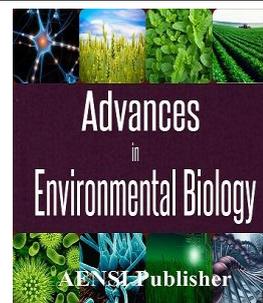




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The study of Relationship Between Piousness (Religiousness) and Control Anger in the Students of Payamenoor University of Firoozabad

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ABSTRACT

The study of relationship between piousness (religiousness) and control anger in the students of Payamenoor university of Firoozabad. The aim of this research was the study of relationship between piousness and control anger in the students of Payamenoor university of Firoozabad. The research sample which was chosen by cluster and accidental method comprised two hundreds and four students. In order to measuring research variables we have used the criterion of piousness of Glock and Stark (1965) and the control anger of Ziaeddin Rezakhani (2001). The research findings showed that there is a positive and meaningful relation between piousness and control angry, feeling angry and control angry in personal and social situations. Also the results showed average of scores of girls in piousness, control angry, to control of feeling angry in personal situations was more than boys. However the average scores of girls and boys had not the meaningful difference in social situations.

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INTRODUCTION

The current world which we live in is full of events that can put people at risk of mental illness. Religion has a mediating role here and in such circumstances, it affects the mental and evaluating processes of individual daily events, So that some researchers believe that with the help of religious beliefs, coping with emotions and social situations can be facilitated [4,9]. On the other hand, aggression has been known as a serious and growing problem among teenagers. Nowadays, aggression is known as a social issue and one of the fundamental issues of mental health. In general, by considering the nature of the problems and issues that make anger and being unable to control anger, it is important to examine underlying factors and controlling the anger. Religion as one of the most important factors is a widespread and durable and highly influential phenomenon. Albeit, there are many definitions of religion, some of them are mentioned. From the Islamic scholars' perspective, the dictionary meaning of religion is reward and punishment and in the context it means Law, and it refers to a set of beliefs, values and virtues of self-treatment about what should and should not be done also include training of personal performance and human social. Source of these ideas and doctrines is the only Creator of world "God" that has transferred his messages to the audience through prophets. The main objective of Islamic thought is sending prophets to guide people and try to achieve their life to the best one and also a satisfactory life. But in the West, many definitions of religion emerged that it is even impossible to provide a list of them. The West-friendly definitions focus on the crucial distinction between religious and secular religion aspects of culture, and religion is sometimes considered equal with a set of beliefs, especially the belief in God. These definitions are followed by critics in west.

Schleiermacher defined religion based on emotion and inner wisdom. The senses of religion which all religions are based on include the feeling of absolute dependence on the world. According to this definition, beliefs and religious practices are not the center of religion and identity and essence of religion, but they are at the hearts of believers. Some also know religion as a collective search for a quite satisfactorily living.

With the emergence of sociology and anthropology, another factor came into the definition of religion. I.e. The consideration of social, economic, historical and cultural aspects of religion that. Form sociologist

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perspective, Religion is not an abstract set of ideas, values or experiences which are distinctly grown from the scope and form of culture. Mirchalyade, the Author of the study of religion book, has defined it in his definition of religion, that religion is the organization of life on the practiced dimensions and experience that matches the environment culture, in terms of form, perfection and clearance. But from the perspective of some psychologists religion is nothing more than a purely internal experience, and always refers to the subject of worship and faith. [16]. But from the perspective of other psychologists, religion is defined as an organized sign of faith with a series of rituals and practices that determines the way people respond to life's experiences and religiosity is considered as a person or a sanctity group which appears in a traditional sacred place [19]. Due to the various definitions, in the current study questionnaire five aspects were examined, they include faith, emotional consequence, ritual and intellectual aspects. Also one of the excitements which play an important and effective role in everyone's life is anger. Anger is an emotion that often occurs as the result of a reaction to others' inappropriate behavior. Anger can expand from a short term annoyance and discomfort to a violent anger. However, the phenomenon is perfectly normal as other emotions shows the symptoms of health and human emotions. Anger may be due to internal factors such irrational thoughts and beliefs, false expectations, sense of failure or external factors such malversation, being ignored, insulted and assaulted [11]. Anger is expressed as physical aggression, verbal aggression, hostility, rejection, criticism, resentment, often talking about something, avoidance of issues and people [14]. Aggression is also among the harmful behavior which has been paid much attention to by cognitive movement. About controlling aggression, various treatment approaches have been proposed and used. Hence due to the importance of issue the relationship between religiosity and controlling anger is addressed in this study.

