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### Investigating Effectiveness of Positive Orientation Learning on Increase in Life Expectancy in the High School Students in the City of Andimeshk with Emphasis on the Quranic Verses

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#### ABSTRACT

**Objective:** This study was performed to investigate the effectiveness of Positive orientation learning on increase in life expectancy in the high school students in the city of Andimeshk with emphasis on the Quranic verses. Statistical population in this study is including 2,500 high school students in the academic year 1391-1392 in Andimeshk city. **Method:** For this study, we selected a high school girl and a boy multistage cluster sampling in the entire high school Andimeshk and after the Miller Hope Scale, we've replaced the 60 students who they have the highest rates of life expectancy of 30 male students and 30 female students were randomly divided into 4 groups so that an alternative to the 15 boys and 15 were girls in the experimental group and 30 were boys and girls in two control groups. Two groups of boys and girls participated in 10 sessions of 60 minutes for 1 month under review with positive learning Quran and the control group received no training and post-tests were administered to both groups. Also, it used by descriptive and inferential statistics to test hypotheses and analyze data. In descriptive statistics were used in the graph, the mean and standard deviation and in inferential statistics were used in the analysis of covariance. **Results:** Using a statistical indicator analysis of covariance, the results showed that the positive thinking training was effective in increasing the life expectancy. The rate of life Expectancy in a positive review on the Quran is  $F=1.876$ . This difference is statistically significant at the level of 0.01. **Conclusion:** thus it can be concluded that the positive teaching of the Quran it is effect on the increase in life expectancy.

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#### INTRODUCTION

While not the most going on decades of life counseling, religion has a history as old as human history. Putting counseling in a religious perspective or point of view, it seems quite essential. Because concepts such as conscience, covenant, community, friendship, love, hope, clarify ideas and other issues, they are centerpiece of religion and no doubt, it will form the basis undeniably a consultant theory and practice [1]. At the individual level, religion has an effect on the mental relaxation, happiness, hope, life satisfaction, optimistic interpretation of death and physical health of individuals; it is also effective on the community level people together in solidarity, altruism, helping others, and reducing crime and deviance [2]. Rogers and Mac William [3] believe that one of the most pervasive diseases at this time is negative thinking. Negative thinking is a fatal disease that affects the mind, emotions and body of the human. Negative thoughts produce nervousness, aggression, anxiety, hostility, anger and fatigue. On the contrary, positive thoughts lead to hope, peace, love and encouragement. If we want to change our feelings, it is enough to change minds until then, our feelings will follow quickly. Burns [3] refers to the major principles of cognitive therapy, and he believes that behavior modification is possible

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through cognitive change (Burns, 1383). In past decades, much effort of clinical psychologists has been focused on the management of fix deficiencies disabilities.

But modern psychology focuses on increasing happiness, health and scientific research on the role of personal strength and positive social systems in the promotion of optimal health [4]. The Quran also states that human is tendency toward goodness and human values, and he does not like ugly and obscene things and she blamed herself if contamination evil (Quran-Ghiamat, 2). Improve public health is one of the most fundamental issues in human societies. According Islam, who has a dynamic relationship with all are aware of their own and he can solve his conflicts with positive orientation, he is psychologically healthy (Ahmed, 1374). Although having a positive attitude to life is very important in maintaining mental health, but it is not an easy task despite the current pressures and hardships of life, illness, work problems, emotional concerns, all may cause negative views of a person's life. If such conditions occur in humans for a long time and he fails to overcome the problems associated with it, overcome his frustration so ultimately it leads to depression and despair [5]. Positive thinking is a premier arts community, introduction and critical thinking good and promising. From another perspective, the positive-thinking person takes effective steps to strengthen the provision of mental health with positive thinking and relaxation by Gary directly or indirectly, intentionally or unintentionally. It will repair the emotional gaps by thinking sublime and soothing words of Flowers it always tries promote and strengthen self-esteem and feelings of self-worth and enhance their sense of self-worth and others away from the language of abuse.

Because grown man, gentle heart and optimism knows that all humans are loved and fret getaway range in the world according to the divine nature, they are encouraged to seek and punish militants, are venerated and despised truancy; they are kid friendly persuasion and intimidation, and fear Taliban have denied approval [6]. Another desirable feature of optimism and hope are playing, so it gives meaning to his life. It also provides additional hope for a better tomorrow, dynamism and human effort. Hope for the mercy of God will strengthen and smooth to the foundation of purposeful direction and movement of people. Man is born with hope and dies with it. Frustration has faded in the human mind, and it undermines the vital impetus fibers gradually, it provides a comprehensive background of depression and mental distress [6] (please refer to Quran-Zomreh, 2). Optimism and positive thinking is one of the most important variables affecting the integrity of the person, strengthening social cohesion and unity so that the religious leaders have stressed it and have learned the traditions and sayings of optimistic speculation or suspicion as good and psychologists have attempted to hoist a flag called (positive psychology) [7]. Achieve happiness and success in any field depends on the attitudes, beliefs and people.

