

Research Article

**THE STUDY OF THE RELATIONSHIP BETWEEN RELIGIOUS
ORIENTATION AND PSYCHOLOGICAL ENDURANCE
(COMMITMENT, CONTROL AND DEFIANCE) IN MALE
AND FEMALE STUDENTS**

***Kiomars Cheraghi¹ and Javad Tajar²**

¹*Department of Comparative Religions and Mysticism, Sahneh Branch,
Islamic Azad University, Sahneh, Iran*

²*Department of Psychology, Sahneh Branch, Islamic Azad university, Sahneh, Iran*

**Author for Correspondence*

ABSTRACT

This study was conducted with the sole purpose of examining the relationship between religious orientation and psychological endurance with regards to the three variables of commitment, control and defiance amongst the male and female students at the University branches of Payam Noor in Kermanshah province. For this study, 150 students were selected by multistage random sampling. To measure the variables used for psychological endurance, the Kobasa test were used, and for religious orientation, the religious orientation Alport test with internal/external variables were used. Using the F test and regression, results show that between religious orientation and factors of psychological endurance from both the inner and the outer dimension, there is a significant and positive relationship. Religious orientation with standard rate of 0.92 can determine the level of psychological endurance up to 99 percent.

Keywords: *Religious Orientation, Psychological Endurance, Male and Female Students*

INTRODUCTION

Allport (2009), describes religious as the unifying philosophy of life and an important factor in mental health and believes that the value system of religious beliefs can prepare the best ground for a healthy personality. According to Allport, intrinsic religiosity, is a universal religion with the principles of a universal organization and has been internalized, while religion is something foreign and an external tool, which meets the needs of the individual, such as dignity and security. What Allport meant by internal religious orientation, is a comprehensive motivational commitment, and that is the ultimate goal, not just a tool to achieve individual objectives (John, 2000).

According to Donahue (1985) intrinsic religious orientation is like a window frame which through it one can understand the entire universe. Extrinsic religious orientation is more like a tool that helps one to show oneself as suitable and fit for life. The history of studying the relationship between religion and Psychological phenomenon goes back to the beginning of the last century.

In recent years, researchers in the field of psychology of religion have been trying to create a model for measuring psychological phenomenon associated with the spiritual dimension of mankind (Gorsuch, 1985).

One of the tests in this field that has been receiving a lot of attention is Alport's religious orientation test. Endurance is a set of feedbacks and skills which produces the courage required to face life's stressful situations (Maddi, 2007).

Psychological endurance is a variable introduced by Kobasa (1988). He believes toughness is a combination of beliefs about ourselves and the world around us, a world defined by the three components of commitment, control and defiance. Someone who has a high personal commitment level, believes in the importance and values of who he is and what he does, and is able to get a sense of what he is doing and how to raise his own curiosity. Those who are strong in the control component, believe that life events are predictable and manageable defiance also refers to the belief that change is a positive aspect of life, so people who are though and strong, don't see the changes in their life as a safety hazard. People

Research Article

with a high level of defiance, see positive or negative situations as an opportunity to learn and grow more and more endurance will help the individual in stressful situations to not assess the situation in a threatening way, and helps the individual to use the correct strategy to solve the problems (Florian *et al.*, 1995).

Undoubtedly, religion protects believers from the invasion of anxiety, doubt and despair (Motez *et al.*, 2012).

The value of each individual religious person depends on their growth of knowledge and insight and wisdom and until a clear understanding of the principles of the religion is formed, it cannot play a decisive role in guiding the individual throughout his life (Salehi and Dehghan, 2013).

Features of psychological endurance such as considerable amount of curiosity, the desire to have fun and meaningful experiences, self expression, full of energy, strength, resistance and believing the fact that change is a natural part of life, can help the individual to compromise with the more stressful events of his life (Kobasa and Puccetti, 1984).

Comparing test results between male and female subjects shows that female subjects have a higher level of psychological endurance (Vaisi *et al.*, 2001).

There is a significant negative correlation between psychological endurance and interpersonal sensitivity, depression, anxiety and physical ailments (Nakata, 1990).

MATERIALS AND METHODS

Method of Study

This study is in fact a correlation that has been done in the form of a descriptive project. In this study, the relationship between the variables will be analyzed based on the ultimate goal of the project.

Statistical Population, Method of Sampling

The statistic population consisted of all male and female psychology students in Kermanshah province PNU, who were enrolled in the academic year of 2015-2014 for sample selection, the sample size was determined as 150, according to the Morgan table. For sample selection in this research, the random cluster sampling method was used.

First, 3 universities were chosen from all the Payam Noor universities in the province, and then from the students of the department of psychology in each university, 50 were randomly selected and surveyed.

Sampling Tool

In this study, two groups of religious orientation and endurance test was used.

A) Religious Orientation Test

Allport and Ross, created this test for measuring the intrinsic and extrinsic religious orientation in 1950 (Allport and Ross, 1950).

