

Investigation of the Effectiveness of Quran Recitation and Teachings on Depression of Female Students of Torbat-E-Heidariye University

Malihe Pashib¹, Fatemeh Khaqani², Abdolmajid Bahrainian³, Alireza Abedi⁴

¹M.A. in Clinical Psychology, Torbat Heydariyeh University of medical Sciences, Torbat Heydariyeh, Iran

²M. A of clinical psychology, Responsible of Welfare Prevention Office of Zahedan

³Department of clinical psychology, Shahid Beheshti University of Medical sciences, Tehran, Iran

⁴M.A of Ethics, Torbat Heydariyeh University of medical sciences, Torbat Heydariyeh, Iran

Received: July 11, 2014

Accepted: October 20, 2014

ABSTRACT

Background: in this era, depression is one of the most prevalent mental disorders and a general problem of the human life. It is reported that each year, at least one million people develop depression, all over the world. In Iran, depression consists 35 to 45% of mental disorders. This percentage is increasing day by day and it is necessary to find new solutions to prevent and treat this problem. Music therapy is one of the non-medical approaches for treatment of depressed patients, since rhythmic tone of Quran and its pleasant recitation is known as a mystic music, the aim of the present study was to investigate the effectiveness of the Quran recitation and teachings on depression reduction in female students of Torbat-e-Heidariye University.

The study method is correlational and it was performed on 100 female students of Torbat-e-Heidariye University in 2013. The sample was chosen via simple sampling method and divided to the experimental and control groups. The subjects filled Beck depression questionnaire and obtained data was analyses using SPSS-18 software, as well as, Spearman coefficient correlation and T variance analysis. $P < 0.05$ was considered as significant.

Results showed that recitation of the Quran affected depression ($p \leq 0.05$) and the mean of difference of depression scores obtained before and after the intervention was higher in the experimental group compared to the control group ($T = 6.360$).

Conclusion: according to the findings of the present study, since rhythmic and pleasant recitation of the Quran is a sweet music and the verbal miracle of the Quran, the Quran recitation and its miraculous teachings can be used as an effective non-medical approach to treat depressed patients.

KEY WORDS: depression, the Quran recitation and its teachings, students.

INTRODUCTION

Depression is the most prevalent mental disorder caused by many factors including external stimuli and personality features. Socially, it is a very important problem of the present century (1).

It is believed that 10 to 20% of general people experience various levels of depression and at least 15% of them confront it in their lifetime. In addition, the number of depressed people is increasing because of pressures caused by environmental, social, and other similar changes (2).

Most of the students have better states of intelligence and social position compared to their peers, and generally, less severe behavioral and mental disorders can be found among them. However, depression and maladjustment is one of their most important problems that may terminate in reduction of their social-occupational performance. It seems that ideology and emotions and behaviors caused by it have crucial roles in depression development (3).

Prayer and a sincere relation between the human and the God console anxious hearts and removes pollutions of the soul. Worship in general and saying prayers and reading the Quran in particular, have many positive effects in education, construction and human guidance. In different studies, it is recommended as a solution to reduce tensions and a source for adjustment with problems. It also has an important influence on different aspects of individual and social life of humans (5). Solaimanizadeh and Aghamolai in their research on the relationship between depression and religious attitudes in students found that 30.4% of those who had low religious attitude suffered from moderate and severe depression while this number was only 15.8% in students with high religious attitude (6).

In the present century that material life has become very important and there is an intensive competition over having more luxurious life, much more need to soul feed is felt. Belief to the God gives the human a kind of spiritual power and distances anxiety and worry (9).

In the study of Fehring et al, a positive and significant relation was observed among religious beliefs, mental health, hopefulness, and other positive aspects (10).

*Corresponding Author: Fatemeh Khaqani, M. A of clinical psychology, Responsible of Welfare Prevention Office of Zahedan.

Ellison et al found that going to churches and believing in a permanent life were positively related to higher levels of mental health (11).

In addition, the study of Hashemi Mohamadabad et al, displayed that commitment to religious beliefs and observing religious obligations were correlated with lower levels of depression (12).

A research on the relation between religious attitude, depression, anxiety and mental health conducted on patients of 3 hospitals of Tehran city showed that depression and anxiety were negatively, and mental health was positively related to religious attitudes (13).

METHOD

This study was experimental. The statistical population consisted of all female students of Torbat-e-Heidarye University in 2014. The sample included 100 female students chosen via simple sampling method divided to the experimental and control group. Students' depression rates were determined by Beck depression questionnaire which is a standard tool. Then, demographic features and individual information were gathered by questionnaires. All subjects were randomly put in the experimental and control group. Subjects of the experimental group listened to the Quran recitation for 15 minutes a day and participated in 8 sessions of the Quran teachings (teachings about the life). These sessions were hold once a week, each one lasted 90 minutes. Subjects of the control group received no intervention during this period. At the end of the intervention, both groups filled the Beck depression questionnaire once again.

Findings

Obtained data from questionnaires were analyzed using SPSS software and the rates of intimacy with the Quran and depression were investigated. Results of t-student test of rate of intimacy with the Quran showed that this variable was significantly lower than the mean (Mean=2.1280, t=-6.360, sig.= %5). Therefore, it could be said that intimacy with the Quran was low in our sample. Furthermore, results of t-student test on depression rate revealed that it was significantly lower than the mean (Mean= 18.6400, t= -40.212, sig.= %5), so the study sample did not suffer from depression.

