

The Relationship Between Religious Orientation and Spiritual Experience, Self-Esteem of Pregnant Mother's City of Susa

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Abstract: Faith a significant impact on the human soul because confidence and her strength, patience and tolerance have increased the hardships of life and a sense of security and peace in his soul established and within comfort remember creates. Method of present study is descriptive and correlational. The study population included all of pregnant mother's city of Susa in 2015 that of this number (50) were selected by simple random sampling. The tool measuring data include: religious orientation questionnaire (Allport), scale of Spiritual Experience (DSES) and self-esteem scale (Rosenberg). To analyze the data using statistical software SPSS and correlation coefficient and regression analysis were used. Pearson correlation coefficients showed that the spiritual experience and there is no significant relationship between self-esteem and also found that between self-esteem and there is a significant negative relationship between the religious orientation. Given the importance of the role of religion, mental health and physical recommended mothers in the promotion and fostering spirituality among of pregnant mothers more attention.

Key words: Religious orientation, spiritual experience, self-esteem, pregnant mother's, Susa

INTRODUCTION

Need man to religion is as old as the history of life because from the beginning of human life to support a strong and powerful feel the need to have an anchor. Religion discusses the pioneering researchers such as James, Freud, Young and was others and then thinkers such as Allport have to explain religion. Allport's view intrinsic religious orientation, faith by itself be regarded as a supreme value in other words religion to security and social status and those who have such orientation religion as a means to achieve their Hajat. Following the emergence of this theory positive psychology movement, mental health there is a positive feature and emphasized the growth of individual ability (Walsh, 2005). From the perspective of Allport religious orientation is both internal and external. In internal religious orientation, faith by itself be regarded as a supreme value and a commitment motivation of the learner not a means to achieve the targets considered. The external religious orientation religion, foreign matter and the means to meet individual needs such as office and security is used in other words, religiosity to security and social status and people Hajat their own. Religious beliefs with the fate of mankind linked

and ferment of ideas in the heart of man other element of human life is deeply affected. Spiritual aspects of religion focusing on positive emotions may with warm relations and increase social support have a relationship both of which increase the level of mental health (Vaillant *et al.*, 2008). In fact religion is a psychological force which could affect the results of human life. Survival rate of people with higher levels of religiosity in any position more than others and frequent attendance in religious rituals is associated with reduced mortality (McCullough and Willoughby, 2009). Marizer in a study done in 2000 has shown that religion in the promotion of mental health (Myers, 2005). The results by Pargament (2007) show who pray frequently less depression and anxiety suffer. One of the most important factors that affect the spiritual and religious beliefs is self-esteem. The term self-esteem there are many definitions according to some researchers self-esteem, values, characteristics and psychological traits, self-concept for the individual and the individual beliefs about all that stuff in there she comes. Self-esteem, sense of acceptance and valuable that person feels about themselves. A person's self-esteem to positively assessed and has suitable feedback to himself and others. Self-esteem, confidence their ability to think and

the ability to cope with life's challenges. Maslow, self-esteem, the competence, ability, competence, confidence, independence and freedom knows, if satisfied, people feel valued, capable of being fruitful and confidence and otherwise, humiliation, helplessness and their weakness. Self-esteem is formed from two parts connected to each other. One to feel confident in dealing with the challenges of life their belief capabilities and the other a sense of competence to happiness self-respect or self-esteem in a report research has shown that moral support from the feeling of connection with God, the essential effects of stressful situations such as reducing child mortality and to be positively related to depression, coping and self-esteem is affects (Maton, 2008). Bahramiehsan has shown that a direct relationship between religious orientation and self-esteem and an inverse relationship between religious orientation and there is anxiety and with increasing religious orientation value also increases self-esteem will. Daily experience of spirituality including find meaning in life which contains the meaning of life, positive experience in life, happiness and life satisfaction. How one feels about life includes hope, prosperity excitement. One of the factors in the daily experience of spirituality relationship with God not by man's relationship with God. Like worship devotional, intimate relationship and friendship with God, feeling God's attention and positive feeling of connection with God. MacSherry spiritual experience includes hope find meaning in life ability of the passage of other errors beliefs and moral values, spiritual care a good relationship with others belief in God, morality and creativity and there are said (Mokhtari *et al.*, 2001). Inner experience and spiritual awareness a fact of life the spiritual and religious people. Various studies have shown that spiritual experiences can play a remarkable role in health and psychological consequences are positive. Wang and Yu in their study spiritual experience and spiritual care nurses in Hong Kong showed that spiritual care nurses, nurses associated with spiritual experience (Wong and Yau, 2010). After reviewing surgeons about the need for awareness of religious beliefs, patients found that surgeons say we have religious beliefs and spiritual awareness of their patients and that as a means to accelerate their healing process (McSherry, 2004).

According to studies need for attention to the role of religion, the physical and mental health is therefore, the aim of this study was to investigate the relationship between the orientation of the moral, spiritual experiences, the self-esteem of pregnant women in the city of Susa in 2015.

