

## **STUDY ABOUT RELIGIOUS VIEW POINT AND HAPPINESS WITH GIRLS' SELF-RESPECT IN HIGH SCHOOL OF BEHBAHAN**

\*Gholam Ali Ahmadi<sup>1</sup>, Seyedeh Farkhondeh Taghavi<sup>2</sup> and Seyyed Mohammad Hossein Sajjad<sup>3</sup>

<sup>1</sup>Department of Philosophy of Education, Islamic Azad University of Behbahan, Iran

<sup>2</sup>Department of Consultation, Education and Training of Behbahan, Islamic Azad University of Behbahan, Iran

<sup>3</sup>Islamic Issues, the Office of Ayatollah Hakim, Esfahan, Iran

\*Author for Correspondence

### **ABSTRACT**

This article studies about relation between religious viewpoint and happiness with girls' self-respect in high school of Behbahan. Statistical society of project is 1800 students in 12 governmental schools; society sample is 132 students, whom were selected by random. They answered to questionnaire of standard religious viewpoint (KhodaYari, Qobair Banat), happiness (Oxford) and self-respect (Smith). After data completion, study theories were tested by Pierson coefficient and regression. Results showed that there is a significant relation between self-respect and religious viewpoint. But there is no significant relation between happiness and self-respect. Also regression analysis showed there is a multiple correlation between prediction variables and criteria (self –respect),  $R=0.216$ . It was verified that there is a multiple relation between happiness, self-respect and religious viewpoint.

**Keywords:** *Religious View Point, Happiness, Self-Respect*

### **INTRODUCTION**

Religion is one of most effective factors in human history. Religious viewpoint is a unified belief theology which sets values, morals, traditions and human behavior, and nature with oneself. Falk and Valances, considers religion as lifestyle or belief which sets ultimate relation between slave and God. Some of western thinkers consider religion as related components, too. For example, Peterson believes that religion is a set of belief, senses, individual and social acts which are oriented by ultimate aim or holy being (Khodayari *et al.*, 2006).

James (1993), father of modern psychology believes that, love and religious force leads to patience and confidence. Religious emotions introduce increasing force in personal and job life and when problems happen, they help us to be alive. Religious psychological aspects were studied from beginning of psychological studies, considering importance of religion in human history and it is briefly studied in following text.

During last decade, psychologist paid attention about happiness definitions and its relation with characteristic. Psychologist and researchers, tried to define happiness, for instance, Veenhoven (1996) defined happiness (6) as set of emotions and epistemological assessment of life and quality of life positively in general. Some of researchers consider happiness as a positive motion which affects deeply on physical, mental mechanisms and improve their performance. Also, Dyer and Dyer (1995) belief that happiness includes being happy and positive motions, satisfaction of life and absence of stress or negative factors. Happiness is the common human aim, and all people try to get it. It is assessment of life by oneself. These assessments maybe have knowledge aspects, such as judgments about reactions against events of life. Therefore happiness is formed by some components such as: Satisfaction of life, positive acts and negative ones.

Theories express that religion upgrade happiness. For instance, religious acts i.e. Presence in temples, interaction and social support. In addition, creation and development of individual relation with God improve happiness by decreasing stress. Also, religion gives meaning to life. Religious people, who think there is a holy aim in life, can improve happiness. In general, there are some theorists who consider religion as a way to reach happiness with spiritual aims, fundamental needs and religious interests. There

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is also a positive and significant relation between religious viewpoint and happiness. Ali and Jonbozorgi (2008), conclude there is a positive relation between religious happiness and psychological happiness in their research for study about the relation between religious orientation and psychological happiness and depression in research institute of Imam Khomeini in 2007 (Alimohammadi and Janbzrgy, 2008).

Ruhani and Manavipoor (1387), in their research about relation between acting according to religious belief and marriage satisfaction and happiness in Islamic Azad University of Mobarake, there is a significant positive relation between religious action and happiness and religious action is a good predictor of happiness.

Abdolkhaleq and Nasur (2006) were good instances of colleague Muslim students in Aljazeera, they concluded there is good positive relation between religious and happiness and negative relation with stress. Khaleq (2006) using a sample of 2210 persons Kuwaiti Muslim students came to the conclusion that there is a significant positive relationship between happiness and religion.