At the beginning of the first century AD, the Stoic philosopher Epictetus wrote: before people would resent having to deal with the events, they are more influenced by their perceptions of them. The justification theorists of cognitive - behavioral offered on this phenomenon, such as Beck (1976), Wallis (1989) is that an individual's interpretation of a situation will have a major impact on the emotions and behavior and in general, each person will interpret and explain events and external intrigues according to their beliefs and vision. Cognitive therapists believe that a sense of empowerment, self-confidence and self-esteem increased strongly by the positive thoughts. While humans will intensify feelings of helplessness, humiliation and inferiority by negative thoughts will result suffered a lot of mental and physical illness (Seligman, 1386). When someone has a negative opinion on whether or not they are repeated over and over and over every day, negative thoughts get stronger and devote himself more room in mind. Finally, it monitors are all part of the mind and the nature of their negative thoughts set. With this process, a person incapable of making uninformed and needlessly wastes a large portion of the capacity (potential and actual) of his.

As a result, he will be bored, low appetite, distraught, poor sleep and depression and etc and she is also suffering from heart problems, cardiovascular diseases, hypertension, and so on. She is driven to frustration and negativity caused by the toxins of concern, anger and fear, and leads to the disease and destruction [8]. Human tries to survive and hopefully live better. This move is the most important benefit of positive thinking and the human effort that will lead to peace and comfort of home, body and soul [9]. Evidence that many of the great religious orders that has led people to think positively. Positive thinking is ethical and normative principles of Islam. God is the creator, he is not looking for fault in his creations and he always tells about the benefits and goodness (please refer to Quran-Nesa, 148). According to a survey conducted by social psychologists, obtained evidence that the emphasis on the positive experiences of one's life (Yzn 1987 Taylor and Brown 1988). Yzn (2000) in their study concluded that positive experiences that will lead to positive effects, it can be a fundamental and substantial impact on social behavior and thought process of a person.

In Yzn research, there is other evidence that suggests effects of positive behavior can be effectively organized and flexible understanding of the organization namely process by which a person pays to rethink their perceptions of their character. Taylor and Brown (1988) in their study concluded that trends and address the positive aspects of their existence are consistent with the health and mental health. Hope is among the important categories of psychology and also in Islam. As God invites man to always be optimistic and hope for the life to paint a bright future for him. On the contrary, they are considered too obscene and indecent despair and

hopelessness and they are regarded as the second most deadly sin because it will lead to despair of the mercy and not believe in the power and mercy are endless (please refer to Quran-Yousuf, 2). Also despair of the mercy of God leads to an increase of all sins because the person believes that he will punishment so why deprive you the pleasure and desires of the world [10].

In today's world of unbridled wealth is overshadowed everything and has forgotten the human emotions, feelings and friendship in a world where every day is increasing poverty, war, corruption, nothing can save mankind from all this turmoil, apart from the psychological disintegration except for moral support, optimism, hope, inner transformation (Kovilia, 1386). We believe that one of the most pervasive diseases of our time, it is negative thinking negative thoughts produce nervousness, aggression, anxiety, hostility, anger and fatigue. Having fresh and lively spirit of hope and leads to peace, love and encouragement. Therefore, the question of the present study is to investigate the effectiveness of positive look teaching high school students increase life expectancy Andimeshk in emphasizing the Quran.

#### *Theoretical Foundations:*

##### *Positive thinking from the perspective of the Qur'an:*

Positive thinking is ethical and normative principles of Islam. Positive thinking can be called the use of all mental capacities, positive and promising Joyous Life for not giving in to negative factors of the mind and feeling desperate due to the difficulties associated with dealing with people and nature. In other words, positive thinking can be termed as the "optimism" of the world and man [11]. Quranic teachings emphasize the fact that faith community is composed of people who not only act positively and merit but they have a positive view towards other people in their community they interpret actions and their thoughts on the positive norm. Islam does not accept that a person may have a negative attitude and understanding towards other individuals [12]. Quran verses also show that the emphasis is often on the good, the true and the strengths of the individual and little attention has been weak and the deficit. For more information, please refer to Quran-Baghareh; 30, Hajar; 29, Ahzab; 72, Tin; 4.

##### *Hope from the viewpoint of the Qu'ran:*

The Holy Qur'an explains hope based on works that provides hope for humans and the factors that keeps people from having hope.

Easily: the hope to God's mercy and reward leads to morale and easing human suffering hardships (for more information, please refer to Quran-Nesa; 104).

Education: Hope to God's mercy and grace will lead to the training of his sins (for more information, please refer to Quran-Baghareh; 218, Zumar; 53).

