Religious Orientation and Mental health in Iranian People

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Abstract: Religion and psyche’s (spirit’s) health both as a system are in a correlation with multiple or several ingredients or facts. This essay is scrutiny the figure or stamp of religion in secure of the psyche’s (spirits) health. In order to scrutiny of this relation via cluster sampling in three parts of Shiraz city, 500 person of Zoroaster pioneer, Christian and Islam’s pioneer were in consideration with SC190-R questionnaire and Alprot’s religious orientation. Shifty provident (independent) religious orientation, criterion’s shifty (depend) were psyche’s (spirit’s) health and the consequence shows that the religious orientation are in contact and relation with psyche’s (spirits) health.

Key words: psychic’s health, religiosity (religionist), inner or intrinsic religious orientation, extrinsic religious orientation.

INTRODUCTION

In today’s world in addition of wonderful and different development in all cases of economic, social and even in science basis, man could not cure and remedy his psychic’s problems (psychopath); like, anxiety, depression, psychic pressures and his absurd. It’s like that, today's man lost his real identity and become foreign with his own (self). Though human being could reach some of his wishes and hopes and his dreams his corporeal (earthen) welfare consequences that never could think of them about become to realization. But yet human’s life wasn’t with sense of satisfaction and serendipity, serenity and mind comfort.

Technology notwithstanding of it’s glamorous surface and it’s attraction gradually takes human’s psyche’s health. Today this thought that knowledge and industry could not be a secure shelter for human is continue and in theory and practical arenas there is other reason to prove this thought. The objective sample is results of plebiscite that done in America on 1968, 52 percent of people feel privacy and depress.

Psyche’s (spirit’s) health:
The knows psyche’s health as balance and symphonic ability correlation with others. Shift and reformation the subjective and social environment and resolve the conflictions and personal tendency properly and square. In addition Adler summarizes the psyche’s health and welfare in three. Sentences:
- Concord or consistency in family club and wedlock (marriage).
- Concord or consistency with job in profession.
- Concord or consistency with others.

In Islam psyche’s (health) is, the doctrine and legitimate ways that in first stage caused secure and protection in second stage self or psyche’s (health) support and nutritious and perfection and in the third stage remedy and cure of Islamic person’s psychosis till reach the pure and absolute perfection. By doctrine and legitimate ways, its means scientific and practical style that comes in Islam rules and law and the results of use and doing them is human’s psyche’s health.

By more secure, it means the healthy aspect and is to prevention the theorem. In Islam prevent is premier than, cure and treatment, supporting and nutrition and perfection are caused either psyche solace and balance and cause survey and velocity of human's perfection and evolution by ego in ego’s health it’s doesn’t meant Islam’s psyches health attention be it so sheer and connotes to spiritual and hearty though psyche’s health knows itself undertake about all sick's and all people but because of country’s limitation facilities and in order to better success inevitable from poor and destitute people to psyche’s health services choose those group which need more and whose trauma’s people and concentrated their activity on them (those people).

The subjects of man’s psyche’s health are healthy man. A healthy man is a person who at least has psyche’s health. While perfect human is healthy and safety man partly has existential perfection. So logical relationship of healthy and safety man and perfect man is absolute public and particular. It’s means that each perfect man is safe and healthy man some safe and healthy men’s are perfect and some are not perfect. The aims of Islam’s psyche’s health is to pedant to perfection and reach the perfection or on the other hand become a perfect human or man piety or religiousness:

Religiousness:
It means put our self to one religion from existence religion or commitment to special religion, in scene of one’s call him or herself pursuant of one religion.
Religious Orientation:
Work or turnover of a person that based on his or her belief, ideologies and religious rites. This orientation has tow division: From Alport’s point of view it’s a personal Feature to be respectful for religions values as a necessary repair in part of life.

A. intrinsic:
It means be operative to ours religion doctrine. Individual features of Alport to religious values as essential components His life is respected . Alport scale of operations who score above 13 will get is the internal religious orientation.

B. Extrinsic:
It’s means not to do our doctrine and religion’s belief. So a person uses religion to remove her or his needs, reach the comfort and welfare secure and / or get the social attention. Score of 12 down to the Operational in Alport scale external displays of religious orientation gives.