William James believes there is an extraordinary force in Theo belief which gives spiritual power to human and helps him/her in difficult problems. Existence of meaning and aim in life, belong to a holy source, hope to God help in problems of life and social and spiritual support, and are some of sources which religious people use to resist against problematic events of life. Holy Quran, says in SurehTalaq: Everyone who try to be chaste, then God help him to overcome against problems and show him a way which he/she has not hope for it, and Everyone trust God and gives his/her job to God, then God will be sufficient for him. God will complete his order and there is no other way for it (Talaq, 2-3).

Trust to God is permanent source of power and ability; it will increase human resistance against problems and events. God trust has many effects, such as: Every one trust God: the first result is self-sufficiency and no need to other. 2 If somebody trust God, and just ask him then God will answer.3 if somebody trust God, and borrow God for goodness then God will give him back more and better. 4 If somebody trusts God, and thanks God, then God will help him/her. In Islamic viewpoint, religion is a frame of ideology which forms thoughts, innovation in it. Religion is an organized system of beliefs which include moral values, accompany in religious society for strong belief to God or holy Power. Religious belief has tied to human destiny and such belief in human heart, affects other principle of human life. Spiritual aspects of religion concentrating on positive emotion, may supply warm relation and social support which both improve psychological human health.

Quran creates belief in human self which describes: Yes, those who believe, and no polytheism, they are in safe and are guided. Holy Quran says about self-power: Honor is for God, the prophet and his followers. Imam Sadeq says about this: God leaves all things to believers but he doesn't allow them to humiliate themselves, they should consider this God's word: Believer should be great and not humiliated. Therefore, religion and belief cause human dominate him/her and control self against willing (Bakht *et al.*, 2006). During last decades, scientific religious study about relation between psychological variable attracted various researchers' attention. In fact, religion is psychological force which can affect human life results. Possibility of survive for religious people is more than any other situation and ordinary presence in religious tradition decreases death rate. Mayers has performed a study in 2000 which shows religion is effective in psychological healthy. Results of research by Pargament show the more say prayer the less stress. In social environment there is a super-analysis from 60 studies which shows there is a relation between religious and crime. In the other hand, there are some projects in characteristic which shows people with conscience and high compatibility according to rules and principle, they are better than other to reject a dominant answer. In some projects, it has been shown there is more religious viewpoint in female than male. Betty-Hamala and Argil (1997) showed woman spends more time for religious action than men. It is also shown there is more religious viewpoint for women than men.

One of most important factors which effects on religious belief is self-respect (Abdel-Khalek, 2006). The word "self-respect" has different meanings. According to some researchers, self-respect means values and psychological adjectives defined by oneself and due to his/her belief. Self-respect means acceptance and value of someone about him/herself. A person with self-respect assesses him/herself in positive way and reacts properly with others. Self-respect is trust to self-power and ability to react against life challenges.

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Mezlo (16) says self-respect means, sufficiency, ability, confidence, independence and freedom which if be satisfied then persons thinks about self-regard, ability, being useful, otherwise sense of humiliation, poor and weakness. Self-respect is formed by two related parts: Confidence sense in life challenges, self-ability belief, and other sense of happiness, self-regard. Researchers explain there are some aspects of self-respect which people cannot or don't want express and they suggest a public orientation to permit them to follow their hidden aspects of self-respect.

There are various studies about relation between self-respect and religious orientation. Study about 360 students in Britain showed there is a significant relation between depression and external religious orientation, but less relation with internal religious orientation, optimistic and self-regard. Results of another study showed self-regard in Muslim student is more than others (Mohammadi and Janbozorgi, 2006).

Miton (1989) shows in his study relation with God support, will decrease stressful condition such as son/daughter death and will positively effects on compatibility and self-regard. It is interesting that Miton didn't found any relation with religious habits or religious radicalism.

Bahrami (2002) has showed there is a direct relation between religious orientation and self-respect, and reverse relation between religious orientation and stress and the more religious orientation, the more self-regard.

Previous studies showed there is a positive significant relation between religious orientation and happiness with self-respect with fourth class of girl high school.

