

Investigating the Relationship between Hajj Pilgrimage and Mental Health among Sharif University of Technology Students

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Abstract

Background and Objective: The significance of research into psychological aspects of Hajj pilgrimage and its rituals is rooted in the psychological importance of religion as a complete set of programs for human's life. Given that, this study has set out to examine the relationship between Hajj pilgrimage and mental health among the students of Sharif University of Technology.

Method: This applied research adopted a descriptive – correlational design. 350 students (male = 84, female = 266) were randomly selected to participate in this study. After selecting the representative population, the related questionnaires were completed by the participants before and after Hajj pilgrimage to gather the required data. In doing so, the General Health Questionnaire (GHQ) and Meaning in Life Questionnaire were administered. Finally, the data using SPSS statistical software and descriptive statistical techniques (the mean and standard deviation) and inferential statistical method (t-test) were analyzed. In this study, all the ethical issues were considered; besides, the authors declared no conflict of interest.

Results: The results indicated that there was a significant increase in the participants' mean score of *mental health* and *meaning in life*. Moreover, Hajj pilgrimage increased the mental health and meaning in life.

Conclusion: Findings of this study revealed that pilgrimage to Mecca lowers anxiety, depression, and stress. Furthermore, it raises social functioning and meaning in life. In fact, pilgrimage is one of the most important religious practices to improve mental health, which needs to be taken into account when interventions toward mental health are intended.

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Summary

Background and Objectives: Students as future community's spiritual resources makers, the forces of choice in terms of talent, creativity and perseverance. London's Wolfson Institute of Health Sciences at the results of recent studies show that 46% of males and 64% females and 12% males and 15% females anxiety, depression (1). The role of religion and religious

practices of many studies conducted on students' mental health is affected. The pilgrimage to the holy places is one of the most common religious behavior (2). Considering the growing emphasis on the role of Islamic religious pilgrimage in self- refinement and lack of scientific studies in this area, this study aimed to investigate the role of pilgrimage in the mental health of students.

Method: This study applied research and research methods, descriptive - correlation. In this study,

sampling is random sampling. Pilgrim 350 students (male = 84, female = 266) were randomly selected. After selecting the relevant population of the questionnaire by the participants before and after the pilgrimage was completed in two stages. Finally, the data descriptive statistical techniques (the mean and standard deviation) and inferential statistical methods (t-test) were analyzed.

The data collection instruments in this study includes:

meaning in life questionnaire:

The meaning of life scale by Astgr, freezer, Avyshy and calories (2006) to detect the meaning and trying to find it is provided that second later, the search for meaning in life and meaning to assess. The questionnaire has 10 items and scoring methodology based on 5 Likert scale (5-1) (3).

General Health Questionnaire (GHQ):

This questionnaire has 28 questions & first regulated by Goldberg and includes symptoms such as abnormal thoughts and feelings and aspects of behavior that is visible here and now focuses on the position. The questionnaire has 4 areas, somatic symptoms, anxiety and insomnia, social dysfunction and depressive symptoms and measures on the basis of the whole 4-point Likert score (4-0) (4).

Results: In this study, 24% (n = 84) were women and 76% of the sample (N = 266) also have their men. Descriptive information obtained from this study showed that post-test for unpaired mental health subscales, somatization, anxiety and insomnia, social dysfunction and depression, 72/12, 12/11, 97/11, 36/11 were. The mean change grades for meaning in life was 69/55. The results indicate that mental health scores and meaning in the lives of students has increased after the pilgrimage. Paired t-test and post-test results for the variable mental health subscales for physical complaints, anxiety and insomnia, social dysfunction and depression, respectively, 41/4, 96/13, 25/5, 55/13, respectively. T values obtained (11/7) with 349 degrees of freedom, the value of t table is larger, so the interaction pilgrimage on increasing students' meaning in life is true.

Conclusion: results of students' mental health scores and meaning in life shows that compared to pre-test and post-test scores of participants variables significantly increased the species. Worship such as prayer and attendance at religious places play an important role in mental health, In the present study, as in the presence of the holy places will increase students' mental health, reduce anxiety, depression and increased their social performance. Pilgrimage anxiety, depression, anxiety and increasing social function and meaning in life reduces. In fact, the pilgrimage to the shrine of Imam reflect a large part of the dimensions of believe, worship, social, political, moral and religious that mental health interventions to be considered (4).

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