Desmond *et al* found that religiosity, even after controlling sex, age, race, socioeconomic status, education level, family structure and parental attachment was positively and significantly associated with self-control. Kim *et al* [12] found that there is a positive relationship between religion has with positive emotions such as Optimistic mood, kindness, confidence, respect, peace. Mo'tamedin and Ebadi [13] in a study titled the role of irrational beliefs and aggression on the academic performance of high school boy students in the city of Tabriz concluded that there is a significant positive correlation between irrational beliefs and aggression; they noted that religious beliefs can play the role of regulators. Ezzatirad [5] in a study titled as determining the normative beliefs about aggression and aggressive behavior by children and adolescents in Shiraz found out that adolescents are likely to be more aggressive as their ages increase, it affects their behaviors as well. The type affects their beliefs on aggression. The stronger the religious beliefs, the more significant and negative the relationship would be with the students aggression.

Also in the research which was conducted by Shafiabadi *et al* [17] as effectiveness of anger management skills on personal-social Compatibility among high school first grade girl students of in Mahshahr city, the results indicated that educating the students with anger management skills increase the personal-social Compatibility of experimental group which are girl students compared with the control group. This study revealed the effect of different anger control methods such as religion strategies to control anger over aggression. In problematic situations, some people gain peace and quiet based on religion advices. Galdstin [8] found that girls are more adept at controlling anger than boys. Also Kellner *et al* [10] found that boys are less able to manage anger. Pratt & Gadsis [15], did some research and found that girls are more pious on religious practices than boys. Although boys consider religious practices more than girls, such as helping others, justice, human behavior, but girls participate in these religious practices more. Argil [1] have shown that the relationship between welfare and religion is generally stronger in women than men, or this relationship among African-Americans is stronger than white. Smith, McCullough and Poll found that religiosity is associated with low-level depressive symptoms. Faqihi *et al*. [7] examined the relationship between trust in God and anxiety on the students of Tehran University, their research results showed that the level of anxiety in students with high level of trust is much lower than the students with low level of trust.

2. Research Methodology:

The present study was done through a descriptive and correlational method. The population of this study consisted of all students studying year 91-90 in Payamenour university of Firoozabad. The sample consisted of 205 students from first to fourth year, among them 142 students were female and 63 were male. For the sample selection, random cluster sampling method was used. Subjects were randomly selected from classes in the fields of psychology, social sciences, education, law, accounting, management and engineering. And questionnaires were given to the group of students.

2-1. Data collection (Glock and Stark religiosity scale):

The questionnaire is made by Glock and Stark for measuring the attitudes, beliefs and religiosity. This is a five-dimensional scale questionnaire, which considers five ideological, emotional, consequential, ritual and intellectual aspects to evaluate religiosity.

The scale used in this assessment is Likert scale, that each item involves five-point values "strongly agree, agree, intermediate, strongly disagree, and disagree". In the current study the validity of the questionnaire was studied through the correlation between the total score of each aspect with each making it. All coefficients were significant at 0/0. In order to assess the reliability of questionnaire, Cronbach's alpha coefficient was used, that 0/88 Cronbach was achieved.

2-2. Anger management scale:

This questionnaire was adapted from the book Understanding Yourself which was translated by Ziaaldin Rezakhani and contains 25 questions, this questionnaire evaluates three aspects including 1. Anger management 2. Anger management in personal situations 3. Anger management in social situations, the Grading is based on Likert scale which was graded in this way: less anger 3 points, moderate anger 2 points and much anger 1 point. The reliability of this study was achieved through the Cronbach's alpha of 0/82 and the validity of the study was conducted through analyzing the calculated factors, the result of factors analysis was optimal. Also the validity of questionnaire was studied through the correlation between the total score of each aspect with each making it. All coefficients were significant at 0/01. For data analysis, the descriptive statistics (mean and standard deviation) and inferential statistics including T-TEST and Pearson correlation were used.

3. Research findings:

Table 1: Correlation matrix of variables.

Variables	1	2	3	4	5	mean	Standard deviation
1-religiosity	1					99/70	21/77
2. Anger management	0/40**	1				49/18	10/14
3. Sense of Anger management	0/15	0/52**	1			10/24	2/43
4. Anger management in personal situations	0/36**	0/89**	0/35**	1		21/65	4/99
5. Anger management in social situations	0/40**	0/89**	0/24**	0/67**	1	19/72	5/73

*p<0/05** p<0/001

As it can be seen in Table, there are significant relationships between religiosity and anger management at 0/0001, between religiosity and sense of anger management at level of 0/03, between religiosity and Anger management in personal situations at 0/0001, and between religiosity and Anger management in social personal situations at 0/001/0.

Also to determine the difference between the mean scores of boys and girls in variables, T-test was used for the independent groups, the results are presented in the below table.

Table 2: Mean difference between girls and boys in religiosity, anger management and its dimensions.