Therefore, we will try to answer this question in this project: Is there a positive significant relation between religious viewpoint and happiness with self-respect in fourth class of high school or not.

Project theories:

- 1- There is a significant relation between religious view points with self-respect.
- 2- There is a significant relation between happiness with self-respect.
- 3- There is a significant relation between religious viewpoint and happiness with self-respect.

## **MATERIALS AND METHODS**

### *Study Method*

Present study is a description type which uses Pierson correlation and regression method. In such projects, researcher tries to study a possible relation and measure correlation of mentioned variables. Therefore, aim is not to discover a rational ratio, but aim is to find significance relation.

Society and statistical sample:

Society of this project includes: all students of high school in Behbahan city in 2013, total society was 1800 students in 12 high schools, and statistical sample was 132 students whom were selected by random 4 from 12 high schools in Behbahan.

Totally there were 200 students in these schools, and according to Kerchesi and Morgan Table, when society has 200 members, then required sample for research is about 132 students.

Assessment tools for this project include three questionnaire, religious, happiness and self-respect (20).

### *b. Religious Measurement Questionnaire*

This scale was provided by KhodaYari and Qobairbonab (1995) which included 40question about subjective areas: worship, morality, religion role in life and human behavior, social subjects, and ideology, belief and science and knowledge. Ranking was according Likert: completely agree, agree to some extent, and agree not disagree, disagree to some extent, and completely disagree.

For ranking, every choice could be considered a positive viewpoint. Rank 4 and 5, were for negative, rank 2 and 1 were for positive and rank 3 was for neutral one.

The maximum rank was 200.

Correlation coefficient of the rank for each one is verified by total grade of questionnaire as 0.001 and stability of these two methods, Spirman Brown and Gotman is equal to 0.92 and 0.93. Alpha Kronbach coefficient is equal to 0.95. Sharifi found stability of this questionnaire equal to .88 by description and equal to .93 by Alpha Krunbach (Khodayari et al., 2006).

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*c) Happiness Questionnaire by Oxford (21)*

This scale has 29 items which is provided by Argayle *et al.*,. Stability of this questionnaire has been studied by various researches. As an example, Argayle *et al.*, found stability of this questionnaire equal to 0.9 by alpha krounbach and its synchorous equal to 0.43. Oxford happiness questionnaire has been translated by Alipoor and Nurbala in Iran and this translation has been verified by eight experts. Alpha krounbach for 110 students of Shahed University and Alame Tabatabaie was equal to 0.98 and description stability was equal to 0.92, stability by Rexam method was 0.79 after three weeks. This questionnaire as provided and it was found that synchronous in 727 members was equal to percent and it was so useful for students.

*a. Self-Respect Questionnaire (22)*

This scale has 58 items, in which 8 item measure the truth, and totally 50 items measure, general self-respect, social self-respect, family self-respect and educational self-respect.

Stability and fluency: There are many researchers have been performed since provision of this test by Kuper Smith, and they verified its credibility. Kuper Smith showed its credibility as 0.88 and its fluency as 0.7. Also, two methods of alpha Krunbach and description is used to study self-respect test of Smith. Credit coefficient was obtained by half-making and Spirman –Brown correction method equal to 0.83 and in study by Mojedian *et al.*, by alpha Kronbach in 80-members group was obtained equal to 0.81. In Iran, Shekar-Shekan study and Neisi (1994) was performed on 3.60 students in first to third class of high school in Najaf –abad city. And coefficient of fluency by correlation method of Kuper Smith was obtained by students' last average grade. Obtained Coefficient for boy section was 69 and for girl section was 71% by 0.001 meaning level. Besides, fluency coefficients for boy and girl students by re-exam method were 90 and 92% respectively.

**RESULTS AND DISCUSSION**

*Study Results*

**Table 1: Description indices for tests in study variables**

Statistic	variable	Average	Standard deviation	No
	self-respect	86.44	6.09	132
	happiness	75	17.17	132
	Religious view	87.14	11.03	132

According to table 1. It has been shown study variables;

Self-respect: STD=6.09, X=86.44

Happiness: STD=17.17, X=75

Religious viewpoint: STD=11.03, X=87.14

**Table 2: Pierson Regression coefficient**

Statistic	Variable	Average	Standard deviation
	happiness	0.143	0.128
	self-respect		

**First Suggestion**

There is a positive significant relation between happiness and self-respect.

