

The Relationship of Spirituality with the Styles of Coping with Stress among College Students

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ABSTRACT— This study aimed to determine the relationship of spirituality with the styles of coping with stress among students of Razi University of Kermanshah. The study was descriptive and correlational. The population of this study consisted of all students at Razi University in Kermanshah in the 2015-2016 school year. Using cluster random sampling, 120 students were eligible for the study was selected. Data collection tools, in addition to demographic information sheet, Ghobari et al spiritual experiences questionnaire and Lazarus & Folkman ways of coping questionnaire (WOCQ). The data using regression and Pearson correlation coefficients were analyzed. Spirituality 15.6% of the variance could predict coping style. There is a significant positive correlation between spirituality and coping with stress ($r = 0.396$, $P < 0.01$). There is a significant positive correlation between spirituality and direct coping with ($r = 0.208$), distancing ($r = 0.303$), self-control ($r = 0.247$), social protection ($r = 0.294$), responsibility ($r = 0.266$), problem solving ($r = 0.308$) and re-evaluation ($r = 0.499$) at $P < 0.05$. There is not a significant correlation between spirituality and avoidance. Given the role of spirituality in predicting coping style and relationship with the spiritual dimension, it can be created with such capacities in educational situations, coping styles in students promoted.

KEYWORDS: Spirituality, coping with stress, college students

Introduction

living in the world today, with its own complexities and difficulties of planning requires the ability and deserve to maintain compatibility and stability and therefore increase his health (Mayes, Johnson & Sadri, 2000). In recent decades, the topic of stress and stress is one of the most important areas of science. The attention of scientists from different fields, including doctors, psychologists, physiologist, biologists and sociologists have attracted and any aspects of stress-related issues have been discussed (Hssan Shahi, 2002). The effect of different variables modified or strengthened as a result of the weakened immune system is susceptible to mental and physical illnesses (Lemmer, 2002). Today in this area, immunological studies of mental relaxation discover the sources of resistance to the negative effects of stress, Among the sources of resistance, can be found on the character and self-esteem, behavior and resilience and coping skills mentioned. There are numerous studies confirmed or exclude the conflicting results obtained (Williams, Meltzer, Atora & Chung, 2002). Taylor (1991) argues against more than anything is a psychological concept. He knows the dealing with control process needs to be evaluated beyond the individual resources and includes the practical and psychological efforts to control the internal and external needs and conflict between them. Lazarus & Folkman (1984) has been defined coping strategies as a set of cognitive and behavioral responses that aim to minimize pressure is stressful situation. In various studies, the relationship between coping with stress and depression status, health, social protection, etc. has done, The variables that less attention has been paid on spirituality, According to the religious fabric of the country and the importance of religious beliefs and act according to religious teachings in Iranian - Islam culture, spirituality can be an influential factor in stressful situations (Smith, 1993). Since the student community is one of the largest groups in society and in the coming years, will assume the role of individual and social, the improvement of their health is of great importance and attention to the most important factors in their health, it is worth special attention. Although research into the relationship between Christianity and Judaism index coping and spirituality in society by, but such studies in Islamic culture, is new, this study sought to examine the relationship between spirituality and coping with stress and its dimensions among students.

Research Hypothesis

There is a significant positive correlation between spirituality and coping styles among students.

There is a significant positive correlation between spirituality and style of coping (direct confrontation, distancing, self-control, social protection, responsibility, problem solving and re-evaluation) among college students.

Spirituality is able to predict variance coping styles among college students.

The necessity of research

Deal with psychological problems in secondary and tertiary levels of prevention is not only considerable costs in terms of labor and financial issues sapping its effectiveness even less. This has led experts in the field of mental health focuses on efforts around prevention programs and at the first level and the aim of the areas of health among students, train people informed, skilled and knowledgeable to reduce psychological and behavioral problems among their growth path to achieve the ultimate goals of higher education. Today, prevent diseases and mental and behavioral disorders in students' lives are preventative measures that requires special attention and this can promote at the university coping with stress and identify the most important factors in their deal with difficult and stressful situations to arise among students.

Coping with stress

Stress can reduce the resistance of the organism, makes him susceptible to any physical or mental illness, for example, studies have shown the physiological stress causes the release of epinephrine and norepinephrine from the adrenal gland and in the long run. It would be to stop cell function whereas increased blood pressure, increased heart rate and heart rate will change songs (Taylor, 1999). In the fifteenth century, for the first time the word "stress" was used in the sense of physical pressure. In 1704 AD, pressure word to describe hardships, difficulties or misfortune was used. In the late 19th century, expanded the meaning of stress or pressure and stress on the body or mental force also seized, In 1910, "William Osler" the research concluded that angina patients, especially in a work environment is very common among Jewish members, the method is fast and amazing life. First, in the 1930s, stress the word "Selye" was introduced, he was borrowed the English word from physics. Selye about animal experiments and found that environmental whatever circumstances exert on animals such as excessive hot or cold temperatures or a threatening situation, their response will be the same. His response called the general adaptation symptoms and believed that there are similar signs in humans (Khosravi, 2008).

