

The Relationship between Religious Orientation (Pray) with Self-Esteem and Assertiveness in Students

Alijan Amiryar Molk Meyan¹; Bahman Akbari²

¹Department of Arabic Literature, Rasht Branch, Islamic Azad University, Rasht, Iran

²Department of Psychology, Rasht Branch, Islamic Azad University, Rasht, Iran

ABSTRACT

This study was conducted with goal of reviews the relationship between religious orientations (pray) with self-esteem and assertiveness in students. The study sample included 350 students are a form of stratified sampling ratio of students in each class selected by desired questionnaires was tested and results were analyzed by using Chi-test and correlation test. Results showed that there is a significant relationship between religious orientation with assertiveness and religious orientation with self-esteem. The relationship is significant in the level of $p < 0 / 01$. Hence it can be concluded that due to the impact of prayer in increasing self-esteem and improved mental and emotional disorders including depression, and generally to provide and improve the mental health try in treatment centers and other institutions is used most of this treatment method along with other methods of treatment - cognitive.

KEYWORDS: Religious Orientation, Self-Esteem, Assertiveness, Students.

1) INTRODUCTION

Nowadays one of the criteria and standards for mental health is to have self-esteem and healthy assertiveness. Assertiveness is expression ability of own clearly, directly and decent and valuing to own feeling and thought, respect and dignity for own and understanding of own strengths and limitations. Assertiveness is based on the belief that our ideas, beliefs, thoughts and feelings is same others important, and this is also true about other (Amal, 2010). In assertiveness training is teach to referred because defend themselves without to violate the rights of others, this method of defend themselves, it means that person felt, others are abuse of his (Omidifar, 2009). Today tends to spirituality and religion generally and pray in particular and permanent relationship with god and the belief to god standing presence in a critical moment can make a significant impact in mental health, physical and mental health treatment (Elwin, 2001).

According to studies, researchers concluded that there is positive relationship and correlation between religious coping and mental health, it means that if individual use more religious in problems and issues in result they have more mental health (say from Jalilvand & Ghobari Banab, 2009). Some research results showed that there is negative relationship between pray and anxiety, in this way that prayer to increasing commitment is reduced person's anxiety (Vaezi, Ghods, 2008). The amount of previous research in relationship between religious orientation (pray) and mental health status is very rich and highlighted. For example Ahangar in survey (2009) titled: The effects of pray and orison on mental health concluded that there is a significant relationship between the praying and reduce anxiety. He also found that there is relationship between the pray and increase self-esteem. In addition, there is a negative relationship between the pray and no purpose and feeling guilty in life. Mirolla(1999) in his research showed that in his research showed that there is negative correlation between high religious activities and depression. It means that whatever person's religious activities are more in result he/she feel more peace in him/her. As a result of depression rates and despair are in lower levels. Maltibi (2000) in a study titled relationship between religious orientation and depression concluded that there was significant relationship between scores in individual's religious orientation and depression, self-esteem and optimism, and methods of to deal with problems as focused approach on problem. This means that scores related to optimism components and methods of deal with matters according the problem-oriented approach and self-esteem is increased with increasing scores in religious orientation (says from Alyani, 2009).

Hant (2001) in study showed that people who regularly go to church and have religious activities deaths and mortality are 29% less than people who do not go to church and don't religious activities, have less tend to them, don't have high blood pressure and they have high immune system, their life expectancy is high and drug and alcohol tends is low in them and they have lower anxiety levels. Risberg (1999) in field of impact of religion on mental health achieve to This results that there is positive and significant relationship between religious beliefs of individuals and their mental health, this means that with the increase of religious attitudes, the mental health of people in the field of self-esteem and reducing anxiety and depression is also visible (say from Akbari, 2003).

Present study is a step toward clarifying the relationship between religious orientations (pray) with confidence and assertiveness among female and male students of Azad University.

2) RESEARCH METOD

The present study is descriptive - survey research that its purpose was to examine current facts and does not relation to variables and instrument of data collection is the questionnaire. Statistical Society in study is all male and female students of Islamic Azad University in Iran (Rasht) that academic year (2009-2010) are studying. Sample volume includes 350 students per class that samplings of students in each class were selected and by questionnaires are examined them.

3) Research tools

For data collection in study is used three questionnaires include Coopersmith self-esteem, assertiveness, pray questionnaires.

