

**SURVEY THE RELATIONSHIP BETWEEN COPING
STYLES, ATTITUDES RELIGION AND HAPPINESS OF
ISFAHAN GIRLS AND BOYS STUDENTS**

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Abstract

Happiness , including cognitive and emotional assessments that individuals bring to their lives . Among the factors affecting happiness, and happiness is the religious attitudes and coping styles . For this purpose, a sample of the target population of 361 people , including boys and girls of high school was using simple random sampling and were selected by multistage cluster . Data collected from surveys of happiness , coping styles and religious attitudes were used. Data analysis showed that the confrontations between happiness and religious attitudes and coping styles efficient and refer to others in the $p < 0/01$ positive and significant relationship between happiness factors are negatively correlated inefficient style confrontation . Regression model showed that the confrontations with efficient coping style and refer to others , the relationship between religious attitude and happiness will not be significant .

Keywords: happiness , religious attitudes , coping styles , religious coping , high school

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Introduction

Happiness is a common goal and all the people that are trying to reach (Bass , 2000) that people's evaluations of themselves and their lives to bring . These appraisals can be a cognitive aspect , such as judgments about the satisfactions of life are to include mood and emotions or emotional aspects that appear in response to life events . So , are happy except that consists of: life satisfaction , positive emotions and pleasant mood and lack of mood and emotions (Daynr et al, 1997). Malrb by asking whether there are ways to find out how best , most achieved lasting happiness , happiness, happiness as the moral decline of the standing issue in all situations . happiness with him the hardships and stresses of life , relationships are good (Malrb , translated Tavakoli , 1379). Health Psychology for a role styles place great importance on physical and mental health by addressing how Shvarzvr and Chan was quoted Mac Samrfyld rent (2000) opposite styles , the most widely studied topics in contemporary psychology , and one of the most important psychological factors - social. Addressing the means to implement behavioral strategies - cognitive development skills to reduce stress defense (Rpty , 1999). Theories suggest that people deal with regard happiness Happiness assistance thoughts and behaviors that are consistent with a clear vision of the look ; prayer are trying to show her boo Rmstqym to solve problems and to timely help others Could be that the other hand, non- destructive Happiness ways , they Fkrvml ; Drkhyalat sink into self and blame others , and work to avoid problems (MAC rent and Costa et al 1986 quoted Daynr , 1997 .) effective confrontation of styles and means of happiness as emotionally supportive Positive interpretation life events , religious attitudes and religious coping style.

The purpose of this study of religious attitudes , coping styles and overall happiness of students, and the relation between the main and interactive effects of religious attitudes and coping and happiness among school students.

There are plenty of empirical evidence to suggest a significant positive relationship between religious attitudes , coping styles is efficient and Happiness (Maltby et al , 1999). Vyslvn quoted Daynrvlvkas (2000) reviewed the empirical evidence about the correlates of happiness that one Shadkam is a healthy, educated , extroverted , religious, optimistic and brave. Francis et al (2000) investigated the relationship between religious attitude and happiness among young adults using the Oxford Happiness Scale , reported a weak but significant relationship between

happiness and religious attitudes that existed there . Other Drmtalhay Baird et al (2000) tetra happiness and their relationship with religious commitment were examined . They found the religious commitment , is a predictor of happiness .

The following studies indicate a significant positive relationship between happiness and religious attitude is : Bvhnlyn , 2000 as quoted by Lewis , 2001; Hlahmy and Rjyl , 1997 , quoted by Maltby et al , 1999; Kantnzar and Associates , 1995. Other research suggests a positive relationship between coping styles are streamlined with happiness , for example , can Lahmanv Yarvys , 2000 ; Pargamnt , 1997 quoted Ganzyvrt , 1998; Spencer Vnvrn , 1996 quoted Daynr et al , 1997 cited.