For this purpose, a test of 20 questions was created, which 11 of its questions, were related to external religious orientation and the 9 other were related to internal religious orientation.

Feigen created a 21-question version of the all port's intrinsic/extrinsic religious orientation test which had all of alport's questions plus a new one.

The questions were multiple-choice tests with 4 option (totally disagree, disagree, almost agree and strongly agree).

B) Endurance Test: By Kobasa *et al.*, (1982) was developed to measure the endurance level. The test has 20 questions with multiple-choices (never, rarely, sometimes, often) and a high score on this test indicates higher endurance.

The minimum and maximum scores for the test respectively are 0 and 60.

Research Hypotheses

Intrinsic religious orientation and psychological endurance of students are positively correlated.

Research Article

Extrinsic religious orientation and psychological endurance of students are positively correlated.

Data Analysis

Table 1: Mean, standard deviation, minimum and maximum scores for the research variables

Standard deviation	Mean	Maximum score	Minimum score	Count	Variables
4.68	15.75	23	7	150	Extrinsic religious orientation
5.3	15.30	25	5	150	Intrinsic religious orientation
4.24	16.80	24	6	150	Commitment
6.37	14.62	21	5	150	Control
4.93	12.80	13	4	150	Defiance

According to the table above, you can see that the minimum and maximum scores for extrinsic religious orientation are respectively 7 and 23.

For intrinsic religious orientation the minimum and maximum scores are respectively 5 and 25. And in regards to variables of endurance, we have the minimum and maximum scores of control as 5 and 21. For defiance 4 and 13 and for commitment its 6 and 24.

Also, the mean for extrinsic religious orientation is 15.75 and the total score of students for the three variables of endurance (commitment, control and defiance) is 58 and the total mean is 14.74 which is higher than average level.

To find the relationship between the variables and test hypotheses stepwise regression method was used and the results are given in the tables below.

Table 2: Multiple regression coefficients

Significance	F	The standard error of estimate	Adjusted squared multiple correlation coefficient	Squared multiple correlation coefficient	The multiple correlation coefficient	Predictor variables	Steps	Pattern
0.001	736.54	3.62	0.868	0.868	0.874	Religious Orientation	1	Step by step
	714.24	3.44	0.822	0.822	0.823	Endurance	2	

Table 3: Standard and non-standard rates of prediction of psychological endurance through predicted variables (intrinsic/extrinsic religious orientation) in a step by step regression

P	T	Beta	Std. Error	B	Constants and predictive variables	Steps	Pattern
0.001	3.68	-	0.532	3.212	Constants	1	Step by step
0.001	128.2	0.826	0.08	1.741	Tenacity		
0.001	4.96	-	0.614	3.821	Constant	2	
0.001	112.6	0.92	0.016	1.211	Religious orientation		

As you can see in table 2 and 3, through two steps of intrinsic and extrinsic religious orientation we could predict the level of psychological endurance in male and female students.

Research Article

According to tables, through the first step, religious orientation with the standard beta of 0.874, explains 86% of variance of psychological endurance. And in the second step, variables of endurance (commitment, control and defiance) with the beta coefficient of 0.826 were added to the religious orientation (with the standard coefficient of 0.92) and could get the level of endurance to 99 percent.

In order to investigate the relationship between religious orientation components along with the prediction of the level of psychological endurance, the regression method was used, and for the added variables a step by step method was used.

In the step by step method, to begin with, in the first model, the variable with the highest partial correlation with the dependent variable gets added to the equation and its significance becomes clear. If the variables were significant, the second variable with the highest partial correlation with the dependent variable enters the equation.

And this goes on and on until one of the variables in prediction turns out to be insignificant. At each step, each variable in the equation that enters the equation as the last variable will be removed from the equation if it's not significant. For this reason, in this method it is possible for a variable which enters the equation early to get removed from the equation in the next steps, after the arrival of other variables that cover its share.

The results of the step by step regression analysis of the components of religious orientation (intrinsic and extrinsic) with endurance have been represented in tables 4 and 5.

Table 4: Multiple Correlation Coefficients

Significance	F	The standard error of estimate	Adjusted squared multiple correlation coefficient	Squared multiple correlation coefficient	The multiple correlation coefficient	Predictor variables	Step	Pattern
0.001	163.04	23.06	0.380	0.382	0.544	Religious orientation	1	Step by step

Table 5: The standard and non-standard coefficients of predicted psychological endurance through step by step regression prediction

Significance	The value of T	Standardized beta coefficient	Standard error	The non-standard beta coefficient	Predictive constants and variables	Step	Pattern
0.001	6.716	-	3.47	26.03	Constant	1	Step by step
0.001	12.48	0.468	0.211	4.127	Commitment, control and defiance		

As you can see in tables 4 and 5, in one step, religious orientation can predict the level of psychological endurance, which is religious orientation with the standardized beta coefficient of 0.544, which determines 38% of the variance of psychological endurance.