Coopersmith self-esteem questionnaire: Year (1967) by Cooper Smith based on the revised scale Jared Diamond (1954) did, to prepare and compile and Individuals self-esteem in four areas social, educational, family and general self-esteem will be discussed briefly. Falsafinejad (1993) has performed reliability coefficient in Iran with method two halves on 30people then among scores obtained odd and even half has calculated Pearson correlation coefficient and obtained the value of coefficients obtained by Spearman Brown method and the reliability coefficient value is reported 83%. In another study, reliability coefficient by method of internal correlation Cronbach's alpha was obtained 80% that was statistically significant after implementation of researchers accounted the reliability coefficient for the total sample and is expressed equal to 79 % (Biabangard, 2005).

Assertiveness questionnaire: Is a standard questionnaire that included 30 questions that is set as multiple choice Likert scale. Reliability coefficient by Cronbach's alpha internal correlation method was obtained 82% that was statistically significant and in this study, also reliability coefficient was calculated for the total sample and is equal to 87%.

Pray questionnaire: This questionnaire is provided by Bolhari and colleagues in Tehran Psychiatric Institute in 2003 and after psychometric studies provide a questionnaire of 20 questions and was the norm with discretion professors of university in Iran. Reliability coefficient was satisfactory in various researches (Alyani, 2009). Cronbach's alpha coefficient was used in this study that among 20 statistical society distribution and collected are as follows: Cronbach's alpha coefficient of self-esteem variable is 0/852.

4) Findings

In this section Findings from survey data will be discussed:

Table 1 - correlation coefficient of religious orientation and self-esteem

religious orientation	self-esteem	
	Correlation	0/326
	Sig	0/000
	Number	321

According to table and the results of the Pearson correlation test, the intensity of relationship between religious orientation (pray) and self-esteem of students is 32/6 percent and because the amount sig=0/000< 0/05.thus Statistical test is in H_1 . So with 95% confidence H_0 is rejected and H_1 is confirmed. Research hypothesis based on the relationship between religious orientation and self-esteem of students are confirmed.

Second step:

1) Assess the relationship between gender moderated variables and the dependent variable self-esteem.

Table 2- table of Crosstabulation gender *self-esteem

self-esteem		Male	Female
Average		14	16
		15	15
much		79	78
		78/3	78/7
very much		83	81
		81/8	82/2

Table 3- Table of Chi-Square test gender* self-esteem

	Values	df	Sig
Chi-square	161	2	0/923
Relative rate	161	2	0/923
Linear relationship	0/091	1	0/762
Number	351		

Table 4- table of Cramer'sV test gender* self-esteem

	Values	Sig
Chi-square	0/021	0/923
Cramer	0/021	0/923
Number	351	

Statistical test : Pearson Chi-Square=0.923 Critical values : $\alpha = 0.05$
 Decision making : Pearson Chi-Square =0.923 > 0/05 (1)

Insomuch Statistical test is in H_0 area, Therefore can be said at 95% confidence level; there is no significant relationship between gender and self-esteem.

2) Assess of the relationship between gender moderated variables and the dependent variable rate of behavior incidence.

Table 5- table of Crosstabulation gender * Rate of behavior incidence

		Female	Male
Rate of behavior incidence		6	6
		0/6	0/6
Average		109	110
		109/8	109/2
Rarely		61	59
		60/2	59/8

Table 6- Table of Chi-Square test gender* Rate of behavior incidence

	Values	df	sig
Chi-square Test	0/035	2	0/983
Relative rate	0/035	2	0/983
Linear relationship		1	0/865
Number	351		

Table 7- table of Cramer'sV test gender* Rate of behavior incidence

	Values	sig
Chi-square Test	0/010	0/983
Cramer	0/010	0/983
Number	351	

Statistical test : Pearson Chi-Square=0.983, Critical values : $\alpha = 0.05$

Decision making : Pearson Chi-Square =0.983 > 0/05 (1)

Insomuch statistical test is in H_0 area Therefore can be said at 95% confidence level; there is no significant relationship between gender and rate of behavior incidence.

3) Assess of the relationship between gender moderated variables and the dependent variable degree of distress.