Materials and Methods Population, sample, sampling methods
Study population , male and female high school students from five different areas of Isfahan and selected sample included 361 students (198 girls and 163 boys) from eight high school . Using multistage cluster sampling among the five regions , the area Tuesday and five randomly chosen from each of the area high schools and two high school boys and two girls Of each school from three classes The base first, second and third were selected .
Research tools

In this study, three questionnaires religious attitudes , styles & *happiness* against a rating scale used for each of the three pencils - paper. Religious attitude questionnaire of 40 questions that alpha coefficients by Khodayarifard et al (1378) 0/95 is obtained Alpha coefficients calculated in this study equal to 0/92. This questionnaire has five religious attitude of worship , morals and values, the effect of religion on the lives and attitudes , social factors and beliefs. Arjyl albeit Oxford Happiness Inventory consists of 29 items of Norbala (1378) Coefficient alpha and Stability 0/93 and 0/92 happiness average 45/5 for men and 46 for women has been reported . Alpha coefficient of the questionnaire, the 0/91 group. Concerning the validity of Happiness , data in Table (1) indicates that five of happiness in an operating loss and operating the 67/097 % of happiness explains . The value of the correlation coefficient for each variable in the order presented. Construct validity of religious attitudes , the data in Table(2) indicate that the five dimensions of religious attitudes in a reduction factor and the factor 74/865 the percentage change in religious attitude explains . The correlation coefficient of the variable , respectively, are presented. Special sizes are also very unsatisfactory test .

Table 1 - Final results of the factor analysis for construct validity Happiness

Concentration	Percentage of variance	Total	Concentration	Percentage of variance	Total	Variable
67/096	67/097	3/355	67/097	67/097	3/355	Satisfactions of life
			80/975	13/879	0/694	Positive mood
			88/812	7/837	0/392	Health
			95/575	6/763	0/338	Efficiency
			100/000	4/425	0/221	Self-esteem
self-esteem	efficacy	Health	positive mood	of life satisfaction	Variables	
0/674	0/78	0/844	0/874	0/903	Factor loadings	

Table 2 - Final results of the factor analysis for construct validity of religious attitudes

Concentration	Percentage of variance	Total	Concentration	Percentage of variance	Total	Variable
74/865	74/865	3/743	74/865	74/865	3/743	Satisfactions of life
			83/961	9/096	0/455	Ethics and Values
			90/553	6/652	0/33	Social factors
			96/306	5/753	0/288	Influence the behavior and life
			100/000	3/694	0/185	Worldview and beliefs
Worship	Ethics and Values	Worldview and beliefs	Social factors	Influence the behavior and life	Variable	

0/872	0/917	0/887	0/836	0/81	Factor loadings
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Coping Style Questionnaire and Lewis Fraydnbrg scale has 79 items with the ratio of its final expressed by Bayan Zadeh (1379), 0/88 is reported in the questionnaire consisted of three sub-scale is pour motive coping styles, and referring to others inefficient's. Efficient coping style, which is composed of eight coping strategies: social support, focus on problem solving, hard work and success, physical recreation, relaxing way to maintain fixation, strengthen relationships with friends and focus on the positive aspects. Dysfunctional coping style and coping strategies included eight concerns, maintaining fixation, ambitious, resistance, ignoring problems, stress and self-deprecation is not. Refer to the other four search strategies for coping style, social support, spiritual support, professional help and social action. In this study, the alpha coefficient equal to 0/85 are calculated. Results 1 - The research findings

Table 3 - Distribution of students by gender and status, happiness, study levels

Total		Study levels						Sex				Gender and educational foundations
		Third		Second		First		boy		Girl		
percent	Frequency	percent	Frequency	percent	Frequency	percent	Frequency	percent	Frequency	percent	Frequency	/Status of Happiness
12/9	45	17/8	8	24/4	11	57/8	26	37/8	17	62/2	28	Low
69/3	242	21/9	53	24/8	60	53/3	129	46/7	113	53/3	129	Average
17/8	62	19/3	12	6/4	4	74/2	46	40/3	25	59/7	37	High
100	349	20/9	73	21/5	75	57/6	201	24/4	155	55/6	194	Total

The above table shows that 59/7% of girls with high happiness levels and 40/3% of boys have this level of happiness. Similarly, 69/3% of subjects had moderate levels of happiness and 12/9 and 17/8% respectively at low and high levels of happiness are.

