

The Role of Religious Orientation and Assertiveness Skills in Reducing Suicidal Thoughts at University Students ILAM City

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Abstract

Introduction: One of the social wrongs, which historically swiped of human society especially in the West, IS the issue of suicide. Suicide is the second major cause of mortality between the age group 10 to 24 years. According to the researcher's ideas, based on the influence of assertiveness, and religious orientation, as a component of suicide prevention, and increase confidence in this study is an attempt to influence the two components, on the suicide attempt to analyze and review.

Methods: This research has been solidarity. The statistical population this study, 480 students from the University of ILAM city. The instrument used in this study questionnaire relational assertiveness, religious orientation (external and internal) Allport and suicidal thoughts Beck Inventory (BSSI) is. Data analysis was performed using SPSS software.

Discussion: The present study to investigate the suicide of religious literature, the study of suicide, and the impact of the two components assertiveness, and religious tendencies, is discussed. Finally, it earned a significant relationship between assertiveness, and religious orientation, with suicide there is.

Conclusions: Elements of religious orientation, ranging from internal and external, have the greatest impact on reducing suicidal thoughts. Considering the results of the study suggest that the workshops will be held in the university student with religion.

Keywords: Suicide, assertiveness, religious orientation. © 2015 BBT Pub. All rights reserved.

Introduction

The first and the greatest blessing of human life, which God hath to reach the summit of a lofty and high spiritual evolution of man, granted had. According to the divine world, the universe, and all things were created by God, and he is the owner of all the universe ⁽¹⁾; God created the man and his life, man is not allowed to possess in their lives, and cannot, without the consent of God, attempted suicide; Because suicide is contrary to the philosophy of the creation of man, and because of the effects and consequences ⁽²⁾, is forbidden in Islam, and is prohibited. According to World Health Organization statistics, every year more than five million people worldwide commit suicide, which are almost five hundred thousand cases it leads to death. Although the statistics of suicide, more than the rest of the world, not less. And among the 49 countries ranked forty-third, about the suicide rate has been allocated; Unfortunately, in recent years, this statistic is rising, To the extent that, on average, annual 3216 people to this evil and forbidden, which account for roughly a year, of every hundred thousand, six people have committed suicide and the total suicides, 62%, leading to the death. According to the latest statistics from the Ministry of Health, 13 suicides per day, with an average age of 29 years is happening in Iran. The ratio of male to female suicides 2/5 to one, or sometimes 4/5 male to a female ⁽³⁾. Wisdom prohibition of suicide in Islam, regardless of the individual to life, that is not going to commit suicide, it is Islam with the verdict, has asked the life of human society, and the risk, and maintains destruction. If the law and the law in general assume that suicide is permissible, In fact, human destruction is attempt ⁽⁴⁾. By definition, Emile Durkheim, suicide include: "Any death is the result of a direct, or indirect, positive behavior, or self-sacrifice is negative, you know, to be, to bring about such a result; Suicide attempt, act, thus defined, but before the death, is stopped. In general, the current was optional, and consciously and deliberately, which leads to death, suicide, would say ⁽⁵⁾. Religious literature and empirical reasons and many factors at different levels: individual, social, and family, suicide is discussed As nearly 50 cause and motivation to act, have been enumerated, Some of these factors include: Feelings of emptiness, addiction, lust and love, adultery, illegitimate pregnancy, binge, gambling, impatience to life's problems and tragedies, pride, jealousy, betrayal, anger and anger, pride, fear of punishment, crime, family remorse, blaming, Mental illnesses such as depression and psychosis cyclical, revenge, love, status, incurable diseases and intolerable, pimping and disability, divorce and failures in life and the failure to raise a family, mental disorders and personality, parents and impact on children, abuse of a parent or both Bad media literacy, poverty, cultural, spiritual and moral, despair and hopelessness about the future, urbanization and anxiety caused by the rise of social deviance, poverty, social injustice and the gap, weariness of life and the weakness of faith and religious beliefs ⁽⁶⁾. In psychoanalysis, suicide, usually by psychologists, it is said, irrational behavior, and irrational, of withdrawal and isolation, started, after the passage of the poor, and acute, severe depression, suicide seems to border ⁽⁷⁾. Based on the foregoing, it appears that each of suicide, due to the lack of personality, lack of assertiveness, lack of faith strengthened, and is like, accordingly the two components of assertiveness, and religious orientation, the most important factors affecting suicide, is of particular importance. One of the most important and most basic social skills, to establish, maintain, and coordinate relations between the individual is important, is assertiveness, Assertiveness is the best way to achieve satisfactory interpersonal relationships, the interpersonal behavior, the key to human relationships with others, and a way to express oneself, to be frank,

