

The Role of Religious Beliefs and Self-Monitoring on Meaning in Life a High School Girl Students in the City of Ilam

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Abstract: That concern and to achieve a meaningful life is one of the basic concerns of human existence. Religion, suitable to respond to requests and provides ambiguous positions and self-monitoring and the degree to which one's own behavior to match with the situation and to be good to others adjusts. The research method is descriptive and correlational. The study population included all female high school students in city of Ilam was in the academic year 2014. Sampling method is type of cluster sampling. The 195 girl students were chosen as an example. Tool measuring data include: inventory religious orientation Allport, self-monitoring questionnaire Schneider and meaning in life questionnaire Stegger and Oyshi data of this study were analyzed using SPSS Software. Findings of this study showed that the religious orientation, internal and external with elements of meaning in life and the search for meaning there is a significant positive relationship. Between self-monitoring and the meaning of life there is a significant positive relationship but the self-monitoring and in search of meaning in girls there is no significant relationship. The results of stepwise regression analysis showed that religious orientation and self-monitoring, the ability to anticipate elements have a meaning in life. According to the results, it can be concluded that the religious orientation and self-monitoring there is a meaning in life and can be the meaning of life based on these variables predicted.

Key words: Religious orientation, self-monitoring, meaning in life, students, inventory

INTRODUCTION

Concern and to achieve a meaningful life is one of the basic concerns of human existence. Word meaning question of the meaning of life three types of interpretation: that means the purpose of life, that means the value of life that means the utility and function of life. The meaning of life also in discussing the meaning of life human aspect that there is human life, animal life distinguishes (Gholam *et al.*, 2013). In another definition meaning in life, people have to worry about the meaning and purpose of their personal notes (Dezutter *et al.*, 2013; Sherman and Simonton, 2012). Today many scholars in the field and various disciplines such as philosophy, psychology, philosophy, religion and ethics, analyzes and reviews have examined the role of meaning in life (Gholam *et al.*, 2013). In addition, practitioners and researchers as well to study that in order to identify important factors in coping with stressful situations and chronic diseases have concluded that meaning in life one of important factors in the well-being and quality of life of these individuals. The research showed that compliance with strict conditions, require features such as having a

purpose in life (Dezutter *et al.*, 2013; Pinquart *et al.*, 2009). Many studies have shown that between religious, psychological variables including self-monitoring, self-control and self-regulation which are closely related concepts are related. For example research by Khodayarifard meteor, Akbarizardkhaneh, Yeganeh and Holmes confirmed. Some like Yinger (1969) and Berger (1967) in his later works on uniqueness of religion to give meaning to life and answer the ultimate questions of human. Because religious practices and religious teachings along with them through open mindset to reach a deep relationship with God or another higher power a source of positive emotions provide and give meaning to life (Mousavi, 2008). Religion according to some researchers, the impact on the lifestyle and how to resolve the conflict of values two basic human questions about the purpose of life and the meaning of work and talent he responds and thus the orientation of unity psychological and spiritual, self-regulation and help people. In other words, adjustment of human life issues requires a significant response to the demands of the people to answer them. Religion, suitable to respond to requests and provides ambiguous positions. Among these desires

and needs, can be a human problem in terms of time and immortality, socialization and social being, meaning the activities as well meaning to suffering and the fundamental contradiction of life (Mousavi, 2008). A detailed study of the influence of religious practices have led researchers to the effect of religion they studied in this regard. Allport refers to the type of religious orientation. For him religion spectrum on the one hand for the semantic tool and on the other hand a sense and find meaning which is your main motivation in life and has no intrinsic value. Inner religion by itself to the motivational aspects and to other drivers do not need but external religion, religion and religion is a way to achieve security, social status, peace and social connections. Beliefs values or belief system an extrovert may in order to meet personal needs more importantly a change or even completely changed. They believe extroverted type tends to God but without turning away from its (Allport and Ross, 1967). Other variables that seem to be associated with meaningful life it can be pointed to self-monitoring. Self-monitoring include management, interpersonal relationships and behavior (Lee *et al.*, 2009). By definition, Snyder (1979) self-monitoring and the degree to which an individual their behavior to match the circumstances, situation and for that it would adjust the optimum others. Self-monitoring in the form of a continuum arises your people based on feedback from others are described and their problems should have high self-monitoring and those that behavior is a function of internal factors have low self-monitoring. Self-monitoring to a life of meaning and their lives in the community and valuing other people lead. Snyder meaning as a control (monitoring) sees by which a man can take care of your self-esteem. Snyder a special definition of self-monitoring and it' psychological structure that people's perceptions and understanding consequences of their actions and achieve the desired outcomes and avoid unpleasant consequences that benefit (Nasiri and Joukar, 2008).