Table 4 - Distribution of coping styles by gender and educational foundations

Total		Study levels						sex				Gender and educational foundations / Coping styles
		Third		Second		First		boy		Girl		
percent	Frequency	percent	Frequency	percent	Frequency	percent	Frequency	percent	Frequency	percent	Frequency	
28/7	97	21/6	21	16/5	16	61/8	60	31/3	47	26/7	50	Efficient Style
31/9	108	25/9	28	18/5	20	55/5	60	21/8	33	40/1	75	Inefficient Style
39/3	133	7/3	23	26/3	35	56/4	75	47	71	33/1	62	Refer to the others Style
100	338	21/3	72	21	71	75/5	195	44/7	151	55/3	187	total

Table 4 shows that the head Mead 39/3% of students go to other people's styles and 31/9 and 28/7% respectively styles are inefficient and efficient. More girls than boys and more inefficient style of light used to refer to others. With increasing grade of inefficient light and refer to others is reduced.

Table 5 - Distribution of religious attitudes based on gender and educational foundations

Total		Study levels			sex		Basis of Sex and educational / religious
		Third	Second	First	boy	Girl	

percent	Frequency	percent	Frequency	percent	Frequency	percent	Frequency	percent	Frequency	percent	Frequency	Attitudes of
0/3	1	0	0	0	0	0/5	1	0/6	1	0	0	Very little
1/2	4	1/4	1	1/3	1	1	2	0/6	1	1/7	3	Low
11/9	41	16/9	12	6/7	5	12/1	24	9/9	15	13/6	26	Average
49/6	170	42/2	30	8/37	28	56/5	112	39/5	60	57/6	110	High
37	127	39/4	28	54	40	29/8	59	49/3	75	27/2	52	Very much
100	343	20/7	71	6/21	74	57/7	198	44/3	152	55/7	191	Total

Table 5 shows that 49/3% boys, the religious attitude was very much at the same level, 72/2 percent are girls.

Higher percentage of students at each grade level are. 56/5% of first base and 42/2 of a second base, third base, second base and 54% at high levels in the levels are too high.

Table 6 - Descriptive statistics of students' happiness

Statistical indicators / variables	maximum	Minimum	Standard deviation	Average	number
Satisfactions of life	44	13	5/99	28/31	349
Positive mood	42	12	5/35	30/09	349
Health	44/4	11/1	16/6	27/19	349

Efficiency	44	11	6/47	25/5	349
Self-esteem	44/4	11/1	8/94	25/63	349

Table (6) shows that the average positive mood more than the average of other variables, and the average efficiency is the least.

Table 7 - Descriptive statistics on religious attitudes of students

Statistical indicators / variables	Maximum	Minimum	Standard Deviation	Average	number
Worship	54	14/4	5/41	45/38	343
Ethics and Values	54	10/8	8/58	36/98	343
Impact on the lives and	54	10/8	8/11	44/2	343
Social factors	55	22	6/66	44/09	343
Worldview and beliefs	55	18	6/11	44/5	343

Table 7 shows the mean scores and the mean scores of worship, morals and values were higher and lower, respectively, than the other.

Table 8 - Summary results of the comparison variables for boys and girls

p	t	girl		Boy		Parameters / variables
		standard deviation	Mean	standard deviation	Mean	
0/409	0/872	16/30	111/19	16/54	112/64	Efficient styles
0/000	4/87	15/47	112/34	15/74	104/16	Inefficient

						styles
0/275	1/093	9/95	55/71	9/92	56/88	Refer to the others styles
0/000	3/709	20/3	115/106	22/95	163/74	Religious attitudes
0/402	0/839	14/73	77/79	14/18	79/11	Welfare

Table 8 shows that boys and girls differ in terms of style, there are inefficient and religious attitudes, or in other words, inefficient light on religious attitudes of girls and boys have higher rates.