direct, and appropriate ⁽⁸⁾. Assertive behavior is an expression of sincere, opinions, feelings, and beliefs, Behavioral, individual rights, dignity, and respect will be respected, Assertive makes that person a close relationship, and intimate with others, establish And in this connection, while respecting the privacy and rights of others, their abuse of others, protect and maintain ⁽⁹⁾. For proper use and assertiveness skills effectively, you should express the four components, namely: Content (what is in practice), Hidden elements (beliefs and thoughts that underlie self-expression), Process (how to behave) And nonverbal responses (body language) was dominant. The ability to express oneself, as an important factor in mental health and feelings of inadequacy and life satisfaction and greater access to objective causes and the inability of expression, leading to feelings of inadequacy and dissatisfaction with life, sadness and mental disorders, social anxiety and low self-esteem, undetected compromise behavior, aggressive behavior, harassment and depression ⁽¹⁰⁾. In several studies, the effect of assertiveness, and self-esteem, and mental health promotion, has been demonstrated ⁽¹¹⁾. Assertiveness training, both individual style, and is often done in a group ⁽¹²⁾. Another important factor in the prevention of suicide attempts, religious orientation religious belief is reinforced. Causes such a feeling of emptiness, despair, and hopelessness about the future, and intellectual impasse, impatience, and the like, due to the weakness of faith, and lack of sufficient knowledge of God, and the lack of recognition of the place of man, and his philosophy of creation. According to the passage, it is clear that the weakness of faith, and doubt in them, and stay in it, may provide regarding suicide, the strengthening of religious knowledge, and analyze them properly, you cannot cross the abysses ⁽¹³⁾. Given that in recent years have witnessed a growing trend of suicide, compared to previous years, we have been among the different classes, There is such a problem, the way to do scientific research, to the issue, and provide optimal solutions provides. And since suicide are influenced by many factors, It seems, knowing these factors, and factors affecting suicide, such as assertiveness, and religious orientation, is noteworthy, This study has tried to vary the manner of a two-component, self-expression, and religious orientation, suicide, be analyzed.

Methods

This research has been solidarity. The statistical population this study, 480 students from the University of ILAM city. In this study, the questionnaire was used to collect data. Assertiveness questionnaire: This scale developed by Julian dongle, Ernest T Halbrg, salmon and Richard J. Allen F. Haas, By M. Shehni summer, and F. M., translator, and was validated. The questionnaire (33) is material. In fact, (33) describes the position of the individual. And what are the respondents in each location is doing, with 3 option is specified. In each of these situations, only one of these, the answer is based on Assertiveness, has been determined. Scores together, and provides a total score Assertiveness, which can range from 0 to 33, to be on (Thus, higher scores reflect greater Assertiveness) Questions that option (a) it indicates the Assertiveness is as follows: (6, 10.14, 20, 21, 23, 26, 28, 29, 31, 32) And questions that they have the option to show the Assertiveness include: (1, 7, 9, 12, 15, 18, 19, 22, 27, 30, 33) Finally, questions that suggest alternatives where its Assertiveness is as follows: (2, 3, 4, 5, 8, 11, 13, 16, 17, 24). Religious orientation (external and internal) ALLPORT: The questionnaire contains 20 articles, and extrinsic religious orientation (11 articles) and internal (9 female) measures. FEGIN In 1963 a version of Article 21 of the building and all options ALLPORT questionnaire used in it and in addition another option is to be added that this high correlation (61/0) with exterior orientation which it later, the questionnaire was used. Beck Suicidal Thoughts questionnaire (BSSI): Suicide Ideation Scale, Beck, a 19-question self-assessment tool. The questionnaire for detecting and measuring the intensity of attitudes, behaviors, and planned to commit suicide last week, has been prepared. Based on 3-point grade scale, has been set. The overall score, based on scores calculated. Questions of scale, such as a death wish, a desire to commit suicide, active, and inactive, duration, and frequency of suicidal thoughts, sense of control, self-inhibiting factors for suicide, and the willingness to commit suicide, measured puts. Data analysis was performed using SPSS software.

Finding

The results of the statistical analysis of research data is presented in the tables below:

Table 1: Frequency of respondents Degree

	Frequency	Frequency Percent	Cumulative Percent
Diploma	96	20/1	20/1
Bachelor	111	23/1	43/2
Masters	125	26/0	69/1
Unanswered	148	30/8	100/1
Sum	480	100/0	

Table 2: Frequency of respondent's jobs

	Frequency	Frequency Percent	Cumulative Percent
Student	208	43/3	43/3
Employee	96	20/0	63/3
Unanswered	176	36/7	100/0
Sum	480	100/0	

Table 3: The distribution of the marital status of respondents.