According to table 2, it has been shown as Pierson coefficient is equal to 0.128, then significance level is equal to 0.143.

Since there is high level of significance more than 5%, there is no relation between happiness and self-respect. (95% confidence, 5% error, P>5%)

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**Table 3: Pierson correlation coefficient**

Statistic	Variable	Average	Standard deviation
Religious viewpoint self-respect		0.216	0.216

**Second Suggestion**

There is a significant positive relation between religious viewpoint and self-respect.

According to table 3, in this condition Pierson coefficient is 0.216 and significance level is 0.13, therefore small level of significance level of 5% in the project is verified.

**Table 4: Abstract model with determination coefficient**

Model	R correlation	Determination	Controlled	Standard error	R2 correlation	F variation	Freedom 1	Freedom 2	Significance
1	0.216	0.047	0.039	5.97	0.047	6.38	1	130	0.013

Third suggestion: There is a multiple relation between religious viewpoint and happiness with girls' self-respect.

As it can be observed in table 4, abstract models of regression are presented. In a model of self-respect, correlation is  $R=0.216$  and prediction power is  $R^2=0.047$ . It means, people with religious power have high self-respect.

**Table 5: Regression coefficient**

Model	Non standard		Standard	Value t	Significance	Multiple co-linearity
coefficient	B	standard error	Beta		significance	tolerance
self-respect	77.1	73.3	0.216	20.65	0	1
	120	0.047		20.52	0.013	1

Table 5 showed regression coefficient standard with significance is used for writing prediction equation. According to obtained information from multi co-linearity with VIF variance index and relation tolerance between independent variables are measured. There is no report for tolerance indices less than 0.01. Results of Regression significant test.

Model	Total square	root	Freedom degree	Total root square	f	Significant level
Regression	227/75		1	277/75	6/38	/013
Residual	4638/84		130	35/86		
total	4866/62		131			

Above table means a three step regression model. As it can be shown, ratio of remained square root of regression average is relatively in high in each step ( $\text{sig}=0.013$ ,  $f=6/38$ ). It means, obtained regression depends significantly on predictability of variables.

**Conclusion**

Aim of this project is to find relation between religious viewpoint and happiness with self-respect in fourth class of high school in Behbahan. Statistical societies were 1800 students of 12 high schools, and

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statistical sample were 132 students whom selected by multi step random choice, to test self-respect, happiness and religious viewpoint.

After data collection, project theories with Pierson correlation and regression were used. Result of first suggestion showed there is a relation between religious viewpoint and self-respect. Present results meet with search result by Francis *et al.*, (2000) which showed religious activities, such as presence in church will increase happiness. It also meets with many researches which report, people addicted to religious activities or consider religion as main aspect of their life, are relatively psychological healthier and have less depression.

Second suggestion showed there is no significant relation between happiness and self-respect among girl students of fourth degree. The reason for this maybe things such as ,Mental stresses( lack of information, and knowledge about their abilities, stress for university entrance exam, comparison with other students, positive attention by parents and teachers), family economic condition and their desires, social and cultural problems among teen girls (Reviews advisory 2012-2001). Results of third suggestion showed there is a multiple relation between religious viewpoint, happiness, and self-respect. According to today life with special problems, such as mental physical erosion. To react against such destructive effects, happiness should be provided in society. In other word, reach to this point is aim for anyone and everybody tries to get it. Silgman *et al.*, (2005) believes the happiness forms by three components: positive emotions, desirable experiences, occupation (activities) and significance (significant activities). Definitely the more happiness in societ, the more hope and attempts. It can be mentioned to achieve this aim, religion and religious activities can be useful. Results meet with researches by MacClure (28), Loden (1982), French (30) Joseph (31), Holder *et al.*, (2008).

We hope future researches following this project, study wider area of happiness, self-respect and religious viewpoint among girl students considering middle and control variables to present a better model for future makers.

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