

Studying the Relations between Attachment Styles to God Patience, Self-esteem among Undergraduate College Students

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Abstract

Background and Objective: Patience is one of the self-regulatory methods that lead to psychological balance. Self-regulation refers to the power to use strategies that, in contrast to internal stimuli or environmental stimuli or extreme pleasures, prevent a person from balance. The main objective of the current study was to study the relationship between the styles of attachment to God, patience, self-esteem in undergraduate students of the University of Tehran.

Methods: This is a post-vent study. The statistical population of the study included all undergraduate male and female students of the University of Tehran out of whom 169 (84 males, and 85 females) were selected using cluster sampling method from departments of Human Sciences, Technology and Engineering, Basic Sciences and Arts. Cooper-Smith's questionnaire of self-esteem, Rowatt and Kirkpatrick's Relation with God Inventory, and Ghobari-Bonab's Reaction to Daily Events and Occurrences Questionnaire were used in the present study. One-way multivariate analysis of variance (Manova), t-test, and multiple regression analysis were used for data analysis. In this study, all the ethical considerations have been observed and no conflict of interest was reported by the authors.

Results: The results of data analysis showed that there is a positive and significant relationship between secure attachment to God and patience. In addition, secure attachment to God was a significant predictor of self-esteem in the students. Female students had a higher level of patience than males. In addition, students in Human Sciences obtained higher scores in secure attachment compared to the students of other fields of study.

Conclusion: God does not leave people alone in the midst of adversity, and He is always with them, and this strengthens their relationship with God and enhances the secure attachment between people and God.

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Summary

Background and Objective

One of the key factors appraised in all religions is patience. Patience means endurance and fortitude (1). Considering the wide use of patience in human psychology, it is defined as follows: patience is a self-regulatory approach that causes

mental balance in individuals. Self-regulation means the power to use strategies that help one to maintain his/her balance against internal stimuli such as thoughts and moods such as anger, rage and environmental stimuli such as confronting undesirable events, frustrations, and extreme happiness or ecstasy. Patience is a virtue in religious texts, and its role in feeling sad or happy has been mentioned frequently. For example, in

Nahj-ul-Balaghah) patience is considered as the front line against sadness and grief. According to Imam Ali (pbuh), "Avoid sadness and grief with the force of patience" and certainty (about God's promises) He asserted that "worldly life is two days: one day it is in favor of you and another day against your will. When it is in favor of you, do not be arrogant and ecstatic and when it is against your will, practice patience" (2).

The results of a study by Edmonds et al. revealed that their participants were willing to get 1000 dollars immediately rather than 2000 dollars after a one-year delay (3). Moreover, the studies show that individuals with insecure attachment have more difficulty in being patient, and those with secure attachment can delay their demands (4). Attachment between people and God is a kind of spiritual and affective relationship with God that has specific characteristics: one of these characteristics is the activation of this system of attachment in stressful situations. This emotional, mental and spiritual relationship helps the person in coping with problems in hardships (5). Theoretically, individuals with a secure attachment to God not only have high self-esteem, but also enjoy higher levels of patience. However, as experimental studies have not been conducted on this issue, the present study tries to fill this gap. Current study was conducted to investigate whether there is a relationship between styles of attachment between individuals and God and patience, and self-esteem in undergraduate students of the University of Tehran.

Methods

Compliance with ethical guidelines: In this study, all related ethical principles, including the confidentiality of information, obtaining the informed consent of the participants in the study, and being free to withdraw from the study, have been observed.

This is a post-event study. The statistical population included all undergraduate male and female students of the University of Tehran, out of whom 169 students (84 male and 85 female) were selected using random cluster sampling method from departments of Human Sciences, Engineering, Basic Sciences, and Arts. In the present study, Cooper-Smith's questionnaire of self-esteem (1981), Rowatt and Kirkpatrick's Relation with God Inventory, and Ghobari-Bonab's Reaction to Daily Events and Occurrences Questionnaire were used. One-way multivariate analysis of variance (Manova), t-test, and multiple regression analysis were used for data analysis.

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(i.e., Research on Religion & Health)

Results

Findings revealed that female students had a higher level of patience than male students. In addition, the results revealed that students in human sciences were more patient than others. It was also found that there is a strong significant and positive relationship between total score related to patience and self-esteem scores. There was also a positive and significant relationship between styles of secure attachment and patience. Finally, attachment styles were a good predictor of students' self-esteem.

Conclusion

In a study by Shojaei, a strong relationship was found between self-esteem and reliance on God. The obtained results indicated that since patience is a method of spiritual coping line reliance on God, a significant relationship is expected to exist between patience and self-esteem (7). In fact, individuals with a high self-esteem, have not only a higher feeling of usefulness, but also a higher sense of control over themselves. Moreover, most of the studies show a positive and significant relationship between being religious and self-esteem (8). There results of other studies are consistent with the findings of the present study showing that there is a correlation between religious coping or religious activities and the feeling of self-esteem (8-10).

God does not leave people alone in the midst of adversity, and He is always with them, and this strengthens their relationship with God and enhances the secure attachment between people and God.

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Ethical considerations

The Faculty of Psychology and Educational Sciences of University of Tehran has confirmed this study.

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Conflict of interest

The authors declared no conflict of interest.

Authors' contributions

Supervision of the plan, development of a treatment plan and drafting the article: First and third authors; Implementing the Intervention, data

collection and analysis: Second author.

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