

²Department of Education, Neka Branch, Islamic Azad University, Neka, Iran.

³Department of Maaref, Neka Branch, Islamic Azad University, Neka, Iran

Abstract: The aim of this research is the considering relation between students' happiness and mental health. The research method is correlation, and statistical society of this research included the students of Islamic Azad University of Mazandaran Province in academic years 2010-2011 by 73195 persons who are selected 385 by Kerjesi and Morgan Table with cluster random method, and have been used the questionnaire of religious notion test, Oxford happiness and mental health (sc1-25) for data collection, and have been randomly executed Chronbach Alpha coefficient to 30 persons for permanent calculation that is obtained %87, %82, %91, respectively, and have been used descriptive and inferential statistical method of Pierson correlation coefficient. The findings showed that there are a significant relation between religious notion and happiness and mental health of students.

Key words: Religious notion • Happiness • Mental health • Islamic Azad University

INTRODUCTION

Over the history of man, religious had been confirmed as the important human need. Nowadays, this human need is felt more than any other time. In recent years, policy maker and compiler of sociologist health techniques considered to the using religion and religious beliefs, especially Islamic beliefs in world health organization. This organization has allocated a part of itself publications for training from 1992. Also, intellectuals referred to religion role on the body and spirit health. At first, "religion protection strength" is discussed by Emil Durkhim (1951), and then Rash, James, Yung, Frangle and Ferom confirmed the importance of religious behaviors and beliefs. William James believe that love and religious strength lead to the dignity, stateliness, patience, toleration, belief and confidence for individual, and religious feelings result in more effort and intentional life. Happiness is the most important mental needs of human which have main influence on the formation of personality and mental health, and all human require happiness for themselves and their favorite persons [1]. Some researchers believe that the happiness is a positive mental state which is determined by total high level

satisfaction of life, positive affection and low level negative affection. Seligman, Rashid and Park set the happiness concept in 3 components: A) positive excitement (energetic life); liability (involved life or good life); meaningful (significant life) [2]. Seligman believe "on the basis of recent years researchers are proved that the happiness is the creating factor of profits so excessive than good feeling; the happiness individuals are healthier and more successful, and have more social involvement and commitment. Science scholars always observe to the mental health as one of "health" components during "body health" [3]. Psychology of religion seeks to understand the behavior of the religious laws through the use of psychological principles of behavior that it has obtained non-religious [4]. During the history, the beliefs on health and disease, effective models on them, prevention method, diagnosis and treatment of disease are changed, and also mental health was not except from this role, and health is exposed to change and evolution in history development because of influencing several factors. One of the most important problems of Islam is the considering to the physical and mental health. Some of divine obligation (religious duties) and prohibition have been also described to health security and

prevention of catching physical and spiritual diseases. For that reason, religion and its instructions include all personal, social, mortal and heavenly life. Religion has so much important for training human soul that like air help to religion breathing of human to understand the concept of life events and specially painful and anxious events. Also, high spirits and joy are related to the security and ataraxia, singing melodiously of God name on the lips and his/her remembrance on his/her heart and soul, and be attached such to God that praise of God revive his/her soul.

Research Background: According to the importance and positive effect of religious instructions on the mental health and happiness of human, it has been performed numerous researchers on this field in Iran and has been reported the important results. Kazemi, [5] considered about the influence of fasting on the mental health and depression of students, and this showed that fasting of Ramadan can be an important factor for decreasing depression rate and increasing mental health. Hadian Fard [6] reported individuals who act on the basis of religious beliefs, they have more mental and well-being feeling. Panahi [7] acquired a reverse relation between the rate of obligation to prayer and anxiety level on the student. Heidari [8] showed that there are a significant positive relation between religious orientation and satisfaction of marriage life. In Iran, according to the performed considerations on valid scientific sites and science and research publication, the research of Akbarian and Khusheh Mehri [9] are important. In the descriptive-analytical consideration about the relation of behaving to the religious beliefs with student's happiness, they attained a positive significant relation between them. Also, in a thesis of Karami Noori, [10] with title of "the study of effective factors on the feelings of happiness and well-being on students have been considered the components such as body health, good wife, independence on decision making, economic situation, suitable job, development feeling, acting religious instructions, socioeconomic status, excitability. Argil performed one of the most important and expansive research about psychological happiness. He has reported the results of his researches on a book as happiness psychological. according to Khodayari Fard, [11] presented a model that the religious beliefs connect to nervous-mental immunity system. These researches suggest the social-mental position for justification of relation between religious and mental health. They defined in this way that is concluded the components

