

عنوان مقاله:

Effect of Fasting on Spiritual Health, Mental Health, and Control of Aggression

محل انتشار:

فصلنامه تغذیه، روزه داری و سلامت، دوره 8، شماره 3 (سال: 1399)

تعداد صفحات اصل مقاله: 7

نویسندگان:

Mohammad Nasiri - Assistant professor, Department of Physical Education, Islamic Azad University, Khoy Branch, Khoy, Iran

Alireza Lotfi - Assistant Professor, Department of Islamic Jurisprudence and Law, Islamic Azad University, Khoy Branch, Khoy, Iran

خلاصه مقاله:

Introduction: Fasting is one of the religious duties of Muslims; it has many benefits. However, this study aimed to investigate the effect of fasting on students spiritual and mental health and control of aggression. Methods: Using a convenience sampling method, 300 students (150 girls and 150 boys) were selected as a sample from Azad University, Khoy branch in 2019. One week before the holy month of Ramadan (pre-test), the subjects completed the GHQ Mental Health Questionnaire, Palutzian-Elison Spiritual Health Questionnaire, and AAI Aggression Control Questionnaire; one week after the end of Ramadan (post-test), they completed the same questionnaires again. One-way analysis of covariance was used to analyze the data. Results: The results showed that there was a significant difference in students spiritual health, mental health, and control of aggression post-test scores. The effect of fasting on students spiritual health, mental health, and aggression control post-test scores were 0.86, 0.89, and 0.88, respectively. Conclusion: The religious duties, especially fasting, impact on spiritual health, mental health, and aggression control of people in society. Therefore, the youth should be encouraged to perform these religious duties

کلمات کلیدی:

fasting, Spiritual health, Mental health, Aggression, Students

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1039927>