2 - The results of the hypotheses

Table 9 - Correlation matrix of variables

	Efficient styles	Inefficient styles	Refer to the others styles	Satisfactions of life	Positive mood	Health	efficacy	Self esteem	Happiness	Worship	Values and Ethics	Social factors	Influence the behavior and life	Worldview and beliefs	Religious attitudes
Efficient styles	1														
Inefficient styles	* 2570/	1													
Refer to the others styles	* 7130/	134* 0/	1												
Satisfactions of life	* 3690/	218* -0/	/379* 0	1											
Positive				/659* 0	1										

mo od																
Heal th	* 334 0/	187* -0/	/328* 0	0/77* 0	631* 0/	1										
Effici ency	* 310 0/	184* -0/	/326* 0	/697* 0	552* 0/	655* 0/	1									
Self este em	* 208 0/	136* -0/	/181* 0	/520* 0	335* 0/	472* 0/	525* 0/	1								
Welf are	* 408 0/	215* -0/	/382* 0	0/936	809* 0/	874* 0/	805* 0/	608* 0/	1							
Wor ship	* 145 0/	023* 0/	/324* 0	/179* 0	13** 0/	/14 -0	/102 0	145* 0/	/138** 0	1						
Valu es and Ethi cs	* 160 0/	031 -0/	/307* 0	/207* 0	/087 0	035 0/	** /114 0	133* 0/	0/15* 0	561* 0/	1					
Soci al facto rs	* 226 0/	021 -0/	/327* 0	/183* 0	137** 0/	/20 0	/065 0	** /081 0	/136** 0	639* 0/	700* 0/	1				
Influ ence the beha vior and life	* 202 0/	003 -0/	/305* 0	/171* 0	122** 0/	002 0/	/059 0	/105 0	/125** 0	665* 0/	718* 0/	792 0/	1			
Worl dvie w and belie fs	15* 0/	049 -0/	0/30*	/203* 0	170* 0/	044 0/	/102 0	13** 0/	0/17*	660* 0/	64* 0/	693* 0/	/773* 0	1		
Relig ious attit udes	* 204 0/	023 -0/	/355* 0	/216* 0	149* 0/	033 0/	0/99	** /133 0	0/165*	777* 0/	836* 0/	880* 0/	0/93*	0/887*	1	

*p<0/01

**p<0/05

In this study, three regression models were used. The first model is discussed in three styles of coping. In the second model, in addition to the three styles of religious attitudes have been noted. Six variables were used in the third stage of the three combat styles, attitudes, religion, sex, and educational foundations.

Table 10 - Regression model for predicting the effects of coping styles Happiness

Steps	Variables entered in the regression equation.	R2	Multiple R	Significant
First	Efficient styles	0/167	0/408	0/001
Second	Efficient styles Inefficient styles	0/277	0/527	0/001
Third	Efficient styles Inefficient styles Refer to the others styles	0/288	0/537	0/001

Table (10) shows that the streamlined style at first, the second and final stage of the dysfunctional style of presentation style to others in predicting happiness and all three styles simultaneously 0/28 would account for the happiness.