Given the close relationship between self-monitoring and meaning in life research has been done in this respect therefore to study the relationship between religious orientation and self-monitoring on meaning of life secondary school students is the second city of Ilam.

MATERIALS AND METHODS

The research method is descriptive and correlational. The study population included all secondary school students second city of Ilam was in the academic year 2014-2015. In this study, sampling with use of random sampling method was multistage cluster. Due to the

economic situation and cultural context firstly Ilam in five regions: North, South, West, East and center was divided and from every region, two schools were selected. In the second phase from each school one class was randomly selected and in the third stage, sample was selected from among the students in this class. Finally, 195 girl students were selected as samples. Measuring tools include:

Allport's scale external inner orientation: Allport for the measurement of religious orientation a scale of 20 the option of making that 11 option to external orientation, and 9 internal options for making notes. After that the psychology of the Feagin (1964) Version 21 the option of making scale Allport. In Iran, this version has been translated (Feagin, 1964). Options this test is based on the Likert scale ranging from "strongly disagree" to "strongly agree" and the answers are awarded a score of 1-5. In the questionnaire, questions 1-12 external religious orientation and questions 13-21 internal religious orientation measures. The internal consistency of this scale by Mokhtari *et al.* (2001) Cronbach's alpha 0.71 and by Janbozorgi (2007) 0.74 was. Also test-retest reliability 0.74 is obtained.

Test the meaning of life (MLQ): To measure the meaning of life, Meaning of Life Questionnaire (MLQ) Stegger and Oishi (2004) was used. The researchers for the test initially chose 44 items and then using exploratory factor analysis two factors meaning in life and the search for meaning in life with a total of 17 items gained. Then in a confirmatory factor analysis eliminating the 7 items a convenient two-factor structure gained. The answer to each question with the approval or opposition to with a phrase in a range of 7 degrees measured (Mesrabadi *et al.*, 2013). Stegger and Oishi (2004) in 4 studies evidence for internal consistency, reliability, factor structure and validity of the meaning of life have offered.

Scale of self-regulatory Snyder (SMS): This test by Snyder (1979) in order to measure self-monitoring is provided. The scale has 25 items. This scale consists of 5 components which make up the structure of theoretical self-care. This test is just a score as the individual score in continuous self-monitoring is considered. Snyder reliability of the questionnaire, 0/72 earned as well as the validity this test results with several dimensions of personality show the validity of this test. Ghaffari in their study using material divided by odd and even, the correlation between the two halves of the test scores are calculated and after correction with Spearman-Brown formula was equal to 0/58.

In analyzing the survey data, method of Pearson correlation and regression analysis, using statistical software SPSS, Version 21 is used.

RESULTS AND DISCUSSION

The results of this study and presentation in the following (Table 1-4). The results of the Pearson correlation coefficient between the variables of the study are presented in Table 2. This table shows that between meaning of life, orientation of the inner, outer and self-monitoring there is a significant positive correlation ($p < 0/01$). Also elements in search of meaning, intrinsic religious orientation and outside there is a significant positive correlation however between the elements in search of meaning and self-monitoring there is no meaningful relationship. To determine the contribution of each component of religious orientation (internal and external orientation) and self-monitoring, in anticipation of meaning in life stepwise regression analysis was used. To ensure that no violation of the assumptions of normality, linearity, linear time and the same dispersion a preliminary analysis was used. The reported values for tolerance and VIF in Table 3 indicate that the assumption of a linear not a violation. When the value of tolerance all variables, greater than 0/1 and VIF values of variables is < 10 . Also check for errors independence, the Durbin-Watson test is

used amount it was 1/86 that the errors are independent. Other assumptions that must be met in the regression, the normal distribution of the criterion variable (dependent) which in this study to investigate the distribution of the criterion variable, (meaning life) Kolmogorov-Smirnov test was used, an amount $p > 0/05$, respectively ($p = 0/123$) which shows variable distribution criterion is normal. Stepwise regression analysis showed that the inner orientation and self-monitoring of students, the most powerful variables to predict component of meaning in their lives. Table 3 standardized coefficients and non-standard for significant variables in predicting variable shows meaning in life. Stepwise regression analysis showed that the mean forecast in life of students based on internal religious orientation, and meaningful self-monitoring ($p = 0/01$, $F = 12/57$). These variables, a total of 12% of the students predict meaning in life ($R^2 = 0/12$). Internal orientation impact factors ($B = 0/28$) and self-monitoring ($B = 0/21$) is. To determine the contribution of each component of religious orientation, (internal and external orientation) and self-monitoring in anticipation of the elements in search of meaning, stepwise regression analysis was used. Stepwise regression analysis showed that external orientation in the first step and internal orientation in the second step, the most powerful variables to predict the components are in search of meaning. Table 4 standard coefficients and non-standard, for significant variables in predicting variable show in search of meaning.