Spirituality

Spirituality as a joint product of all monotheistic religions and to human life direction and its presence in the lives destroyed anxiety and satisfaction (Zamani, 2002). Swinton & Patisson (2001) spirituality as an aspect of human existence to consider the human person and believe that spirituality is an individual associated with major structures and help people to deal with life issues, spirituality dimensions as the search for meaning, purpose, knowledge of self, meaningful and purposeful relationships, love, faith, is God seeking nature. They argue that spirituality as an external experience - inside and transpersonal is the community and their individual experiences shape in other words, the outer elements of spirituality, community groups and the supernatural is formed.

Research methodology

This study is a descriptive - correlational. population included all students of Razi University in Kermanshah were enrolled in the academic year 2015-2016 and among them 120 were selected by cluster sampling. This means that among the faculties of the university, first three faculties and after from three faculties, three classes were selected. The criteria for the study included students who had spent at least two semesters and their willingness to participate in research and exclusion criteria were studied over a period of probation or change careers. After selecting the sample descriptions and goals should be about how to respond to questions presented by researchers and the students were assured that information will not be reported on an individual basis and their information will remain confidential. For data analysis, Pearson correlation and regression analysis were used SPSS software version 19 was also used. Of the students, 66.6 of them were male and 33.4% female. In this study, in addition to demographic information sheet that includes gender, age... the following tools were used to gather information:

Research Tools:

Ghobari et al Spiritual Experiences Questionnaire

Ghobari Bonab, Lavassani, has developed the questionnaire and Mohammadi (2005) in a seven-point scale from strongly disagree to strongly agree. Some of the questions are directly and some are scored in reverse. The test report is 0.94 reliability and validity appropriate.

Lazarus & Folkman coping style questionnaire

It's a 66-point questionnaire that has been made by Lazarus and Folkman and assess the ideas and practices that people use to cope with everyday life encounters stressors are used, on a four-scale (really, sometimes, usually high) scored (Agha Yousef, 1999). Ghadamgahi and Dezhkam (1998) coefficient of internal consistency using Cronbach's alpha coefficient of 0.610 to 0.79 and test-retest interval of four weeks 0.59 to 0.83 it was reported.

Research findings

Table 1: Correlation spirituality, coping style and its dimensions

	Correlation	Spirituality
		Significance level
Coping with stress	0.396	*0.001
Direct deal	0.208	*0.02
Distancing	0.303	*0.001
Self-control	247.0	007.0*
Social protection	294.0	001.0*
Responsibility	266.0	003.0*
Problem Solving	308.0	001.0*
re-evaluation	499.0	001.0*
Avoidance	149.0	1.0

*P<05.0

Table2: Summary of regression model and analysis of variance spirituality in Predicting coping style

Model	R ²	R	SE	Source variance	Sum of squares	Degrees of freedom	Mean Square	F	Significance level
Spirituality	6.15	396.0	17.5	regression	7.585	1	7.585	89.21	001.0
				residual	3.3157	118	7.26		
				Total	06.3743	119			

Spirituality ($\beta=0.396$, $t=4.6$) in $P < 0.001$ able to account for significant variance in coping with stress. Standard beta coefficients for spirituality in positive regression equation, which means if a unit is added to the spirituality, the individual score of 0.396 on coping with stress is added.

Table 3: Determine the amount of beta coefficient of spirituality variable in Predicting coping with stress

Model	B	β	t	sig
Constant	20.196	-	9.53	0.001
Spirituality	0.247	0.396	4.6	

Discussion and conclusion:

The results showed that there was a significant positive relationship between spirituality and coping with stress. There was also a significant positive correlation between dimensions of direct confrontation, distancing, self-control, social protection, responsibility, problem solving and re-evaluation and there was not a significant positive correlation between spirituality and avoidance significant. The results of the research are consistent Fatemi et al (2014), Begay et al. (2014) and Desmond et al. (2008; quoted in Fatemi et al., 2014). The other aspect we can say that are consistent with Jong and Johnson (2004), Sorajakol et al (2008), Hills et al (2005) that there is a negative relationship between stress, anxiety and spiritual. In explaining this relationship should be pointed out that spirituality is a connection to an existing or spiritual power, having meaning and purpose in life, peace and inner harmony, communication with others and control of life and hope to live to see it. These resources allows people to deal with problems and stressful situations, the feel and more support to deal with the problem and issue-oriented ready position and also accept more responsibility. Intellectual resources among students makes the people who are more spiritual level, and its ability to adequately assess whether the control measures at the right time, away from trouble and take direct confrontation. Spirituality makes the changes in cognitive skills such as the use of abstract thinking, ability to understand metaphors and take away from the view point of view or the ability to observe situations and in several aspects will be provided for students in stressful situations and take the necessary action to deal with stressful situations. Finally, with regard to the results and the role of spirituality in coping with stress structure, mechanisms to improve the health and mental health can be used to provide these capabilities. The limitation of this study can be cited research community that is done solely on student Razi University in Kermanshah and in generalizing, the results to other communities should be cautious. Further studies are needed to measure the length of the direct connection of spirituality and coping with their stress.

Suggestions

By planning to teach in different ways, such as preparing brochures, provision of scientific conferences and workshops with a focus on spirituality, can be adaptive coping styles among students to cope with stress and difficult situations promoted. With opportunities for deliberating in universities and reflect on the causes and understand the purpose of existence and why increasing optimism among students, coping mechanisms can be enhanced and improved based on absolute existence.

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