Regression coefficients predicting students' happiness

Variables	T	Beta	B	Significant
Efficient styles	5/809	0/388	0/342	0/001
Efficient styles Inefficient styles	-7/108	-0/336	-0/302	0/001
Efficient styles Inefficient styles Refer to the others styles	2/312	0/150	0/219	0/001

The regression equation predicting happiness of students:

$$Y = 60/769 + 0/342 X_1 - 0/302 X_2 + 0/219 X_3$$

X1=Efficient styles

Y=happiness

X2=Inefficient styles

3=Refer to the others styles

Table 11 - Regression model for predicting the impact of religious attitudes and coping styles Happiness

Steps	Variables entered in the regression equation.	R2	Multiple R	Significant
First	Efficient styles	0/169	0/411	0/001
Second	Efficient styles Inefficient styles	0/283	0/532	0/001
Third	Efficient styles Inefficient styles Refer to the others styles	0/293	0/541	0/001

Variables	t	Beta	B	Significant
Efficient styles	5/792	0/392	0/344	0/001
Efficient styles Inefficient styles	-7/187	-0/341	-0/305	0/001
Efficient styles Inefficient styles Refer to the others styles	2/255	0/149	0/215	0/001

The regression equation predicting happiness of students:

$$Y = 61/13 + 0/344 X_1 - 0/305 X_2 - 0/215 X_3$$

X1=Efficient styles

Y=happiness

X2=Inefficient styles

3=Refer to the others styles

Table 12 - Correlation coefficients coping with happiness religious attitude control

Coping styles	R	Religious attitude control R
Efficient styles	0/411	0/391
Refer to the others styles	0/3848	0/3538
Inefficient styles	-0/2189	-0/2182

Table 13 - Correlation coefficients of Happiness religious attitude control coping

Coping Styles / R, P	Dysfunctional style	Efficient style	Refer to the others style
R	0/1642	0/0908	0/033
P	0/002	0/094	0/543

The above table shows that in the presence of efficient coping style and refer to others, the relationship between religion and thou shall not Mia.

Discussion and Conclusion

According to these findings, there is a significant positive relationship between happiness and religious attitudes. This means that the more religious attitude scores, the scores are also more happiness. (Table 9).

It concludes with the results of Francis et al (2000) and Baird et al (2000) is consistent. Religious attitude happiness with all factors except efficiency has a significant positive relationship. While the average efficiency is lower compared to the happiness of others. The data also suggest that happiness with effective coping style and presentation style has a positive significant relationship to others. With regard to the happiness of dysfunctional coping style was not significant. (Table 9). These findings along with the findings and Yarovys Lahman (2000) and Kantzarv et al (1995). In this study refer to others coping style and positive relationship between religious attitude and suggest that one of the reference to others coping style, is looking for moral support. Happiness is a positive relationship between relationship style that shows people Shadkam four coping strategies, coping style, social support, spiritual support, professional help and social action. This finding Koing and colleagues (1997) is consistent. Efficient in coping style significantly positive correlation with happiness and religious attitudes can be said that the more religious attitude, the effective coping styles, including optimism Health, Aramesh focus on the positive aspects, maintaining strengthen relationships with friends who have a mind for problem solving and problem-oriented coping them is one of the

characteristics of effective coping style . According to this method Bylyng and mouse (1984) , is the most effective way of coping . Conclusion consistent with other research findings Alipur Noorbala (1378) and Francis et al (1998) quoted Alipur high light (1378) Lack of Gender effect on the happiness scale as well as the use of effective coping style and presentation style to others, there was no difference between girls and boys more than girls , but the style of this genre are inefficient . In this respect, the results are contradictory , but these findings with results expressed Dai M Zadeh (1379) is consistent . Overall, more subjects in the style they are going to lead the religious attitudes of boys (Table 8) to others , the relationship between religious attitude and happiness is not significant . In the event that a third variable , style is ineffective, and it does not influence this relationship is significant (Tables 10 and 13). Significant negative relationship between dysfunctional coping style with happiness and its dimensions , including satisfaction with life, positive mood , health, efficacy and self-esteem , coordination with Halahmy research and Rjyl (1997) quoted Malbty et al (1999) and Diaz et al (1997). The style of dysfunctional attitudes and religious values and moral dimensions include social factors , influence the behavior and life outlook and beliefs , there is a negative relationship , this relationship was not significant (Table 9).

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