



**THE RELATIONSHIP BETWEEN RELIGIOUS ORIENTATION TO SOLVE THE
PROBLEMOF PRE-UNIVERSITY STUDENTS**

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ABSTRACT

Introduction: The role of religious orientation is one of the most important concepts in problem-solving strategies necessary to always be discussed today and is one of the most effective psychological support. Because college students are suffering from a lot of stress and anxiety. And due to the changing world, social conditions and job responsibilities of problem-solving skills are necessary for each person. This study tries to examine the role of religious orientation on college students' problem-solving. **Conclusion:** The results of a recent research study shows that there is a positive relationship between religious orientation and problem solving. It should be noted that people with a certain lifestyle because they are intrinsic to religious consuming less Stressful events are evaluated. Therefore, strengthening the internal religious orientation and problem-solving skills will lead to pre-university students to events and hardships better.

Keywords: Religious orientation, solve the problem , pre-university students

INTRODUCTION

The price per person depends on the growth of religious knowledge and insight and wisdom to him, and as long as there is a recognition of the principles of religion, you cannot play a decisive role in a person's life is growing and this, reason and intuition to determine the value and the excitement and religious sentiments, it

has deep meaning and makes it mature. (Mahbody, 2010)As a result, practice religion as a human value system to move the data, the purpose and to promote mental health, humanitarian and development brings. (Sadeghi, 1378). The need for a common system for the Vayman have deep roots in human living conditions (Ferum, 1950. Translated Nazarian, 1963).

Another issue discussed ways of problem solving. In general, cognitive-behavioral and innovative problem solving process by which a person can be called an effective and adaptive strategies to determine the daily problems, discover or invent. (Druzila, 1992)

Problem solving is an important coping strategy that can enable individual problem situations of everyday life and their emotional impact as well, and thereby inhibit the psychological stress to reduce, to reduce the prevention. (Druzyla Venz 1990, quoting DruzylaandShady,1992) Lumsdyn (1995) believes that the problem occurs when you do not have an immediate way to move from the current location to find the target. When you know how to the position that you are in a situation now where you want to track, you have a problem or not a problem. First is the problem of understanding. That is to say, the problem in mind, one must ask themselves: "What is the current situation? What prior knowledge?" Statement of the problem is an important factor in solving a problem. Problem solving, including cognitive expression of the problem is up to you to help target the problematic situation. Mahbudy (2011) believes that strong religious beliefs can become better people in a way logical and correct problematic situations choose.

According to this study the relationship between variables (religious orientation and problem-solving strategies), especially in the pre-university students is necessary. Therefore, this study tries to find the relationship between these variables in pre-university students.

Statement of problem:

In today's world, despite scientific advances and industrial and amazing achievements in all fields, especially medical science and psychology is marked. Man has failed, psychological problems such as anxiety, depression, psychosis and no pressure will cure and life expectancy. It seems that modern man has lost his true identity and his self is lost, so that some psychologists and psychiatrists contemporary, this period is called the age of anxiety, the anxiety that the core of many mental disorders seen and daily statistics of mental illness and psychosis and drug and pills to be too nervous. Recent studies show that one of the fundamental human can help to prevent mental illness, prayer and worship. And remembrance of Allah is mentioned aspects of infection prevention and after-esteem and mental health sectors. Recently, many Western scholars, the efficacy of prayer, prayer in addition to standard therapies for conditions such as depression, alcoholism and drug

dependence, and some mental illness and psychosis have discovered a vast research about the relationship between religion and mental health have done, to have achieved significant results. Many studies have shown that religious people are less likely to develop depression, anxiety and psychological disorders, are emotional and mood. (Mahbudy2011)

The results Navabakhsh (2006) religious people are not only less ego involved, deviations, crime or suicide, but generally more healthy behavior and spirituality.

Pargament (1990), believes that people can not do without any support face Stressful events.

They have a system of beliefs, practices and ideals and relationships that will determine, how to behave in a difficult moment, and religion is one of the systems orientation (Graham, pour, Fluor, and Larry Burke, 2000)

One of the other issues that must be addressed "ways of solving the problem of students" is.

Unsuccessful people and those who have a balanced development in various aspects of life have not less mental health and ability to solve life problems are not effective.

Changing world, social conditions and job responsibilities, the problem-solving skills

is necessary for each person (Mehrabi,2011).

People have faith in their lives and the lives of other problems certainly should use methods. for example, a religious person is experiencing stress in your life when someone without belief in religion, a different way of solving their stress and ultimately will not be the same type of mental health.

The importance of and need for research

Religious behavior of complex human behavior that psychologists and psychiatrists has been less attention.

Larsen et al (1999) have stated that less than one percent of the articles that have been published in the journal Psychology and Psychiatry, the study of religion. physical neglect, and only in recent years that have been studied religious beliefs

A significant increase in population, urbanization and industrial development has caused major changes in economic structures, social, cultural and family provided.

Extra isolation of nuclear families, the loss of traditional roles, the release of excessive lifestyle and normal development of radical individualism and ...

The frequent change of psychological and social problems has forced a lot of people. (Mehrabi,2011) Due to the huge change in

life style of people there, a traditional style that was common in the family, the fundamental developments and day-to-day issues and new problems are created for the individual and society and anxiety, and panic the population has increased. (Navabakhsh & Poor Yousefi, 2004). a group of community college students in the centers are, on the one hand a lot of pressure and stress to prepare for the university entrance exam and on the other hand is fully prepared to deal with difficult situations not see life. (Mehrabi, 2010).

As we know, the role of religious orientation in one of the most important concepts is essential and problem-solving strategies are discussed in today's world and is one of the most effective psychological support. Since college students suffer a lot of stress and anxiety due to the changing world, social conditions and job responsibilities are for each individual problem-solving skills are essential. This study tries to play the role of religious orientation in the field of pre-university students explore problem-solving.

