

A Study of the Correlation between Religious Attitudes and Quality Of Life in Students at Jahrom University of Medical Sciences in 2014

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Abstract

BACKGROUND & OBJECTIVE: General health is not simply determined by whether or not an individual is sick, but is dependent on physical, mental and social factors too. One such important factor is an individual's religious inclination. The present study aims to explore the correlation between religious beliefs and quality of life in the students at Jahrom University of Medical Sciences.

METHOD: This is a descriptive, cross-sectional study conducted in 2014. The sample consisted of 273 students who were randomly selected. Data were collected using Religious Attitude Questionnaire and a quality of life scale. The collected data were analyzed using Pearson's correlation coefficient and SPSS v. 23.

RESULT: The students' average age was 21.36 ± 2.15 . The means of their quality of life scores and religious attitude scores were 87.23 and 146.31 respectively. The results of Pearson's correlation test showed that there was a significant relationship between quality of life and its subscales on one hand and religious attitude and its indexes on the other; in other words, the students' mental well-being was found to correlate with their religious beliefs.

CONCLUSION: Since religious beliefs affect college students' mental well-being and quality of life, it is suggested that through organized education, students' religious awareness be raised.