Simple and multiple relationships between religious attitudes and spiritual intelligence with tendency to addiction in students

[1] **Seyed Rahmatullah Mousavi Moghadam,** [2] **Ruhollah Valadbeigi** [3] **Maryam Valadbeigi,** [3] **Elham Rostami,** [4,*]**Seyed Sajad Sadatizadeh**(Corresponding Author)

[1] Assistant Professor and Head of Department of Islamic Sciences University of Medical Sciences, Ilam, Iran (prof.m1344@gmail.com)

[2] M.A in theology Islamic law and jurisprudence field, Islamic azad university, Ilam, Iran. (Corresponding Author)

[3] Masters student in psychology Azad University of Science and Research, Ilam, Iran

[4,*]Young Researchers and Elite Club, Behbahan Branch, Islamic Azad University, Behbahan, Iran. sadatizadeh@yaho.com) (Corresponding Author)

Abstract

Background: According to studies, religiosity and religious attitudes, protective factors against drug abuse is one of them as a shield against refer to substance dependence. Aimed to investigate the relationship between simple and multiple religious attitudes and spiritual intelligence the trend in addiction among students of Islamic Azad was Elam.

Materials and Methods: The study was descriptive and correlational studies., In this study, 120 students of Islamic Azad University, Ilam were selected as sample ... Data Iran's readiness Addiction Scale (Goldsmith, 1385), Inventory of Muslim religiosity measures (Seraj Zadeh, 1377) and spiritual intelligence (Abdullah Zadeh et al, 1388) were used. Pearson correlation tests and multiple regressions were simultaneously analyzed with SPSS

Findings: The results showed that the ritualistic aspects and consequences of religious attitudes and dimensions of spiritual intelligence (understanding and communication with the source of being and spiritual life) with a tendency to addiction, there is a significant negative relationship with the students., And the results showed that the attitude of regression religious and spiritual intelligence in about 20% of the variance explained their tendency to addiction.

Conclusion: According to the results, mental health professionals and activists have the power to control people and religious principles in order to prevent further scrutinize their addiction

Keywords: attitudes, religious, spiritual intelligence, addictive tendencies, students

Introduction

There are several obstacles in the way to achieve contentment, peace and mankind prosperity. Addiction is one of the main obstacles and problems that severely jeopardized the health and performance in current generation of human.

Addiction is a person being infected with narcotic drug or substance that it made him physically and psychologically dependent on it and precludes all his individual and social behavior. Nowadays addiction as a most important factor of Social consequences has been attacked to the human society.

In the last decades there was shocking statistics on the prevalence of drug abuse and drug dependency among adolescents and youth (Uonasi and Mohammad, 2008; Wright and Klee, 2001).

Drug abuse is one of the main issues that is related to the youth health (Green and shear, 2006 as quoted by Eshrati, 2008).

Addiction is a phenomenon that has existed since a long time in the human communities, and now, despite the scientific advances and increased public awareness still expanding, and every year many people fall in it trap.

Addiction considered as a social pathology, it has personal and social aspect, In addition to physical and mental threat; it also has detrimental and irreversible effects in ethical, social and economic status of people. Because drug addiction and drug dependency are complex issues with various dimensions,

therefore each type of dealing and fighting with its uncontrolled growth need to a widespread action in various aspects like social, cultural, educational, economic and religious aspects.

Studies shown that have spiritual practices, religious attitudes and beliefs are associated with psychological stress reduction and it prevention from high risk behaviors such as smoking, alcohol and drug use. Religiosity and spirituality reduce the impact of life stress and tends to the drug use.

Results of a national survey in America that was done by Regnrs and Elder (2003) had shown that there was an inverse and negative correlation between religious attitude and performance with high-risk behaviors like delinquency, alcohol and drug use in high school students.

Young, Haman, Omar and Fong (2009) in their study showed that 85% of Thai Buddhists and Malaysian Muslims believe that their religious doctrines have caused them to quit smoking.

In recent years, religion and spirituality, concerned by many behavioral scientists as one of the main variables that affected the mental state and individual behavior, so some scholars have introduced religion and spirituality as a major factor in the individual and social health, and in prevention of crime and attitudes toward delinquency (Sohrabi and samany, 2002).

Spiritual intelligence represents a set of skills, capabilities and spiritual resources that their presence in daily life can enhance the individual adaptability. Based on psychological perspective, people with spiritual intelligence and spiritual life, are healthy people that able to control their life events (Azadnya et al, 2008).

