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Causal relationship of religiosity and spirituality with psychological adjustment with mediating attachment to god in students of Ahvaz Jundishapur University of Medical Sciences

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Introduction

Needing calmness and security is a concern which accompanies man all the time never leaving him. One way, from among the ways in harmony with human nature which helps him achieve calmness and satisfaction, is religion and connection with God. Religion and spirituality are among factors which are effective for mind health. Past studies have shown that this relation is under the influence of some mediatory factors. The aim of the present study is testing causal relationship of religiousness and spirituality with psychological adjustment regarding the mediatory role of attachment to God.

Method

The present study is a non-experimental, correlational design. In researches aiming at testing a model of interrelationships among different variables, structural equation modeling is used. The statistic sample in this research included all the students of Jundishapur University in Ahvaz studying in the second term of school year 2014. From 144 students, 62 boys and 82 girls were randomly selected for the proposed model. The tools used in the study were The Daily Spiritual Experience Scale (2002), The Age Universal I-E Scale-12 (1990), The Short Depression-Happiness Scale (2004), Attachment to God Scale (2003), Attachment to God Inventory (2004) and Satisfaction with Life Scale (1985). The present research showed that these tools had suitable validity and reliability to measure variables of the research model.

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Results

The findings of the research showed that the model fitted suitably with the data. Also, the indirect analysis results showed that anxiety attachment - not other attachments to God- is in relation with spirituality and religiousness and the mediatory variable of psychological adjustment. The other finding showed the significant relationship of religiousness and high positive spirituality with attachment to God.

Discussion

Spirituality seeks for experience, holiness, spirituality, final meaning, higher consciousness and supernatural dimension. This need for closeness and holiness puts man in the situation of connection and closeness to God. Finally, there were differences between boys' and girls' satisfaction of life, attachment to God, and personal external orientation. Girls were higher than boys in terms of life satisfaction, external religious orientation, avoidance attachment and security attachment and boys are higher than girls in terms of anxiety attachment.

Keywords: religiosity, spirituality, psychological adjustment, attachment to god