

عنوان مقاله:

Evaluation the relation between praying (salat) with physical health in nursing, midwifery and paramedical students of Hormozgan university of medical science

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خلاصه مقاله:

Introduction: health is one the greatest blessings of great lord to people. many researches have been done that analyzed relation between prayer and health that most of them was about mental health. Physical health is a dimension of life that is importance and few researches have been done about it then in this article, we want study the relationship between pray and physical health among the in Hormozgan University of Medical Science, using the evaluation of dimension of Physical health in their lifestyle. Method: in this cross-sectional study a number of 150 students of the nursing, midwifery and Paramedicine College in Hormozgan University of medical science were randomly analyzed. Data collection tool included to questionnaire of commitment to Islamic beliefs and questionnaire physical health. Pearson product-moment correlation were used for comparison between age and saying prayer, saying prayer with physical health, relation between various variables, calling for prayer, attention in prayer and physical health, physical resistance, disease status. Results: 150 people with the average age of 21 ± 2.64 were examined 48% of the population were men and 52% of them were women which 12.7% were married and 87.3% were single. There is relation between interest, calling for prayer and attention in prayer with physical health but there is no relation between variables like interest on saying prayer, calling for prayer and attention in saying prayer and physical resistance. Conclusion: according to the results of the study, status of praying and physical health among the students is fine but since this study states the positive effect of praying on physical health, more efforts must be done for trending up students to pray and importance of praying will be understood by them.

کلمات کلیدی:

Praying, Physical health, Nursing

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