Zoher and marshal (2000) believed that spiritual experience creates deep insight that opens fresh and new perspectives on life; it establishes a genuine sense that prevents individual from committing certain acts that is dangerous for his life. Also this New Vision, enabling a person to choose a better way for doing his work in a favorable manner, choose fresh and creative solutions for problems in his life, And in crisis times does not use such an ineffective methods like drug use.

Spiritual growth is abandonment process of misconceptions and unrealistic beliefs; in this process we obtains more conscious to recognize our inner, So as a factor in preventing from Social deviances find many applications for people. Given the importance of studying the role of religious orientation and spiritual intelligence on tendency to drug use in youth, the aim of this study was to investigate the Simple and multiple relationship between religious perspectives and spiritual intelligence with tendency to addiction in students of Elam University.

Method:

This study was a descriptive-correlation study. The actuarial population of this study was all male students of Elam University that enrolled in the academic year 2012-2013.From this actuarial population, 120 students selected by available methods and as a sample participated in this research. Their age ranged was between 18 to 35 years, the sample mean was 22.98 and Standard deviation was 2.74, after the questionnaires were distributed among the participants, asked them to complete the research tools.

For data collection, the following tools were used:

 Iranian Addiction Potential Scale (IAPS):

In this study, to assess the drug use penchant, Iranian Addiction Potential Scale (IAPS) was used that had been developed by Zargar (2006).

This scale contains 35 articles, with 5 articles as lie detector (6, 12, 21, 25 and 33) that had reversed scoring. Participant must to respond to one of the four options: totally agree (3), agree (2) disagree (1) and totally disagree (0).The minimum score in this scale was 0 and the maximum score was 120.

 Zargar (2006), estimated the reliability of this scale by using Cronbach's alpha method, this amount was equivalent to 0.9

Muslim religiosity questionnaire:

 This questionnaire based on Glick, and Stark model (1965) by Serajzadeh (2008) adapted and consistent with Islam In particular with Shiite.

This questionnaire consisted of 26 questions that measures four dimensions of religiosity: the theological dimensions or religious beliefs (questions 1-7), the empirical dimensions or religious feelings (questions

8-13), the consequences dimensions or religious influences (questions 14-19), and rituals dimensions or religious practices (questions 20-26).

All questionnaires statements was attitude questions that during a five-part spectrum as Likert were valued (from strongly agree to strongly disagree).the questions that was related to the actual behavior represented the practical aspect of religion, The practical part questions was five-choice questions, but the response options depending on the content was vary.

For scoring each option that has been considered as a positive attitude awarded 4 or 5 points, to the options that have negative attitudes awarded 1 or 2 points and to the intermediate option awarded 3 points.

Questions 7, 14, 16, 17 and 19 had inversely grading. Serajzadeh (2007), reported the scale reliability by using Cronbach's alpha method for the four dimensions of religiosity scale between 0.87 to 0.92, except the religious feelings that the alpha coefficient reported was 0.56.The overall Cronbach's alpha of religiosity based on respondents' scores was0.83.

in Sharifi research the validity of questionnaire four dimensions was reported between 0.23 to 0.34,and all of them were significant at p<0.001

Spiritual intelligence questionnaire (SQ-29):

 This questionnaire consists of 29 questions that made and normalized by Abdullah Zadeh et al (2009).

The Validity of this scale that obtained in the final phase was 0.89

  To check the validity In addition to content validity also the factor analysis was used and the questions correlation was over 0.3.

The first factor (understanding and communication with existence source) included questions 1, 4 , 5 , 7 , 8 , 9 , 11 , 15 , 16 , 24 , 27 , 29 and the second factor (the spiritual life based on inner core) contains questions 2 , 3 , 6 , 10 , 12 , 13 , 14 , 17 , 18 , 19 , 20 , 21 , 22 , 23 , 25 , 26 and 28.

 Each question receives a response from totally agree to totally disagree, the way of grading was from 1 (completely disagree) to 5 (totally agree). Minimum and maximum score on this scale was between 29 to 145.

Results: Research

Data analysis was performed by two statistical methods including Pearson correlation and regression analysis by using (SPSS-18) software.

 The Pearson correlation method was used to examine the simple relationship between religious attitudes and spiritual intelligence with tendency to addiction.

Regression analysis with enter method was used In order to assess the relative weight and the combined weight of religious attitudes and spiritual intelligence with tendency to addiction.

