

## Relationship of Sleep Quality and Sleep Hygiene with Islamic Lifestyle and Self-Reported Religious Orientation in High School Students

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### Abstract

**Background and Objective:** Sleep quality is an important clinical construct whose core components as well as its relative significance differs from person to person. Given that, this study aimed to examine the relationship of sleep quality and sleep hygiene with Islamic lifestyle and self-reported religious orientation among high school students of Sarpol-e Zahab.

**Method:** This descriptive study is cross-sectional and correlational. The study population consisted of all high school male students in Sarpol-e Zahab in 2016. Through multi-stage cluster sampling, 370 participants were selected. They completed demographic variables questionnaire, ILST, and ROI. Descriptive data analysis, PSQI, SHI, regression and Pearson correlation coefficients were used to analyze the data. All ethical issues were observed in this research and the researchers declared no conflict of interests.

**Results:** Based on the findings, the absolute value of the correlation coefficients ranged from 0.62 to 0.83; and indicators of sleep with Islamic lifestyle and religious orientation showed significant positive correlation ( $P < 0.05$ ). In addition, the statistical analyses using regression demonstrated that Islamic lifestyle and religious orientation together predicted 61 percent of the variance.

**Conclusion:** The results adduce the argument that those who have higher levels of Islamic lifestyle and religious orientation experience better indicators of sleep.

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### Summary

**Background and Objective:** The concept of lifestyle was first introduced by Adler in 1929 (1). Lifestyle is a roughly comprehensive set of routine functions that include personal identity (2). Disapproval of the non-divine lifestyle is a common concept of all divine religions (3-5). According to the experts, the lifestyle of each individual and society is influenced by the beliefs and values that govern that individual and the society (6). Today, the concept of the Islamic lifestyle that is the source of its extract of the Qur'an has

attracted the attention of scholars and researchers (7-10). Lifestyle from the Islamic vantage point refers to a set of accepted issues of Islam in life, according to which the criterion of our behavior should be Islam and Islamic teachings. Central role of God and Islamic values are the most important criteria of this lifestyle (8). Based on the results of the research, religious beliefs of individuals are influential factors in anxiety and stress since religion affects individuals' attitude, knowledge, and behavior (5, 11& 12). One of the determining health-related behaviors that forms one-third of every human's life is sleeping (14, 15). Sleep is one of the basic physiological needs of

mankind (15 &16); however, typically adolescents do not sleep well enough (17). There is a relationship between lifestyle and sleep hygiene (16-20). Quality sleep is "the ability to have deep sleep, going to deep sleep and being in sleep for an adequate time" (21, 22). The results of some studies indicate that sleep problems occur in over  $\frac{1}{4}$  of normal adolescents and  $\frac{3}{4}$  of adolescents with neuropsychiatric disorders (23). The results of Serrano & et al (24) showed that there is a relationship between religious activities and sleep quality as well as hygiene. The results of the research by Martinez & et al (25) indicated that in hemodialysis patients, there is a correlation between spiritual tendencies and health.

Furthermore, the results by Khoramyrad & et al (26) demonstrated that there is a relationship of religious orientation with spiritual tendency and quality of sleep in women. Due to adverse effects on normal growth, sleep disorder in adolescents can play a role in later problems in adulthood (27). Therefore, this study was conducted to investigate the relationship of sleep quality and sleep hygiene with Islamic lifestyle and self-reported religious orientation among high school students.

**Method:** This descriptive cross-sectional study is of correlational nature. The statistical society included all male students studying at high school in the city of Sarpol-e Zahab in 2016. Using multi-stage cluster sampling, 370 students were selected. Data collection was done using Islamic lifestyle, religious orientation, sleep hygiene and sleep quality questionnaires (29-33). To analyze the data, descriptive statistics, Pearson correlation coefficient, and regression were used.

**Results:** Demographic data showed that the mean age in boys was  $15.63 \pm 1.32$  years. Mean and standard deviation of total sleep quality score ( $2.3 \pm 0.87$ ) and below the sleep quality scales were respectively the highest and the lowest mean and standard deviations, including sleep disorder ( $0.43\% \pm 2.99$ ) and adequacy of sleep ( $1.14 \pm 1.8$ ). The results also showed that the absolute magnitude of correlation coefficients ranged from 0.62 to 0.83, and there was a positive and significant relationship between sleep indices and Islamic lifestyle and religious orientation ( $P < 0.05$ ). Moreover, data analysis by regression indicated that Islamic lifestyle and religious orientation predict 61% of variance in sleep indexes.

**Conclusion:** In line with the results of previous studies (24-26, 34 & 35), the present study showed that sleep indices have a positive and significant relationship with Islamic lifestyle and religious orientation. Besides, regression demonstrated that two variables of Islamic lifestyle and religious orientation together predict 61% of variance in sleep indexes.

In addition to the therapeutic aspects, adequate sleep and rest have preventive dimensions, playing an important role in human health (36). The results of numerous studies indicate that sleep deprivation and low-quality sleep are associated with irritability, irrational thinking and quasi-paranoid features, and reduced resistance to infectious diseases (37). This is

stated in various verses of the Qur'an, such as Surah Furqān, Verse 47, and Surah Nābah, Verse 9 (38, 39). The findings of the present study underscore the importance and necessity of providing solutions for treatment and prevention of sleep-related problems and their subsequent consequences based on Islamic teachings in adolescents. This research had limitations in sampling and research tools. Therefore, caution should be exercised in generalizing the results. It is recommended that this study be conducted on other age groups and other psychological disorders.

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