The Relationship between Religious Beliefs and Family Communication Pattern with Social Adjustment of High School Students of Bastak Town, Iran

Naser Kharbary-bastak, Hojjatollah Javidy, Soltanaly Kazemi

Educational Psychology, Islamic Azad University of Marvdasht, Iran

*Corresponding author's e-mail: nkharbary@gmail.com

ABSTRACT: The aim of current study is to analyze the relationship between religious beliefs and families communication pattern with social adjustment of high school boys and girls in Bastak town would mean 2012-2013 school year. The population included all high school students of Bastak Town. For sample selection random cluster sampling method has been used and total number of 228 students (113 boys-115 girls) were selected. The data collection is done with religious beliefs questionnaire, the revised instruments of family communication pattern and to social adjustment questionnaire, and a revised adult adjustment questionnaire and analyzed. In this study, the Pearson correlational method and multi variable regression are used. The results showed that there is a significant relationship between religious beliefs and social adjustment and also there is a significant relationship between families communication pattern and social adjustment and both of the variables are effective in anticipation of social adjustment.

Keywords: Religious Beliefs, Family Communication Patter, Social Adjustment, Bastak Town

INTRODUCTION

Adjustment means being aware of the truth that every individual has to follow his goals according to social and cultural framework. Adjustment is relative and people achieve different degrees of adjustment, the analysis of the effects of religious aptitude in students individual-social adjustment showed that there is a significant positive relationship between religious beliefs and individual social adjustment of the students. Religion is an important cultural aspects. On the other hand psychologists need to be sensitive about cultural issues because of the ethics [1]. There are multiple evidences in verification of the relationship of the family related factors and children's compatibility or its components. Family communication patterns include two fundamental aspects of "conversation orientation" and "conformity orientation". Conversation orientation is defined as the degree that families provide conditions that all the members of family are encouraged to interact freely and comfortably, discuss about a vast number of subjects without a time limit and considered the conformity orientation to the degree that families emphasis on having attitudes, values, avoiding conflicts and mutual dependence of family members [2]. There has been a numerous numbers of researchers about religious and its role in life and the growing interest toward this issue across the world indicate the importance of religion in psychological processes. The latest researches about the psychology of the religion has indicated a growing number of the relation between psychological health and religion [3].

There is a question regarding the effective factors in strengths and reinforcement of family upbringing which what is the role of adherence to religious teaching in strengthening the basis of the family. It is clear for every Moslem and believer that worshiping and spiritual relation with Almighty Creator is an eruption from the deepest part of human heart and the beam of its light enlighten the life and society and give the life of proper meaning. Having religious beliefs along the couples has a significant effect on strengthening the basis of the family. Ignorance of the religious beliefs will cause serious problems in life and take away the peace and joy of life and lead to confusion and futility. It is possible to have a good and comfortable financial situation but not a peaceful life. Lots of psychological studies have been conducted about the effects of religious beliefs on family communication pattern. Compatibility has a major role in survival and psychological health which enabled the human to cope with different environmental and internal conditions and keep its existence and psychological health. Compatibility, characteristics that enables a living being more capable than the outer species in survival breeding which means these characteristics have a better design suitable for an specific environment in comparison to the others [4]. Religious people has religious mental bene and these mental bene can be effective in compatibility of people [5] and also those with internal religious orientation feel less stressed in life and use issue focused methods so they show better compatibility in differ the method of identifying situations [6]. Considering the social compatibility issue of high school students in Bastak town based on reports of teachers, consultants and employees of Department of Education of this town, measures should have been taken regarding this problem. For this purpose to variables of religious beliefs and family communication pattern has been studied

as variables effective on social compatibility so if there were any effect by the variables on social compatibility, educational plans be applied in the following years.