Table 1: Mean and standard deviation of religious orientation, self-monitoring and meaningful life of students

Variables	Mean	SD
Internal religious orientation	21.68	3.95
External religious orientation	33.76	4.62
Self-monitoring	11.52	3.02
Meaning in life	26.25	6.80
In search of meaning	29.69	5.93

Table 2: Coefficients of correlation of spiritual health and perfectionism of mothers and children self-control

Variables	Internal religious orientation	External religious orientation	Self-monitoring
Meaning in life	0/27**	0/23**	0/20*
In search of meaning	0/24**	0/30**	0/03

Table 3: Results of stepwise regression analysis of religious orientation and self-monitoring, in order to explain the significance of life

Variables	B	β	t-values	p-values	R	R ²	F-values	p-values	VIF	Tolerance
First steps										
Internal orientation	0/46	0/27	3/84	0/001	0/24	0/07	14/79	0/001	1	1
Second step										
Internal orientation	0/48	0/28	4/08	0/001					1/003	0/997
Self-monitoring	0/49	0/21	3/10	0/002	0/34	0/12	12/57	0/001	1/003	0/997

Table 4: Results of stepwise regression analysis of religious orientation and self-monitoring in order to explain the search for meaning in life

Variables	B	β	t-values	p-values	R	R ²	F-values	p-values	VIF	Tolerance
First steps										
External orientation	0/39	0/30	4/35	0/001	0/30	0/09	18/97	0/001	1	1
Second step										
External orientation	0/31	0/24	3/25	0/001					1/182	0/846
Internal orientation	0/22	0/15	1/98	0/048	0/33	0/11	11/61	0/001	1/182	0/846

CONCLUSION

As is clear from our results we can say results of the Pearson correlation coefficient between the variables showed that between internal and external orientation and dimensions of meaning in life there is a significant positive relationship and stepwise regression analysis also showed that the predicted mean in life of students based on internal religious orientation is significant. The result with previous studies on the relationship between religion and life's meaning including Khodayarifard, Yeganeh and Holmes are consistent. In explaining the results, it can be stated that religion too as a set of beliefs should and must as well as specific values and generalized is the most effective psychological support which enables the meaning of life in every moment of life provides and in certain circumstances also by providing support for an explanation person suspension and meaninglessness save. Religion as a mediator thought process and assess the impact everyday life thus even the most seemingly negative events, positive significant and evaluated. Therefore, it can be stated both internal and external religious orientation a significant relationship with meaning in life but given that internal religious orientation, the ability to predict the life of its female students it looks, religion and especially the internal religious orientation for individuals plays the role of a protective shield and a wide range of positive effects on psychological cause. The results showed that the self-monitoring and meaning in life there is a significant positive relationship and self-monitoring was able to predict students. However, the variable self-monitoring and components in search of meaning a significant relationship was observed in students. According to the research that has been done in this area so it cannot be concluded that compared with previous research. Based on the results it can be stated that self-monitoring a process which includes applause in order to achieve the objectives and the criteria is met person has charted for itself. This technique, reduce or increase the individual targeted treatment (Pinquart *et al.*, 2009). On the other hand, meaning of life as usual, contains a purpose or a sense of purpose unit in life. The possibility that the relationship between self-monitoring and meaning in life a relationship is two-way, the purpose and goal-oriented behavior common features between the two variables. The difference is that meaning in life having a general objective and comprehensive but self-monitoring more interpersonal behaviors and relationships between themselves and others emphasized. Also, the elements in search of meaning intrinsic religious orientation and outside there is a significant positive correlation however between the elements in search of meaning and

self-monitoring there is no significant relationship. Stepwise regression analysis showed that external orientation in the first step and inner orientation in the second step most powerful variables to predict the components are in search of meaning. Taylor suggest that religious practices such as prayer and integrity and belief in God and may through hope and encouragement in the positive sense compared to the current situation and pulling out one from a disheartening crisis which is on it does not have much control causing a kind of inner peace (Gholam *et al.*, 2013). Thus, we can conclude that being religious or by direction of the inner or outer you can search for meaning in life in students predict.

LIMITATIONS

Limitations of the study and research, the limitations of generalizing and interpreting the findings suggest that should be considered. The sample students and is cluster sampling. So in generalizing the results to other populations should be cautious. It is suggested by research in other communities and also done on both sexes.

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