Prayer answered: God willing and fear of him in Invocation will be prayer and God's blessings to gain ground Astjabt (for more information, please refer to Quran-Anbia; 90).

Among From the philanthropists are: Hope mingled with the fear of God will be in the field next to the philanthropists (for more information, please refer to Quran-Eraf; 56).

Durability: creating Hope is one method of Quran residents to boost morale and stability (for more information, please refer to Quran-Nesa; 84).

Osvah appetite: hopefully God and the Day of Judgment leads to the modeling from the worthy role model (for more information, please refer to Quran-Ahzab; 21, Momtaneye; 6).

##### *Hope and despair from expert opinion:*

According to Erickson (1982), hope is a virtue that takes shape In children in the first stage Growth - trust vs. mistrust from 1.5 to 3 years if the balance overcomes the fundamental sense of trust. Heart deep conviction that the events will be a good outcome, although not just like this, at this stage, from symptoms of the child's development is right In track if the child needs be late. She does not get upset. In contrast, if the crisis does not envisage grow properly and be transferred to the next stage of growth, damage will be obvious that it is such profound social isolation characteristic of mental breakdowns, pessimism and feelings of worthlessness that everything seen in depressed patients and the desire to relieve the suffering from the mouth, which is defined as a person's chances of success in achieving them. Sometimes hope is shaped in interpersonal relationships. According to Ellis, the active events are not life that cause depression and despair, but the person doing it through their belief system. The kind from joy that is combined with a lack of emotion, it is a safe and feasible and lack of freshness so it caused an awful, horrible and tragic, knowing Events it's crazy and unwarrantable [13]. Robinson (1983) believes that hope is one of the basic principles in mental strength that is characteristic of life outcomes. Hope capability, it is felt that a better future.

Hope combined with blunt force stimulates the activity of the system until the system is able to gain a new experience and it will create a new force in the human organism and thus have made the effort she brings a high level of psychological functioning and behavior [14]. Miller (1986) refers to hoping to evaluate the importance of interpersonal relationships in key areas. Feeling of having someone you can trust him it is especially

important in cases where it is a matter personal respect for a human being. It follows that this relationship will lead to a lack of solidarity and lack of shared objectives, and social conditions in families and communities [15]. According to Seligman, mainly hope was been aimed at those who are hoping to have a word to say, like politicians and vendors. The concept of explanatory style to show how hope. Whether expectancy is about two light-explanatory: permanent and temporary acquisition of In specific causes for misfortune is the art of hoping (It will limit the adverse event special and temporary) temporary due to the inability to generalize entire life. Permanent reasons for unhappiness, it is a practice of "desperation" [16].

#### *Hypothesis:*

Positive look learning is affecting on increases the life expectancy of high school students with an emphasis on the Quran.

## MATERIALS AND METHODS

This study was performed empirical research methods and pre-test - post-test with the control group with the implementation of the follow-up test and random arrangement of matched subjects. The population consists of all middle school students in Andimeshk city in 1392 1391 academic year, the students chose to study a multi-stage cluster sampling randomly selected a high school girl and a boy among entire high school in Andimeshk city. Then was distributed a questionnaires related to life expectancy among students and were defined those that were rated lower. Then, randomly selected among 30 male students and 30 female students were randomly placed In four groups. Descriptive analyzes were used to determine mean and standard deviation and inferential statistics were used in the analysis of covariance and software SPSS18.

#### *Measuring Tools:*

##### *Miller Hope Scale:*

This questionnaire included 48 aspects hope and failure modes so that stipulated in its articles was selected on the basis of apparent protests or the behavior in individuals hopes.

## RESULTS AND DISCUSSION

#### *Results:*

In this section, using appropriate statistical methods, data is collected and analyzed.

**Table 1:** Analysis of covariance for effectiveness of Positive orientation learning on increase in life expectancy in the high school boy students with emphasis on the Quranic verses.

Significant	F statistic	Mean square	Degrees of freedom	Square	Source of change
0.000	1.876	212.73	15	538.576	Examples of modified
		106.02	14	441.140	pretest Sample

According to the table, and covariance analysis, we have  $F = 1.876$ . The significance level of the test is less than  $\%0.05$ , therefore, the null hypothesis is rejected and the opposite hypothesis can be accepted. We can conclude that there is a significant difference between the average life expectancy in different groups of variables related to each other this is the difference between post-test and post-test with control groups.

**Table 2:** Analysis of covariance for effectiveness of Positive orientation learning on increase in life expectancy in the high school girl students with emphasis on the Quranic verses.