The method of identifying the problematic students was based on reports of consultants and principles of the schools based on having the social compatibility problem among the high school student's (like failure to communicate with others-dissatisfaction from personal role as a student-low performance on its role) so we decided to resolve the issue with considering the financial resources. So it was necessary to identify cost-free facilities which were under the administration of the ministry of the education. 1-Facilities such as mosques and cost-free religious facilities in every neighborhood; 2-Optimal usage of available opportunities in family gathering with school; 3-Free health counseling classes held by Health and Medical Education network; 4-using the available financial opportunities which can be provided by the charities. Hence, considering the available opportunities, religion and family variables were two elements that could help us and identifying the level of religious beliefs and its role in social adjustment and the role of family communication pattern were available and it had to be analyzed to determine its effectiveness.

The general purpose of this research was to study the relationship between religious beliefs and family communication pattern with social adjustment of high school students of Bastak town. So the general hypothesis addressing the significance of the relation between religious beliefs and social adjustments variables and also the significant relation between family communication pattern and social adjustment and it can be predicted with these two variables.

MATERIAL AND METHODS

Current study is using descriptive-correlational method.
Target Population and Method:
The target populations of this study were all the high school students of Bastak town in 2012-2013 school years and in 36 education center.
Sampling Method:
Random-cluster sampling method is used for evaluation and selected from amongst 36 high school (4 Boys high schools and 4 Girls high schools) and from each high school a class with all of its students were selected as sampling method with total number of 228 students (115 girls and 113 boys) as sampling population.
Statistical method:
In descriptive statistics, mean of frequency and standard mutation and again inferential statistics multiple regression method are used.
Tools:
Three questionnaires are used in this study. In this scale which is designed to measure the religious beliefs and behaviors of teenagers and young Muslims, acts such as saying prayer, fasting which are expected from Muslim are taken into consideration. The questionnaire was standardized by Navidi in 1997 [7], its validity of the scale was 0.86 for the reliability retest was used with coefficient of 0.81 1997. In another study it's Cronbach's α was 0.96 [8]. 5-point Likert scale was used for evaluation of 45 questions questionnaire.
The family communication pattern test:
Revised tool of family communication pattern was used [9]. This tool has 26 statements and is used in five point scale. It has a very strong theoretical base and its validity was confirmed by Kourosh-nia in 2006 with sampling adequacy of 0.85. The coefficient of Bartlett's test was significant that 0.0005 .with Cronbach's α of 0.87 for conversation and 0.81 for conformity [10].

Social adjustment:
Bell Adjustment Inventory 1961: The adult version of this inventory consists of 160 questions. This inventory evaluates the five fields of health, family, society, motion and Job. Considering the fact that the social adjustment is being studied in this research, social ground is put to use. The validity of the inventory is estimated to be 0.94 by Bell and the validity of each of the components are 0.88 for social, 0.94 for emotion, 0.81 for health, 0.85 for job and 0.91 for family. Higher scores indicate lower compatibility of the component and lower score indicates higher compatibility [11].

RESULTS

Finding are represented into section descriptive and inferential
Descriptive and Inferential Findings
The relationship between two variables of Family communication pattern which is divided two section of conversation and conformity and also the relationship between religious belief and social adjustment are studied in current research. For testing the hypothesis Pearson correlation and also multi variable regression methods are used. In the following, the results of the analysis for each of the hypothesis are presented separately (Tables 1 and 2).

Considering the above table, it can be inferred that the correlation coefficient is equal to 0.39 in the level of 0.0001 and hence this level is lower than the acceptable level of 0.05 service coefficient became significant

P<0.0001. So there is a direct and significant relation between religious beliefs and social adjustment. Considering the amount of the coefficient of determination it can be inferred that 15% of changes in social adjustment variable is due to the changes of religious beliefs.

Table 1. The General Size of the Descriptive Variable, Numbers= 228

Variables	Mean	Standard deviation	Lowest	Highest
General social communication pattern of the family	81.39	18.68	35	121
Conversational aspect of family communication pattern	48.89	14.87	18	75
Conformity aspect of family communication pattern	32.50	10.42	10	53
Religious beliefs	194.87	23.015	81	223
Social adjustment will	15.56	4.76	2	25

Item	The correlation coefficient	The coefficient of determination	P value
Religious beliefs	0.39	0.15	P<0.0001
Social adjustment			

Second hypothesis:

There is a significant relation between social adjustment and communication pattern. To study this hypothesis Pierson correlation statistic method has been used.