Religious orientation

Humans need religion back to life history of human, because from the very beginning of their lives to support a strong and powerful feel the need to have support. Topics discussed religion

pioneering researchers such as James(1929), Young(1961) and others such as Allport 1967, and then scientists have religious explanation. (According to the Desozon, 2006). Pargament (2000), the role of religion in the census important psychological help people understand and cope with life events are to be described. Religion can be a sense of hope, a sense of closeness to others, emotional peace, prosperity, opportunity, comfort, closeness to God and help solve the problem of impulse control is effective

Internal religious orientation

Intrinsic religious orientation as a framework, meaning that in terms of which all known life (Donahue, 1985). People with this orientation, their main motivation in religion to exist. Other needs are, no matter how powerful than motivation, have less importance. When people accept such a belief, they try to internalize it and to fully pursue (Allport, 1967).

External religious orientation

A tool in the service turned proportionate and appropriate for your show, is (Donahue, 1985).

Those with a religious orientation, religion is used to reach their destinations. Those are the values orientation, is often a means of self-interested. In other words, religion for these people, is the means by which

other goals are more important for them to be (Allport, 1967).

Resolve issues

All of us at any time if the encounter, may be causing the issue. These include; the daily distress to large events. And the stress that varies from person to person. Methods or strategies to deal with stress in a person applies, he plays a major role in physical and mental health. Coping processes, and cognitive and behavioral efforts, and overcoming difficulties in the interpretation of life are effective (mouse and Scheffer, 1993, quoted Jafari,1384). In discussing the preliminary assessment, the person may evaluate the safety situation threatening or vice versa.

In the second phase or the second evaluation, the type of action that people should take the opportunity and the forces and capabilities to solve and deal with it feel that,

Is investigated. Alarmed and it depends on the features that one feels at its disposal. And this in conjunction with the information environment, business life and personal characteristics he has created. New information may be helpful in assessing the situation and will re-evaluate it (Azad,2000). Previous studies have shown that being religious can be broadly severe effects of the crisis life balance. For example, Cook and Vymbrly (1983)

reported that religious commitment, compromise the child's parents recently for a blood disorder or cancer were lost, affecting the (park & Cohen, 1990)

Much of what we do in everyday life, in some way involves a level of problem solving. Feature problem solving than other thinking is a thinking problem solving is goal-oriented. The problem solving is a skill that everyone needs. As in life, people are always faced with the problem (Bazl, 2002).

In general, cognitive-behavioral innovative problem solving refers to a process that, by effective strategies that can be adapted to tackle everyday problems setting, discover or invent other means of problem solving is an important coping strategy ability and personal development and increases social and psychological symptoms to reduce stress. (Druzyla, Shady, 1992)

Style of problem-solving

Heppner (1996, quoted Mohammadi, 2005) for the ninth problem solving style takes into account the following:

1. frustration: the frustration of the situation is problematic.
2. Inhibitor in solving the problem, in terms of internal and external inhibition.
3. Creativity: Given the variety of solutions in the face of the problem
4. Trustin solving the problem: the level of acceptance of a person's ability to solve

the problem shows. 5-style avoidance: avoid pointer is problematic situations. 6-way turn that feedback between positive and tend to deal with their problems.

The relationship between religious orientation and problem solving

Solutions that person uses when faced with situations causing it to adopt a lifestyle based on creativity or desperation leads one of the determinants of personal well-being is a (Agha yousefi et al.,2012)

In this great John (2009) subscales of coping with the demands of professional and everyday problems with the GHQ Azmqyas How to solve the problem and deal with life issues equal high level of solidarity with the religious orientation. People with intrinsic religious orientation, usually focused on solving their practices to face different situations and therefore represent a better compromise. In another study, a group of subjects who had used prayer as compared to the control group had better physical function and solve your problems better performance (Auman, 2001). Park and Cohen (1991), concluded that intrinsic religiosity, in which a person believes that high values of internal motivation, communication and problem-focused coping more as a result of mental health.

In addition, Watson et al. (1994) hypothesized that Ellis had said, religious incompatibility rate of increase, with a sample of 351 subjects were studied. They did not confirm the hypothesis Ell is. They found that people with inner faith, compromise fertility more show and even traditional religious it y is associated with harmony. According to the research that not only cannot accept that religion is irrational causes the formation of cognitive structures, but those who are truly religious, rational and effective manner to face life problems.

The results Jafari (2005) also showed that students who have a religious orientation were internal to external students with religious orientation, the more issues-based approach is used to the excitement. The first hypothesis testing Mahbudy study (2010) showed that between intrinsic religious orientation, there is a significant positive relationship with constructive problem solving Research carried out in this issue (Chnav ,2010, Nzu,2004, Kandermirugar, 2009) fully recognizes this result. In contrast, those internal religious orientation as a core objective and a commitment to consider motivational and constructive problem-solving styles they use.

Second hypothesis test Mahbudy (2010),

suggests that trust and creative style of problem solving styles, internal religious orientation to predict. Results have shown that creativity and style internal religious orientation is positively related with the park (1990) and Zeraat (2010) and Pargament (2000) is in line

CONCLUSIONS:

The results of recent research indicates that there is a positive relationship between religious orientation and problem solving. It should be noted that people with a certain lifestyle because they are intrinsic to religious consuming less stressor evaluated Events Or that after the stress it as an opportunity for spiritual growth and strengthen the knowledge, or that it. Their interpretation Therefore, strengthening the internal religious orientation and problem-solving skills, leads to better serve the students of events and hardships. Recent research the relationship between religious orientation and problem solving looked. The only study that aims to disrupt the interaction of the two components made; Mahbudy study (2010) and the gap seen in the investigation.

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