Significant	F statistic	Mean square	Degrees of freedom	Square	Source of change
0.000	261.25	373.56	15	4341.667	Examples of modified
		180.89	14	3538.326	pretest Sample

According to the table, and covariance analysis, we have  $F = 261.250$ . The significance level of the test is less than  $\%0.05$ , therefore, the null hypothesis is rejected and the opposite hypothesis can be accepted. We can conclude that there is a significant difference between the average life expectancy in different groups of variables related to each other this is the difference between post-test and post-test with control groups.

**Table 3:** Analysis of covariance for effectiveness of Positive orientation learning on increase in life expectancy in the high school students with emphasis on the Quranic verses.

Significant	F statistic	Mean square	Degrees of freedom	Square	Source of change
0.000	1.876	721.73	35	15022.73	Examples of modified
		601.02	24	14424.66	pretest Sample

According to the table, and covariance analysis, we have  $F = 1.876$ . The significance level of the test is less than  $0.05$ , therefore, the null hypothesis is rejected and the opposite hypothesis can be accepted. We can conclude that there is a significant difference between the average life expectancy in different groups of variables related to each other this is the difference between post-test and post-test with control groups.

#### *Discussion:*

As mentioned, this study was performed with the aim of investigating effectiveness of Positive orientation learning on increase in life expectancy with emphasis on the Quranic verses. The data from this study and compare the pre-test and post-test scores showed that there is a significant difference between the effect of positive look thinking on the dependent variable increases in life expectancy, with an emphasis on the Quran. In line with this research, although no researcher observations, a study to assess the effect of positive look thinking on increasing life expectancy, with an emphasis on the Quran but in other studies, the effect of positive look thinking on self-esteem, depression, mental health and life satisfaction, it has been tested, all of them are aligned parallel with the results of the present study. Several studies was performed on the effectiveness of interventions related to positive looking including: Positive look learning leads to a reduction in symptoms of depression and increase self esteem of students [17]. There is a positive relationship between religious attitudes and physical health of students indirectly through mental health [18]. There is a significant relationship between optimism and better progress in postsecondary education, sports performance, compatibility of family and career [16]. Significant and positive relationship was shown between hope and care [19]. Religious individuals are less lonely than non-religious individuals and they are less prone to paranoia, depression and anxiety [20].

This result indicates that optimism and positive thinking is one of the most important variables affecting the integrity of the person, strengthening social cohesion and unity so that the religious leaders have emphasized it and it is mentioned in hadith and hadith as well suspect and psychologists have studied how to hoist its flag called (positive psychology). By the grace of Allah, the most important effect of optimism and hope is that everyday life has been devoted to the future and individuals will get rid than the negative thinking and having immediate action and moment therefore, it is open to rational planning and action towards a goal, actions that have forced them to double efforts and achieving the more goals so that it can strengthen a future-oriented thinking in their future and can be followed with the hope of creating numerous positive outcomes for them. Also, to achieve happiness and success in any field depends on the attitudes, beliefs and individuals. Improving public health is one of the most fundamental issues In human societies. According Islam, who is awareness of his own, a dynamic relationship with all of universe and can solve their conflicts with positive orientation, he is psychologically healthy. Also, having a positive attitude to life, although it is important to maintain the mental health of a person, but despite the current pressures and hardships of life, it is not an easy task, illness, work problems, emotional concerns, all of which may cause negative perceptions towards human life.

#### *Conclusion:*

If such a situation is created humans for a long time and fails to resolve the problems associated with it, frustration is dominated him this eventually leads to depression and frustration. Hope and the hope of creating is another desirable feature that gives meaning to his life. Hope to a better tomorrow dynamics and human efforts have multiplied it. Hope to mercy will strengthen the foundations of human and makes it smooth straight and purposeful human motion. Human is born with the hope and he dies by it. Frustration has faded in the human mind, and it undermines the incentive cords with life gradually it provides a comprehensive background of depression and mental distress. Also, the hope is one of the major categories of psychology and also in Islam. As God invites human to always be optimistic and hope to lives system and he draws a bright future for him. On the contrary, he believes to be obscene or indecent despair and sees them as second deadly sin because it leads to despair than mercy and not believing in the power of his endless creams. Limitations of this study include inability to control confounding variables that include:

- A) personality and psychological variables (interest, motivation ...)
- B) Economic conditions, social, cultural and religious subjects

#### *Final result:*

The results of this study indicate that it was a positive look training effect on the increase in life expectancy, with an emphasis on the Quran.

#### *Suggestions:*

According to the analytical results In This study, it is suggested that as far as etiquette allows in Education, all teachers, counselors, administrators, parents and finally, to all those who have influence In upbringing and education of the children of this land, in institutions such as family, school, as the holy Qur'an verses focus on this important that they should focus more on the positive value of a person in education, so parents, teachers

and counselors, please avoid disappointment and despair when training and they shall live hope and optimism in mind and spirit, Toddlers, teenagers and young adults.

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