Conclusion and Discussion

The ultimate goal of this study was to investigate the relationship between religious orientation (intrinsic/extrinsic) and psychological endurance with regards to the three variables of commitment, control and defiance in the male and female students of psychology.

The step by step regression analysis was used to analyze the hypothesis of this research.

The findings of this research showed that religious orientation can predict the level of psychological endurance in students. It can be said that the intrinsic religious orientation as a structure can have a

Research Article

significant effect on the level of psychological endurance in the students in the three components of commitment, control and defiance. Students who have a tendency to intrinsic and extrinsic religious orientation, usually have a type of integrity of character and in their eyes, life events are positive and controllable. And this mindset enables them to face their problems without losing their focus and getting upset, therefore they will be able to choose the more effective and appropriate strategies for dealing with their problems and turning those problems into positive experiences.

REFERENCES

- Aghajani S, Rajabi S, Ganji M and Ghafari M (2008).** *Religion and Psychological Health* (Ardabil: Bagh Rezwvan) [In Persian].
- Allport GW and Ross JM (1967).** Personal Religious Orientation Prejudic. *Journal of Personality and Social Psychology* **5** 432-443.
- Batson CHD, Schoenrade P and Ventis WL (1993).** *Religion and the Individual: A Social-Psychological Perspective* (London: Oxford University Press).
- Dezutter J, Soenens B and Hutsebaut D (2006).** Religiosity and mental health: A further exploration of the relative importance of religious behaviors vs. religious attitudes. *Personality and Individual Differences* **40**(4) 807-18.
- Gartner J, Larson DB and Allen GD (1991).** Religious commitment and mental health: A review of the empirical literature. *Journal of Psychology Theology* **19** 6-25.
- Ghobari Bonab B (2006).** Relationship between general Health and reliance measures of student. *Proceeding of the 3rd Conference of Student Psychological Health; Tehran, Iran* [In Persian].
- Kaplan HI, Sadock BJ and Grebb JA (1994).** *Kaplan and Sadock's Synopsis of Psychiatry*, 7th edition (Philadelphia: Williams & Wilkins).
- Koenig HG (2007).** Religion and depression in older medical inpatients. *Am J Geriatr Psychiatry* **15**(4) 282 -91.
- Koenig HG (2008).** Religious Practices and Health: Overview. *House of Representatives*.
- Lindentha JJ, Myers JK, Pepper MP and Stern MS (1970).** Mental Status and Religious Behavior. *Journal for the Scientific Study of Religion* **9**(2) 143-9.
- Loewenthal KM (1995).** *Mental Health and Religion* (London: Chapman & Hall).
- Maltby J (1998).** Religious orientation and Eysenck's personality dimensions: The use of the amended religious orientation scale to examine the relationship between religiosity, psychoticism, neuroticism and extraversion. *Personality and Individual Differences* **26**(1) 79-84.
- Maltby J and Day L (2004).** Should never the twain meet? Integrating models of religious personality and religious mental health. *Personality and Individual Differences* **36**(6) 1275-90.
- McCullough M and Larson DB (2001).** *Handbook of Religion and Health: A Century of Research Reviewed* (New York: Oxford University Press).
- Michielsen JH, Vries DJ and Van Heck LG (2003).** *In Search of Personality and Individual Differences* **35** 1073-1087.
- Pargament KI (2001).** *The Psychology of Religion and Coping: Theory, Research, Practice* (New York: Guilford Press).
- Perez JE, Chartier M, Koopman C, Vosvick M, Gore-Felton C and Spiegel D (2009).** Spiritual striving, acceptance coping, and depressive symptoms among adults living with HIV/AIDS. *Journal of Health Psychology* **14**(1) 88-97.
- Pressman P, Lyons JS, Larson DB and Strain JJ (1990).** Religious belief, depression, and ambulation status in elderly women with broken hips. *American Journal of Psychiatry* **147** 758-60.
- Schuster MA, Stein BD, Jaycox L, Collins RL, Marshall GN and Elliott MN et al., (2001).** A national survey of stress reactions after the September 11, 2001, terrorist attacks. *New England Journal of Medicine* **345**(20) 1507-12.
- Stark R (1971).** Psychopathology and Religious Commitment. *Review of Religious Research* **12**(3) 165-76.

Research Article

Tajar J (2007). *Assessment in the Study of Personality* **1** 120-172.

Watson PJ, Hood RW and Morris RJ (1989). Sin and self-Functioning, part 4: Depression, assertiveness, and religious commitments. *Journal of Psychology and Theology* **17** 44-58.

Wong YK, Tsai WC, Lin JC, Poon CK, Chao SY and Hsiao YL et al., (2006). Socio-demographic factors in the prognosis of oral cancer patients. *Oral Oncology* **42**(9) 893-906.

Woods TE, Antoni MH, Ironson GH and Kling DW (1999). Religiosity is associated with affective status in symptomatic HIV-infected African-American women. *Journal of Health Psychology* **4**(3) 371-26.

Zare H (2014). *Psychological Tests Personality and Mental Health* **5** 157-236.