Research Per opus:
The motivation of this research was finding a bankroll for religion therapy theory. The religion therapy is a new way to treat and remedy the psychosis illness and sickness and emotions versatility that can find in young's wonks. The next motive was this question is the religious person more safe and healthy? Or those who don’t care about it? In other word, finding the relation between religion and psychic or mental ramble is recognizable

Research Method:
In this research use the correlation and solidarity way to survey and scrutiny the outturn (content ) of, shifty and point (directions) relation.
In this research use cluster sampling in several level. In this way by random choose three areas (1, 5, 9) as early cluster from Shiraz nine fold areas. Then chose 500 the number 300 person that 100 Moslem 100 Christian and Zoroaster. All their religion was Shiite. Zoroaster had unit and single religion orthodox Christian from Gregory sect.

Alport's Religious orientation's scale:
This scale has 25 questions and it marks and scores by two keys (E&I). The higher score than 13 is intrinsic orientation and lower than 12 is extrinsic orientation. From Alport's theory its good sentence justifiability. Reported from Alport's theory the perpetuity's scale is 0/71 and in this way the half cut is reported 0/69.

Psyche's Health Scale:
Psyche's health by use the reconsideration tribulations (disorders) signs table in 1990 by Dragyouthis is weighty and compared. This scale contains a 90 questions form or paper. That assay 9 dimension tribulation or disorder and totally is used to harp the healthy and safe people from unhealthy one. When the aim and purpose is separation of healthy and safe people from unhealthy ones we use total coefficient of morbid signs of this test. That if it was under or bellows 0/63, the person is safe and healthy but equal or upper or higher than 0/63 the person is unhealthy. From Dragouthis and cooperators’ point of view this test id good sextet justifiability Dragyoutis and cooperators perpetuity reported 0/70.

Data Analyze Method:
For hypothesizes test the parametric census, two devises (shifty) analysis, Shaffer's test and correlation (solidarity) coefficient is used. To analysis the data or givens, used statistic software.

Hypotheses:
1-There is relationship between extrinsic religious orientations in three folding religious clientele and psyche’s health.
2-There is relationship between intrinsic religious orientations in three fold religious clientele and psyche's health.
3-There’s some diversity between psyche healths in three folds religious clientele.

Literature Review:
Psyche's Health and Religion:
God memory and thinking of God, thinking of magnificence of God, thinking of cynicism creation. Hallelujah the essential rights and giving thanks to God for all of god's gift caused spirit and breathe serenity and its hearth sedate. "Remembering and thinking of god is heart serenity and sedate it". (Quran, Allred sore, 98
paradigm) and have connection with source and origin of the existence and getting help of it succor spiritual, substantial and psyche strength relief and caused many relations, tribulations and spiritual psyches illnesses sedate. (Quran, tube sore, 124 and 125 paradigms) when a sore is plummeting some seditious say: whose doctrine and faith increased by this sore?

Answer: its increased faith and doctrine of whom believe it. and they are happy and satisfy because of this gift and God’s endowment.

But those who have illness and sickness in their heart increase the frozyness to their frozy and even die while they were pagan. In gospels we have hints about plenty of substantial and psyche’s illness treatment by Jesus Christ. Luke gospel chapter twenty-two hints to that Jesus Christ in Nazarene synagogue say:

God send me to heal the heart broken. In Mathew (Mata) gospel chapter eight says: immediately after evict the word ghosts from their crazy body they become over and get heal. In Zoroaster religion there are five inner forces that have important role in life. One of them is “Dana” by means of religion and in a vista it means conscience. Nave (paradise) intellect says from Zoroaster's advices that, never make your psyche and spirit outrage or violate in chapter five of Ordibehesht (May's) yachts comes: the best ever words are God’s words and existence of requirement of prayer.

William James know and says: the only source and origin to getting energy and power and getting lost psyche or spirit's strength rival is to connect with unlimited God’s power. Kaplan and cooperators found that praying and doing religious takes is a secure buffer against problems and illnesses. This research Goodish shows those people who are doing their religious tasks feel happiness and serendipity more and their body vindictive or defensive system is more strong and usually have long life, less go to hospital while their stable in physical activities.

So many researches and scouting shows that Koran and it’s educate and instruction caused inner clearance from any kind of intellectual and moral and social illnesses.

Joe Dawson in his book of God is heal and cure of tired or broken heart wrote: deep and hearty familiarity with universe's creator isn’t small or tiny thought, realization of this thought could bring us such a power and force that make our existence Full of happiness and wonder and better of all give us unlimited and endless hope till end of our life.

This connection and experience could change us so that need no drug and medicine to cure our tired and broken heart. He thinks whatever fear of God be more in us that fear of perception of magnificence nobility and power and love to God, equally we will far from our inner idols and vice versa whatever this fear from over inner be less in us, the position of those idols become more sublime in our life.