MATERIALS AND METHODS

Research method is descriptive and correlational. The population study included all pregnant mothers in Susa in the year 2015. The sample in question in this study (50) who were selected by simple random sampling. After obtaining permission of gynecologists and obstetricians and attend one of the clinics, distribute questionnaires among women referred to our center that after the completion of all questionnaires were collected. The tool measuring data include:

Religious orientation questionnaire: Religious orientation questionnaire Allport and Ross this scale to measure intrinsic and extrinsic religious orientation were prepared. According to Allport internal religion, religious inclusive and has organized principle and is internal while the external religion it is outside and tools to satisfy individual needs such as security and use placed. In early studies, it was on this basis it was found that the correlation direction external with internal 0/21 and in Iran as well as internal consistency using Cronbach's alpha coefficient of 0/71 and reliability 0/74 retest and the scoring is based on the Likert scale which range from strongly agree to strongly disagree and the answer is awarded a score of 1-5 (Bahramiehsan, 2001).

Rosenberg self-esteem scale: This scale consists of 10 questions are based on self-report. This tool measures the overall self-esteem. The results Palmén and Alick coefficient of internal reliability of this scale 0/84 and it has been reported test-retest correlation coefficient to 0/84. Mohammadi psychometric properties of this scale in Iranian society has the right report (Mohammadi, 2005).

Scale of spiritual experience: Scale daily spiritual experiences by Underwood and Tracy to prepare a multi-dimensional tool was made of spirituality. This scale plans staff perceptions of a superior force in everyday life and his understanding of its interaction with the physical world however measure the above. In a study the psychometric characteristics of scale have shown that the coefficient Cronbach alpha is 0/91. Exploratory factor analysis scale two scales feel the presence of God and communion with God and a sense of responsibility towards others formed (Taghavi and Amiri, 2010). Retest results showed that within 2-3 weeks was 0/96. In this study Cronbach's alpha coefficient was 0/96. The validity of this scale too was examined by exploratory factor analysis (Taghavi and Amiri, 2010). In this study to analyze all the data, correlation and regression analysis using SPSS Version 21 was used.

RESULTS AND DISCUSSION

The results are shown in Table 1-3. According to the results obtained from this study, the mean age of subjects (29/52) and standard deviation (3/67) will be. Participants age series between (20-37) years (Table 1). The highest frequency of Graduate education at (0/48) (Table 2). Pearson correlation coefficient ($r = 0/12$) showed that between spiritual experience and there is no significant relationship between self-esteem ($p>0/05$). Also correlation coefficients showed that the self-esteem and religious orientation there is a significant negative relationship.

The aim of this study was to investigate the relationship between religious orientation and spiritual experience, the self-esteem of pregnant women in the city of Susa. The results showed that the spiritual experience and self-esteem of pregnant women there is no significant relationship. These results with research by Hasani and Bahramiehsan (2005) and Koenig (2007). Buhrmester *et al.* (2011) and Maltby and Day (2000) is not consistent. Thus, we can say people with spiritual well-being is likely to have a spiritual experience and the kind of continuity and inner peace, the connection to the supernatural power feel. In Iran as well as more recently widely welcomed in particular, aspects, features and psychological consequences religion has emerged. Bahramimashouff a significant negative correlation between the worship and depression and anxiety found. The hypotheses of this study it can be said in research in the field of humanities, social conditions and requirements of, star turn are necessary. Therefore, different results in this study can be attributed to these factors. There is no doubt that spirituality is a fundamental issue and people are searching for meaning in their work they are looking for ways his life with spiritual bond and this bond and spirituality to allow them that God in all aspects of life are linked. For a better understanding of the results

nature of religious orientation is discussed. According to Allport internal religion, religious, systemic, organizational principles and is internal whereas religion with external criteria, foreign matter and tools to satisfy needs such as safety and the used. One of the most important factors that influenced the spiritual and religious beliefs is self-esteem. The researchers suggest that certainly there are aspects of self-esteem that are unwilling or unable to express them and offer a general approach which may allow them to such unspoken aspects self-esteem to pursue (Taylor, 2003). The results showed that between religious orientation and self-esteem in pregnant women there is a significant negative relationship. In other words by reducing the amount of religious orientation reduced self-esteem. The results of this study the findings by O'Laoire (1997) is consistent. To explain these findings we can say that in Islam religion of the world that effort creativity and human thinking, in that way or should be formed. Religion organized system of beliefs including traditional, moral values, traditions and participation in a religious community more firm belief in God or a higher power. Religious beliefs linked with the fate of mankind and the ferment of ideas in the human heart other element of human life is deeply affects.

CONCLUSION

This study like other studies with associated restrictions. One of the limitations will be small sample size. In this context it is necessary to broaden the research community to achieve the results can be generalized. On the other hand in the questionnaire it is necessary through interviews with mothers in-depth data and a more comprehensive reach.

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Table 1: Mean and standard deviation of age, pregnant women participating in the study

N	Mean	SD	Minimum score	Maximum score
50	29/52	3/67	20	37

Table 2: Frequency and percent frequency of education

Education	Percent frequency	Frequency
Diploma	0/26	13
Associate degree	0/26	13
Graduate	0/48	24
Total	0/100	50

Table 3: Pearson correlation coefficient between the variables

Variables	Significance level	Correlation coefficient	p-value
Spiritual experience and self-esteem	0/3	-0/12	0/05
Religious orientation and self-esteem	0/01	-0/35	-

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