Table 8- table of Crosstabulation gender * Degree of distress

	Values	Sig
Chi-square Test	0/048	0/365
Cramer	0/048	0/365
Number	351	

Table 9- Table of Chi-Square test gender* Degree of distress

		Female	Male
Degree of distress	few	94	85
		89/8	89/2
Average		82	90
		86/2	85/8

Table 10- table of Cramer'sV test gender* Degree of distress

	Values	df	Sig
Chi-square Test	0/822	1	0/365
Correlation	0/840	1	0/424
Relative rate	0/822	1	0/365
Linear relationship	0/819	1	0/365
Number	351		

Statistical test : Pearson Chi-Square=0.365 Critical values : $\alpha = 0.05$

Decision making: Pearson Chi-Square =0.365 > 0/05 (1)

Insomuch Statistical test is in H_0 area, Therefore can be said at 95% confidence level; there is no significant relationship between gender and Degree of distress.

Due to the lack of relationship between gender and self-esteem, rate of behavior incidence and degree of distress, variable of gender in any of hypotheses as a moderating variable does not appear and therefore is ignored from the calculation of the relationship between these variables with the independent variable.

Table 11- correlation coefficient of religious orientation and rate of behavior incidence

		Rate of behavior incidence
religious orientation	Correlation	0/048
	Sig	0/395
	Number	321

According to table and the results of the Pearson correlation test, thus value of statistical test is placed in H_0 . So with 95% confidence H_0 is confirmed and H_1 is rejected. Research hypothesis based on the relationship between religious orientation and rate of behavior incidence of students aren't confirmed.

Table 12- correlation coefficient of religious orientation and degree of distress

		Degree of distress
religious orientation	Correlation	-0/083
	Sig	0/136
	Number	321

According to table and the results of the Pearson correlation test, because the amount sig=0/136 > 0/05. Thus the relationships between religious orientation and degree of distress for students aren't confirmed.

5) DISCUSSION AND CONCLUSION

Findings of this research shows that there is positive and significant relationship between individuals commitment to pray and self-esteem of students, it means that if individuals have more committed to religious beliefs, especially pray in result their amount of confident are more and if individuals have less committed to religious beliefs in result self-esteem is reduced in them. The pray promotes human personality and it have self-esteem to human. Psychologists admit that religious people have a personality stronger than others. American psychologist Henry link in the "return to faith," says: in results of his long experience and implementation of psychological tests on the workers, about career choices and guides, I have come to this result that religious individuals and those who travel to the temples, they have a stronger character and better than atheists or people who never do not pay. It is said that prayer has a great impact in the human soul, because it will increases their Self-esteem and power of his patience the hardships of living and will created and a sense of security and peace on his soul and will create relaxation inside for themselves and human in this way is find happiness and feel relaxed. According to the theories of psychology scientists for various reasons can say that impact of religion on mental health, it is perfectly acceptable. First, religion is a factor of stability in against hardships and belief in endless power of God is the most important spiritual and emotional support for hard disaster of life. It also emphasized as a factor for strengthening the human emotions that constantly spirit of violence has eliminated around them and life will make strong based on warm human emotions. Second, religion can be considered as part of coping process and effect on how person's valuation from Threat factor and its severity (Omidifar, 2010).

REFERENCES

- Alyani, Z., (2009), examination of the relationship between commitments to pray with students' anxiety rate of Tabriz University, MS Thesis, University of Tabriz.
- Amal,sh.,(2010),examination of effects having courage along with cognitive restructuring in treatment of social anxiety in youth, MS Thesis, Iran University of Medical Sciences.
- Ahangar,T.,(2009),Pray, its impact on mental health, MS Thesis, University Roodehen.
- Akbari, Bahman, (2003), the interactive effect of gradual desensitization and assertiveness techniques to reduce anxiety in patients with social phobia, Dr Thesis, Science and Research Branch of Tehran.
- Omidi,A.,(2009),The role of Pray in human lives, Qom: Publications Meysam.
- Biabangard, Ismail, (2005), methods to increase self-esteem in children and adolescents, parents and educators Publications, Sixth Edition.
- Jalilvand ,F;Ghobari Banab,A.,(2009), Relationship between religious beliefs and mental health of mothers of exceptional children, MSc thesis, Azad University of Tehran, branch Roodehen.
- Vaezi Ghods ,S.,(2008), examination of effect of Pray in reducing anxiety of Tehran University students, a master's thesis, Azad University of Tehran, Branch Roodehen