God is agog (solicitous) of our fare, cold unfamiliar and foreign heart about own (God). Because God is looking that some other this occupied God’s position in our heart.

Karoline says in this way: It’s true that each person’s religion is major reality heart reality of person's life. in this position by religion I mean: creed or credo church. That person confesses it. Manifest belief that signs it and it’s by words or another ways to say it. I mean something that a person bodily believe it and that believe also without express it to yourself, and even not to other is enough. This believes is something that people bodily keeps and hides it in his or her heart and certainly knows it. They care about alive and powerful connection with this amazing world.

They know their duty and destiny or fate to connect with each other and this is that in all cases is the basic and the main tenet and doctrine and makes other doctrine and tenet creativeness. In the research which Najafi and cooperators done on medicine field students about religion theory groundwork or base and contrast sells and psyche health the result and consequences show there’s high correlation between religion theory and psyche health and whatever and religion theory increase the correlation between psyche health and religion theory increased too also people with religion theory have better psyche health and safety.

Quran hints to inner temper of human in daily pressure onset and unveil from prayer state and demand in God presence but remind that after yield the gift human is that oblivious one. Many western researchers recently discover the efficacy of prayer, praise and religions' believe for standard cures and treatments for depression state and other medicine and drug. Motion believes that encoverge those people that believe in prayer and praise and doing religion act. Is one of efficacious civet's ways in treatment and remedy?

Hope to life peace and serenity are reported as the results of chant and following the religion also has positive consequence and brings basic changes in people’s life.

RESULT AND DISCUSSION

1. This study has three hypotheses: 1-There are relationship between internal religion orientation and mental health in three religious. To check these hypotheses were used person's correlation. Result showed there are significant relationship between mental health and internal religion orientation in Muslim (r=.41, p<=0.001). There are significant association between mental health and internal religion orientation in Christian (r=.52,
There are significant relationships between mental health and internal religion orientation in Zero aster (r=.57, p<0.001). With confidence high overall religiosity and mental health are related. The score SCL90R is low AROS score rises. Correlation coefficient for this reason is negative. Any person so religiosity is an internalized is healthier.

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<th>Table 1: Correlation between Internal Religions orientation and Mental Health in Three Religious.</th>
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<td>Religion</td>
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<td>Christian</td>
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<td>Zoroaster</td>
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2. There are significant relationships between external religion orientation and mental health in three religious. To check these hypotheses were used person's correlation. Result showed there are significant associations between mental health and external religion orientation. This finding about this research religions consist of:

1-Muslim (r=-.42, p<0.001)

2-Christian (r=-.52, p<0.001)

3-Zeroastar (r=-.58, p<0.001)

According to these findings, religious orientation and mental health are related. Whatever the score low external religious orientation score scale GST negative correlation is high. So those religions for their social needs and want Not of primary interest in mental health do not enjoy.

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<th>Table 2: Correlation between External Religion Orientation and Mental Health In three Religious.</th>
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3. There aren't significant differences between the mean of the mental health in three religious. In research hypotheses one way ANOVA was conducted to examine the difference between the means of the mental health in three religions (F=1.5, p<0.05).

**Deduction and Consequence:**

According to findings from the study assumptions of religious orientation and mental health are related. This means that if this is the inner orientation is a healthier person. But if this exterior orientation is not a person has mental health. The results also showed there isn't a significant different in mental health in three religions follower. New scrutiny shows that one of the basic ways that human being could prevent psychic (spritual) illnesses by help of it. Its praise and worship. Remembering and cite the God has the aspects of preventing and after stricken or given ghost and ego (self) is curable and remediable. Recently most of the western researchers discover the efficacy of using prayer, praise in addition to standard cure and medicine or drug coherency and some of psychic and spiritual baffle or depression and reach considerable results and consequences in their researches about the relationship between religion and psyche's health. Most researcher shows the religious people less than other stricken the depression and anxiety and psychic and spiritual troubles or disorders.

And in addition religious people involved in ego problems, crime, suicide and corruption much less than other. And they have moral, behave health and safety. And have more idealism and also use more safety and really and balance life style and they have high consistency (advisement capability) in comparison by people with loss religious believes, the religion people feel more serendipity, happiness, secure and serenity.

**Limitation of Study:**

Like other studies, this study is not without its limitations. Our sample consisted of one city in Iran, may limit the generalisability of the results. The study can be strengthened by increasing the sample size as the data analysis results and findings may vary substantially when the sample size is increased or decreased. As only one city population may not represent whole cities in Iran, more cities' involvement would create a more diffused results and findings.
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