It can be inferred that the coefficient of determination is equal to 0.374 and 0.424 in the level of 0.0001 and hence these levels are lower than the acceptable level of 0.05, so these coefficients became significant p<0.01 so there is a significant and direct relation between social adjustments and family communication pattern.

Table 3.

	Social adjustment		
	The correlation coefficient	The coefficient of determination	P value
Conversational aspect	0.374	0.14	0.0001
Conformity aspect	0.424	0.18	0.0001
General family communication patter	0.53	0.28	0.0001

Third Hypothesis:

Religious beliefs and family communication pattern are capable of predicting social adjustments. Table 4 is the variance analysis regression statistical characteristics of religious beliefs and communication pattern with social adjustment with simultaneous method.

As you could see, F is equal to 38.7 with the significance of P<0.01. Considering the significance of the last column it can be concluded that the beta amounts of religious beliefs, conversational communication pattern and confirm exit communication pattern have become significance with P<0.01. This means that religious beliefs, conversational communication pattern, and conformity communication pattern variables can predict social adjustment. The square of multiple coloration coefficient (the coefficient of determination) calculated based on these variables is 0.34, which means these variables can predict 34% of all social adjustment variable variance. The ANOVA table is presented in Table 5.

Table 4. The variance analysis regression statistical characteristics of religious beliefs and communication pattern

		R	R²	F	P value	β	T	P value
Predictor variable	Conformity communication patter					0.354	6.3	0.0001
	Conversational communication patter	0.584	0.34	38.7	0.0001	0.290	5.1	0.0001
	Religious beliefs					0.215	3.6	0.0001

Table 5. The ANOVA for Different Models

Model	Source	Total Squares	Degrees of freedom	Mean of squares	F	Significance
Model 1	Regression	926.82	1	926.82	49.64	0.0001
	Remaining	4219.32	226	18.67		
	Total	5146.14	227			
Model 2	Regression	1552.35	2	776.17	48.59	0.0001
	Remaining	3593.78	225	15.97		
	Total	5146.14	227			
Model 3	Regression	1757.51	3	585.83	38.72	0.0001
	Remaining	3388.62	224	15.12		
	Total	5146.14	227			
Predicting variable in model 1, is the conformity of family communication pattern. Predicting variables in model 2, are the conformity of family communication pattern and the conversational family communication patter. Predicting variables in model 3, are conformity of family communication pattern and conversational family communication pattern and religious beliefs.						

Table 6 displays the changes resulted from the changes in the amount of R square which is created because of the changes in further variables into the model. Despite the significance of all three changes but with slightly more attention into the third column will realize that adding the religious belief variable into the model can only predict 0.04 of the changes. If we compare this number with the coefficient of determination in the first hypothesis which was 0.15 we realize of 0.11 difference which has at the same common weight as the variables that we have predicted. In the last model the common weight of family communication pattern variable is decreased so we have achieved this number. In general we realized that predicting variables of the current study are capable of predicting 34% of social adjustments because of the overlapping of family communication pattern with religious beliefs in our religious society it has only 0.04 effectiveness and the highest effectiveness is belonged to family communication pattern.

DISCUSSION AND CONCLUSION

The aim of this research was to study the relationship between religious belief and family communication pattern (conversational and conformity aspects) with social adjustment in girl and boy high school students of Bastak town. Based on these three hypothesis is put forward which after restatement, the achieved results will be presented and the consistency or inconsistency of the achieved results will be compared with previous studies and theories.

1-there is a significant relationship between religious beliefs and social adjustment. The findings of this study showed that religious beliefs and social adjustments had a direct and significant relationship which is in accordance with the findings of the study of [12] which indicated that there is a significant relation between religious attitude and individual and social adjustments. Considering that religious people has religious mental bene and these mental bene can be effective in adjustment of the people [6] and also people with internal religious orientation feel less tense in life and use problem focused methods. So they demonstrably better adjustments in different conditions [2].