VARIABLES	GENDER	FREQUENCY	MEAN	SD	T	DF	P
Anger management	female	142	50/61	6/83	1/42	166	/001
	male	26	48/15	13/02			
3. Sense of Anger management	female	142	10/50	2/19	1/18	166	0/04
	male	26	9/92	2/77			
Anger management in personal situations	female	142	22/31	3/47	1/90	166	/001
	male	26	20/65	6/55			
Sense of Anger management	female	142	20/33	4/40	0/36	166	0/71
	male	26	19/69	6/42			
Anger management in personal situations	female	141	102/14	12/86	0/90	27/48	/0035
	male	26	99/19	25/03			

As it is shown in Table 2, there are significant differences between the mean scores of boys and girls in anger management and anger control in social situations and the mean score of girls is more than boys in anger management, and sense of anger management and anger control in personal situations. There is no significant difference between the mean scores of boys and girls in controlling anger in social situations. There is a significant difference between the religiosity mean score of girls and boys at the level of 0/003 and girls' scores is more than boys.

4. Discussion and conclusions:

This study examined the relationship of religiosity and anger management among the students of Payame Noor University in Firouzabad in 2011, so some hypotheses were provided which we are going to examine in this section:

About the first hypothesis of this study, those students who are more religious can better control their anger; it was observed that there is a significant positive relationship between students' anger management and

religiosity by using the Pearson correlation coefficient. So the research hypothesis was accepted, it means that people who are more religious, are more able to control their anger. The obtained result is consistent with the results of Kim *et al* [12], Desmond *et al* [3], Shafiabadi *et al* [17], Sharifi *et al*. To explain this result, it can be said that due to the religion origin in human Nature, and since religion expands human capacities in all aspects of life, can enhance mental and self-regulation of individuals in coping with life difficulties, and also facilitate the compatibility with suffering and hardship. Also according to the research conducted by Desmond *et al* (2008) even after controlling sex, age, race, socioeconomic status, parents' education level, family structure and parental attachment, religiosity has a significant positive correlation with self-regulation. In Quran and wise quotes of the Imams PBUH, anger and aggression have been strongly blamed.

About the second hypothesis of this study, those students who are more religious can better control their sense of anger; it was observed that there is a significant positive relationship between students' sense of anger management and religiosity by using the Pearson correlation coefficient. So the research hypothesis was accepted, it means that people who are more religious, are more able to control their sense of anger. The obtained result is consistent with the results of Kim *et al* [12], Desmond *et al* [3], Shafiabadi *et al* [17], Sharifi *et al*. Also according to the research conducted by Kim *et al* [12], there is a significant relationship among Optimistic mood, kindness, confidence, respect, peace, positive relationship. Also Sharifi *et al* examined the relationship between religious attitudes and depression, anxiety and aggression among students of Islamic Azad University of Ahvaz, the results showed that there is a significant negative relationship among religious attitudes and depression, anxiety and aggression. The regression coefficients indicated that the best predictive variables among these four different aspects of religiosity for anxiety variable is ritual aspect, emotional and faith aspect is the best predictor variable for depression and emotional, faith, ritual aspects are best predictors for aggression variable.

The third and fourth research hypothesis that those students who are more religious can better control their anger in personal and social situations it was observed that there is a significant positive relationship between students' anger management in personal and social situations and religiosity by using the Pearson correlation coefficient. So the research hypothesis was accepted, it means that people who are more religious, are more able to control their anger in personal and social situations.

The fifth hypothesis: there is a significant relationship between the mean scores of boys and girls and their anger management and its dimensions. To examine this hypothesis independent sample t- test was conducted; the results showed that there is a significant relationship between girls and boys student in anger management and sense of anger management and anger management in personal situations. And girls are more able to control their anger than boys and also they are more able to control their anger in personal situations. And this result is consistent with the results of the studies done by Galdstin, Kellner *et al*. [10], Galdstin found that girls are more able to control their anger than boys. Also Kellner *et al*. [10], found that boys are less able to manage anger.

Families also have little attention to anger management. To Some extent, aggression is known as a normal behavior in boys by families. The girls that are given the spirit of tenderness shows less reaction in outraged circumstances but there was no significant difference between boys and girls in anger management in social situations. One reason for the lack of difference between boys and girls in anger management in social situations is social pressure. Naturally each person who is in a situation to be in front of a group of people has more control over its behavior.

The sixth hypothesis: female students are more religiosity than male students.

To examine this hypothesis independent sample t- test was conducted; the results showed that there is a significant relationship between girls and boys student in religiosity. The research hypothesis about the significance difference between girls and boys is confirmed. And this result is consistent with the results of the studies done by Perat and Guksi, and Paul *et al*.

This finding is consistent with research conducted in the related fields and different research has acknowledged that women are more religious than men. Also, women feel guiltier than men and perhaps that is why women attend religious ceremonies more than men to explain the above findings it can be said that girls have great difference compared to boys and religiosity is a kind of difference among them that is probably related to their personalities and characteristics. In addition, Gender roles of women and men in society can be mentioned that there is no similar expectations from men and women and Boys and girls try to act the societal expectations which are known as norms. Perat and Guksi, found that girls are more pious on religious practices than boys. Although boys consider religious practices more than girls, such as helping others, justice, human behavior, but girls participate in these religious practices more.

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