Correlation between intimacy with the Quran and the rate of depression in the subjects were investigated by SPSS software and Pearson correlation statistical test. outcomes uncovered a significant negative correlation between these two variables (r= -0.506 , sig.= %5) (Table 1) and this significance was in 0.01 level; in other words, it can be said by 99% assurance that increment in intimacy with the Quran will lead to depression reduction while lower levels of intimacy with the Quran can increase depression.

Table 1
The mean and standard deviation of intimacy with the Quran in students

Table 1: results of correlation test

	M	SD	N
Depression	18.6400	2.87679	50
intimacy with the Quran	2.1280	.41357	50

As it can be seen in table 1, the mean of intimacy with the Quran in this 50 individual sample is significantly lower than the mean (2.5; si=.%5). Therefore, it can be concluded that intimacy with the Quran in this sample is less than the mean.

Table 2: T-test on depression rate

Test Value = 2.5						
				95% Confidence Interval of the Difference		
	t	df	Sig. (2-tailed)	Mean Difference	Lower	Upper
intimacywith the Quran	-6.360	49	.000	-.3720	-.4895	-.2545

Results oft-test on depression rate are shown. The above tables indicate that depression rate of this sample is significantly lower than the mean (35; sig. %5). So, it can be said that this sample is not significantly depressed.

Table 3

As it is observed in the above tables, Pearson correlation between intimacy with the Quran and depression rate is -0.506 and its significant level is %5; hence, it is concluded that there was a

significant and negative correlation between these two variables. In other words, increment of intimacy with the Quran leads to reduction of depression.

		Depression	Intimacy with the Quran
	Pearson correlation	1	-.506(**)
Depression	Significance level	.	.000
	Number	50	50
	Pearson correlation	-.506(**)	1
Intimacy with the Quran	Significance level	%.5	.
	Number	50	50

** correlation in 0.01 level is significant

DISCUSSION AND CONCLUSION

Depression is the most prevalent mental disorder caused by many factors including external stimuli and personality features. Socially, it is a very important problem of the present century (1).

Most of the students have better states of intelligence and social position compared to their peers, and generally, less severe behavioral and mental disorders can be found among them. However, depression and maladjustment is one of their most important problems that may terminate in reduction of their social-occupational performance. It seems that ideology and emotions and behaviors caused by it have a crucial role in depression development (3).

No significant difference was found in depression rates of both groups before performing the intervention ($p>0/05$). However, after the intervention of the Quran recitation and its teachings, the mean of depression was $T=6.360$ in the experimental and $T=40.212$ in the control group, which was significantly different ($p<0.05$).

The outcome of our study was in line with findings of Ansari Jaberri about the effectiveness of the Quran recitation on depressed patients, and also those of Nellson (200) on the influence of religion on severity of depression symptoms in patients with AIDS and cancer (11). In addition, the study of Miller et al (1997) about the relation between religion beliefs and depression, performed on 60 mothers and 151 children in America unfolded that religion beliefs was an important factor that prevented depression in these two groups (14).

According to findings of the present study and those of the previous ones, it is concluded that the Quran recitation and its teachings, as miracles, can influence mental and spiritual feelings of humans. Therefore, it can be used as an effective non-medical approach to treat depressed patients.

REFERENCES

- 1- KhairabadiGh et al. Prevalence of depression and its predisposing factors in students of Kurdistan University of Medical Sciences. *Journal of Kurdistan University of Medical Sciences* 1997; 6:3-6
- 2- Amani F et al. Prevalence of depression in students of Ardabil University of Medical Sciences. *Journal of Ardabil University of Medical Sciences*, 2003; 11:7-11
- 3- Mohtashamipoor E et al. Survey of relationship between prayer and depression in paramedical and health students of Mashhad University. *Journal of Gonabad University of Medical Sciences*, 2002; 9(1): 76-81
- 4- Ahmadi Gh, Amiri SMR. Some of educational, personal and familial properties among boy students of J region of Isfahan who do prayer about prayer. *Scientific Quarterly of Human sciences of Alzahra University*, 2001; 42: 1-12
- 5- Savari K et al. Philosophical attitude about prayer in students of schools of Ahvaz. *Journal of Cultural Sciences of Chamran University of Ahvaz*, 2002; 1&2:1-10
- 6- Solaimanizadeh L, Aghamolai T. Association between attitude toward religious and depression among students of nursing midwifery faculty of Bandarabas. *Journal of Arak University of Medical Sciences*. 2007; 2:11-5
- 7- Saneetha .The concept of God. *Journal of Indian Psychology*, 1998; 15(1): 50-60
- 8- Noghani F et al. The effect of religiosity instruction on depression rate. *Haiat Quarterly*, 2004; 23:49-56
- 9- Kazemi M et al. The effect of Ramadan fasting on mental health and depression in students of Sirjan Azad university. *Journal of Rafsanjan University of Medical Sciences*. 2005; 2:117-122

- 10- Salehi L et al. Association between Religious beliefs and resources of control and mental health in students. Scientific journal of Ghazvin University of Medical Sciences. 2006; 1:50-55
- 11- Ellison CG, Boardman Jo, Williams DR, Jackson ts. Religious involvement, stress and mental health: findings from the 1995 Detroit area study. Social forces, retrieved June 28, from the istor database, 2006; 80: 215-294
- 12- HashemiMohamadabad N, Bagheri GH, Ghafarion H. The factors associated with depression in students of Yasoj Universities. Journal of Medical Researches. 2002; 1:19-27
- 13- Mohtashami J, Noghani F, Shahsavand A, mental health 1. Tehran, Salehi publishing: 2002: 265-267
- 14- Ildarabadi A et al. Prevalence of depressing in students of zabol University of Medical Sciences. Journal of Shahrekord university of Medical Sciences, 2003; 15-21