such as long life, happiness, improvement of acute disease and return to previous health level. They believe "religion is like a social system that is influenced on the important behavior and perspective of individuals such as family planning, job (work), policy and the state of daily life events. when religious duties are used a structure for expressing excitements, and vindication against unpleasant feelings, and are effective in the regulation of excitements, performance skills and increasing its control for confronting chaotic behavior and thoughts. Galanter [12] introduced belief on divine strength, God praying and obedience of God's will as increasing endurance and tolerance against pains. He present this states as providing spiritual need, and claim that in such state, individual become well-to do so much and space apart his/her body, and don't feel pain, and/or have peace and quite so much that he/she can analyze his/her body. Cerk Patrice quoted from Taghi Yare [13] believes that religion can regard as attachment factor in that religious behaviors and believers act as wide attachment system in the people. Maltby [14] Francis [15] using the Oxford Happiness Scale have reported a weak but significant correlation exists between the religious and Approaches happiness. In the research, also researchers will answer to the question. Is there relation between religious notion and happiness and mental health?

Research Method: The method of the research explains a correlation type. Statistical society of the research consists of all Islamic Azad University students of Mazandaran Province at 2010-2011, 73195, that 385 (of students) in the form of cluster are randomly selected by Kerjisi and Morgan Table. Also, to gain information has been used religious notion-meter questionnaire, Oxford happiness and mental health (scl-20). Reliability and validity of the research, religious notion-meter questionnaire, that provided by Khodayari Fard and Ghobari Banab (1995) consists of 40 questions that have been set on Likert range. To numerate the scale accrue to choices having positive and negative notion and intermediate choices, 4 and 5, 1 and 2, 3, score, respectively. Most score is 200 in the scale. Correlation coefficient of every item score is valid with total score of questionnaire at level 0/0001 and reliability is 0/93 and 0/92 both Spearman Brown and Gatman method. Chronbach's Alpha coefficient is 0/95. Oxford happiness questionnaire (OHI) has been provided by Arjil and Lou at 1989. After publishing the questionnaire, many researches have been done. Arjil and *et al.*, in the research, have used of Oxford happiness questionnaire

Table 1: Data Descriptive Analysis

Variant	Mean	Standard Deviation	Number
Religious Notion	163/27	13/51	385
Happiness	61/35	11/92	385
Mental Health	52/14	12/81	385

Table 2: Correlation coefficient between religious notion with happiness and mental health

Variant	Variant	Testee	Value of Correlation Coefficient	Significant Level	Number
Religious Notion	Happiness	Students	0/59	0/0001	385

Table 3: correlation coefficient between religious notions with mental health

Variant	Variant	Testee	Value of Correlation Coefficient	Significant Level	Number
Religious Notion	Mental Health	Students	0/61	0/001	385

for Alpha coefficient with 347 testable, Farnham and Browning for 0/87 Alpha coefficient with 180 testable. The questionnaire has 29 articles of 4 choices that their choices has been numerated from 0 to 3 that most score is 87. Mental health questionnaire (scl-25) is made by Najarian and Davoodi. The questionnaire has 25 questions that has been set on 5-degree range from 0 to 4 score. Its interpretation is such that the score is lower, mental health sign is lower and greater score is expressive of lack of one's mental health. In the research reliability is 0/87, 0/82, and 0/91, respectively and has been used of descriptive and inferential methods of Pierson's correlation coefficient.

Descriptive Analysis: According to the observed data, the mean and standard deviation of religious notion is equal to 163/27 and 13/51, mean and standard deviation of happiness is equal to 61/35 and 11/92, and mean and standard deviation of mental health is equal to 52/14 and 12/81.

Inferential Analysis:

Hypothesis 1: There are a relation between religious notion and happiness. According to the calculation of correlation coefficient ($p < 0/0001$ and $r = 0/59$), there are a relation between religious notion and happiness of student. Thus, the research hypothesis is confirmed. In other words, happiness of students is also increased by the increase of religious notion.