	Frequency	Frequency Percent	Cumulative Percent
Single	298	62/1	62/1
Married	74	15/4	77/5
Unanswered	108	22/5	100/0
Sum	480	100/0	

Table 4: The relationship between suicide and Assertiveness

Dependent variable	The independent variable	Pearson correlation coefficients were calculated	Error rate	P	Results
Suicidal thoughts	Assertiveness	-0/141	0/05	0/019	H1 confirmed

Table 5: The relationship between suicide ideation and internal religious orientation

Dependent variable	The independent variable	Pearson correlation coefficients were calculated	Error rate	P	Results
Suicidal thoughts	Internal religious orientation	-0/150	0/05	0/011	H1 confirmed

Table 6: The relationship between suicide ideation and extrinsic religious orientation

Dependent variable	The independent variable	Pearson correlation coefficients were calculated	Error rate	P	Results
Suicidal thoughts	extrinsic religious orientation	-0/175	0/05	0/003	H1 confirmed

Table 7: The relationship between suicide ideation and religious orientation

Dependent variable	The independent variable	Pearson correlation coefficients were calculated	Error rate	P	Results
Suicidal thoughts	religious orientation	-0/177	0/05	0/003	H1 confirmed

Table 8: Results of regression analysis of independent variables on suicidal thoughts

Model	Non-standardized coefficients		Standardized coefficients	T	P
	B	Std. Error	Beta		
Constant	23/422	4/342		5/395	0/000
Religious Orientation	-0/182	0/059	-0/184	-3/112	0/002

Discussion

According to Table 4, some statistical tests (Pearson correlation coefficient $R=-0/141$), and on the other hand, a significant level of $P=0/019$, the smaller the error, so the available statistics, in the fact that H1. Consequently, H0 is rejected, and in other words, a sufficient sample data implies the acceptance of H1 and inverse correlation between suicidal ideation and Assertiveness, namely by increasing the Assertiveness the suicide is also reduced. According to Table 5, some statistical tests (Pearson correlation coefficient $R=-0/150$) and also a significant level of $P=0/011$ smaller than the error in the H1 so ordinary happens. Consequently, H0 is rejected in other words we can say that a sufficient sample data implies the acceptance of H1, and an inverse correlation between intrinsic religious orientation and suicidal thoughts there means inner thoughts of suicide decreases with increasing religious orientation. According to Table 6, some statistical tests (Pearson correlation coefficient $R=-0/175$) and also a significant level of $P=0/003$ smaller than the error in the H1 so ordinary happens. In other words it can be said, therefore, reject H0 sufficient sample data implies the acceptance of H1 and an inverse correlation between religious orientation and suicidal thoughts out there Means with an increase in suicidal thoughts reduced external religious orientation. According to Table 7, some statistical tests (Pearson correlation coefficient $R=-0/177$) and also a significant level of $P=0/003$ smaller than the error in the H1 so ordinary happens. In other words it can be said, therefore, reject H0 sufficient sample data implies the acceptance of H1 and an inverse correlation between religious orientation and suicidal thoughts there. Means, decreases with increasing religious orientation suicidal thoughts.

Conclusions

So what happened, and with regard to the issue of suicide is the second leading cause of death, the research conducted, it was found that the two components Assertiveness, and religious orientation, to reduce suicide, there is a significant relationship, So that Assertiveness, and religious orientation, positive impact on the reduction of suicide attempts are in addition the data indicate that, bit rate impact factor religious orientation, compared with components Assertiveness, more. Accordingly, we can say that the spirit Assertiveness, and religious orientation among the population, the incidence of such despair and hopelessness, frustration, social instability and the like factors to suicide prevent it. In other words the results of the linear regression analysis, step by step, suggests that suicidal thoughts variable as the dependent variable, and other variables such as Assertiveness and religious orientation, as independent variables were entered into the regression in the end, the model step by step, Stepwise a selected model and The formula is entered as the final model $23/422$ Constant variable $X1=-0/182$ is And in this step, given the significant level of less than a certain amount of $P=0/05$ is. Then variable (religious orientation), the greatest impact reducing suicidal thoughts there. One limitation of this study, students' unwillingness to respond to all questions, especially questions Suicidal Thoughts Questionnaire (BSSI), a large number of questions, including the three questionnaires as well as the possibility of a lack of understanding of some of the questions the students.

Resources

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