Table1: The mean, standard deviation, minimum and maximum scores of religious attitudes dimension (Theological, empirical, consequences and rituals dimensions), spiritual intelligence (understanding and communication with existence source and spiritual life) with tendency to addiction:

Variables	mean	standard deviation	Minimum scores	maximum scores
Theological dimension	27.26	4.89	11	35
Empirical dimensions	23.11	4.04	6	30
Consequences dimensions	19.95	3.66	11	30
Rituals dimensions	25.75	6.91	7	35
understanding and communication with existence source	50.12	8.92	12	60
Spiritual life	68.93	10.71	38	85
tendency to addiction	48.85	14.67	15	105

The Pearson correlation method was used to examine the significant relationship between religious attitudes dimension (Theological, empirical, consequences and rituals dimensions) and spiritual intelligence with tendency to addiction, the results of these studies are presented in Table 2.

Table 2: Correlation coefficients between religious attitudes dimensions (Theological, empirical, consequences and rituals dimensions) and spiritual intelligence with tendency to addiction:

row	Variables	1	2	3	4	5	6	7
1	Theological dimension	1	-	-	-	-	-	-
2	Empirical dimensions	*0.49	1	-	-	-	-	-
3	Consequences dimensions	0.11	0.04	1	-	-	-	-
4	Rituals dimensions	*0.60	*0.54	0.15	1	-	-	-
5	understanding and communication with existence source	*0.45	*0.56	0.15	*0.57	1	-	-
6	Spiritual life	*0.27	*0.31	0.03	*0.47	*0.77	1	-
7	tendency to addiction	-0.06	-0.09	*-0.25	*-0.21	*-0.29	*-0.34	1

*$P<0.01$

As seen in Table 2 between two dimensions of the religious attitude(Theological and Rituals dimension) and also between spiritual intelligence with the tendency to addiction, there was a significant negative correlation that all the correlation coefficients was meaningful at $p<0.01$

In the next step, regression analysis with enter method was used In order to assess the multiple correlation between religious attitudes dimension and spiritual intelligence with tendency to addiction, the results of these studies are presented in Table 3.

Table 3: Summary of regression analysis findings in tendency to addiction based on religious aspects and spiritual intelligence:

Variables	R	R2	B	ß	Significant level
Theological dimension			0.50	0.16	0.12
Empirical dimensions			-0.03	-0.01	0.98
Consequences dimensions			-0.91	0.22	0.01
Rituals dimensions	0.446	0.199	-0.25	-0.11	0.33
understanding and communication with existence source			-0.03	-0.02	0.88
Spiritual life			-0.42	-0.30	0.03

office@penseejournal.com

As Table 3 shows the multiple correlation coefficients for linear combination of religious attitudes dimension and spiritual intelligence with tendency to addiction was R=0.44 , in addition R2=0.199, this determination coefficient indicates that religious attitudes dimension and spiritual intelligence determine about 20% of the tendency to addictions

Discussion and conclusions:

We aimed to investigate the simple and multiple relationships between religious attitudes and spiritual intelligence with tendency to addiction in students of Elam University.

Based on research result between two dimensions of the religious attitude (Theological and Rituals dimension) and also between spiritual intelligence dimensions (understanding and communication with existence source) with tendency to addiction, there was a significant negative correlation.

This research finding is consistent with the following studies:

(Boyno Marlat, 2005, Stewart, 2001; Pardyne, Thomas, Sherman, and Stump, 2000; Rgnrs and Elder, 2003; Arvalo et al, 2008, Yang et al, 2009; Zargar, Najarian and Namy, 2008 and Asghari, Ahmadi, 2013).

To explain this research finding we could say that religion create a vast collection of positive psychological effects in people and considered as an important shield against destructive factors and environmental stress.

Siegel and Senna (1977), Given the role of religion in all aspects of human life stated that, religion has a decisive role in inhibition of drug tendency; Also research has shown that religion and its dependent variables leads to a reduction in drug addiction, and high levels of religious belief and religious activity have a negative relationship with alcohol consumption, drug use and smoking (Wong, 2006; Bayers et al, 2004; Stewart, 2001)

Richard et all (2000) in their survey found that drug addicts have a better life quality with pay attention to their religious beliefs, and increased participation in religious services and self-help groups can independently lead to a reduction in drug consumption in addicts.

 Spiritual experience creates deep insight that opens fresh and new perspectives on life, thereby preventing from some practices that reduce life quality.

Regression analysis shows that religious attitudes dimension and spiritual intelligence determine about 20% of the tendency to addictions, so we conclude that religious belief and spiritual intelligence has a decisive role in inhibition of drug tendency.

Due to the fact that our society established based on religion and has a special look to it and considering its role in prevention of social pathologies such as addiction, health authorities should note to this important factor and use Islamic culture as a deterrent from society's tendency toward drug use.

Finally, according to special research community in this research (students of Islamic Azad University, Elam) should be cautious in generalizing the results to other populations, and we recommended that the study be conducted in different communities.

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