Hypothesis 2: There are a relation between religious notion and mental health. According to the calculation of correlation coefficient ($r = 0/61$ and $p < 0/0001$), there are a relation between religious notion and mental health, then,

research hypothesis is confirmed. In other words, mental health of students is also increased by the increase religious notion.

DISCUSSION AND CONCLUSION

The outcome results of data analysis showed that there are a significant relation between religious notion and happiness of students. The outcome findings of this research are compatible with the researches results of Akbarian, Khusheh Mehri, Abdul khalek [16]. This research is confirmed that when the religious notion is high, the happiness is also increased. Generally, there are other theoreticians who introduce a way to attaining happiness and psychological fortune by attention to spiritual values and purposes, targeting life, religious and divine love interests.

The outcome results of data analysis of this research showed that there are a significant relation between religious notion and mental health of students. The outcome findings of this research are in agreement with the research results of Walright Velari, Galanter, Karami Noori, Hydrae Raft [17] confirmed their research findings. These researchers emphasize: "when the religious notion is high, mental health is also increased. The historical story is the evidence of this that praying was raised as an existing reality on universe from the beginning of the creation of human, and individuals have always used for attaining desire. The Holy Quran discusses the detailed discussion on mental health and appropriate training of human. Nowadays, psychologist has understood that praying and steady faith is removed anxiety, worry, despair and fear.

REFERENCES

1. James, William, 1993. Religion and spirit, translation of Mahdi Ghaeni, Tehran, Islamic Revolution Publications.
2. Kashdan, T., 2000. The Assessment of subject well-being Issues Raised by the oxford happiness Questionnaire, J. personality and individual differences, pp: 36.
3. Andrews, F., 1999. Measure Of self-reported well-being, Their affective, cognitive and other componets, social indicators research, pp: 8.
4. Roohani. Abbas, 2009. The act of adultery to a religious belief with the laundering of happiness Slightly Stoopid - Science Research in Psychology pp: 35.
5. Kazemi, Majid, 2004. The effect of Ramadan fasting on mental health and depression of students of Islamic Azad University of Sirjan, the J. Med. Sci. University of Rafsanjani, pp: 2.
6. Fard, Hadiyan, 2005. The feeling of well-being and religious activities on a group of Muslims, Thought and Behavior Quarterly Periodical, pp: 20.
7. Panahi, Ali Ahmad, 2003. The study of relation of obligation rate to the prayer and anxiety level of the students of second high school of Ghom, M.A. thesis, education and research institution of Imam Khomeini, Ghom.
8. Heidari, Mojtaba, 2003. The study of relation of religious orientation and satisfaction of marriage life on man teachers family of Ghom, M.A. thesis, education and research institution of Imam Khomeini, Ghom.
9. Akbarian, Mohammadi and Khusheh Mehri, Giti, 2004. The study of relation of doing religious beliefs and happiness of students.
10. Karami Noori, Reza, 2002. The study of effective factors on the feeling of happiness and well-being on university' students, Tehran, psychological J. and Educational Sci., pp: 1.
11. Khodayari Fard Mohammad, 2001. The range of psychological researches in religious area, thought and behavior quarterly periodical, 6th year, pp: 4.
12. Galanter' M., 1982. Charismatic religious sects and psychiatry' an oreriew. Anerican J. Psychiatry, 139: 1539-48.
13. Taghi Yar Fatemeh, 2005. The study of change level relationship, attachment to God and religious orientation on the students, Psychol. J., 9th year, pp: 1.
14. Maltby, J., 2000. Religious orientation and psychological well-being, British J. Health Psychol., pp: 4.
15. Francis, L., 2001. Religioosity and happiness: During Adolescence, Young Adulthood and Later life, J. Psychol. and Christianity, pp: 19.
16. Abdol Khalek, A.M., 2006. Happiness, health and religiously: Significant relation, Mental Health Religion and Culture, pp: 9.
17. Aboozar, Heidari Rafat, 2010. The relationship between religious attitudes among students at Tarbiat Modarres University. J. Psychology of Religion. Third, the number of winter quarter.