2-there is a significant relation between family communication pattern and social adjustments. The aim of the current research was to study and determined the relationship of different aspects of family communication pattern and social adjustment. Family conversation had a significant relation with social adjustment. This finding industry that families which require higher score in conversational aspects, means that the member of the family communicate with the others freely and continuously and easily share their emotions with the other members of the family. Families are open to such freedom in sharing the emotions and also consulting each other in making decisions and are free in making decisions and in other words communication and interaction are at their highest levels. Higher level of social adjustments and flexibility in confronting the difficulties and hardships are higher in such families. These findings are in accordance with the findings of Fitzpatrick and Koener [13] and Hawley [14] which indicate that those who lives in the family with high-level of conversation have higher-level of adjustment. So these results indicate that it seems people with higher adjustment level are the members of the family's with higher level of conversation. Members of the families with conformity are more mature in social competence, higher problem-solving abilities, better crisis management and having less confrontation with other people which leads to better performance in different situations and cope with critical situations with relying on these characteristics.

3-religious beliefs and family communication pattern are capable of predicting social adjustments. In explaining this hypothesis, it must be pointed out that the explanation about the two previous hypotheses is also valid for this one. Because the stronger family communication pattern and religiousness are, the higher the adjustment becomes. But we have to mention the low impact of religious beliefs and social adjustment after the elimination of commonalities of religious beliefs and communication pattern. A question which is put forward is that how come that the effectiveness of religious beliefs have decrease severely? It seems that the reason is that in a religious society, family communication pattern is heavily relying on religious beliefs. Next question is what the reason is for different Effectiveness of religious beliefs and communication pattern on social adjustments of girls and boys, in fact what is the reason that girls are being more influenced by religion than boys? One of the reasons could be that the religious beliefs of boys have a complete influence on their interaction with their families so the commonalities of religious beliefs and family communication pattern are increased but because the girls have more passive role in the family, their religious beliefs and family communication pattern could be two different categories.

Limitation of the study: first it has to be considered that these results are achieved through the study of high school students of Bastak town and may not be generalizable into other cases. The second limitation is about the tools used for the study and if another method was used for information gathering, another result would be achieved.

Conditions Out of the control of the researcher:

First: the numerous number of the questions of the questionnaire and the limited time for answering the questions.

Second: unavailability of appropriate condition for gathering more information from the families or the analysis of the factors such as family income, number of children and etc. which effect the level of social adjustment which are in the scope of this research.

Third: because of the usage of the correlation in this study and inability to control some possible variables, all of the affective variables on dependent variable cannot be identified and also this method is unable to show the direction of effectiveness (cause and effect)

Suggestions for research:

1-for those who are interested gathering information in such societies (bilingual societies) it is better to use tools that require less familiarity with the official language and beside, paying attention to the reports of those who are familiar with the sample population.

2-it is better than the other researchers consider the school dropouts beside the students in schools to have more thorough results

Functional suggestions:

1-measures have to be taken to teach the skills of living especially religious beliefs and family communication pattern to students to increase their social adjustment.

2-to to have a more reliable conclusion cross-sectional studies must not suffice and longitudinal studies of the target population had to be put to use.

3-considering the achieved results it is suggested that the groups of counselors in the schools and health centers and also in the meetings of the family and the school, with stressing the education of the skills of life, put the social adjustment as their agenda.

4-Hold classes for the families and the teachers about the importance of the religion and religious beliefs and its effect on the social adjustment.

5-Hold courses in schools and health centers or their families implying the importance of family communication pattern.

REFERENCES

1. Gudykunst, W.B., & Nishida, T. (2001). Cultural variability in communication: An introduction. Communication Research, 24, 327-348.
2. Park, C. Cohen, L. & Herb, L. (1990). Intrinsic religiousness and religion coping ad life stress moderator for catholic versus protestants. Journal of Personality and Social Psychology, 54(3): 23- 562-574.
3. Fitzpatrick, M.A. (2004). The family communication patterns theory: Observations on its development and application. The Journal of Family Communication, 4, 167-179.
4. Khodapanahi. MK, Beldaji. Kh, Mohammad. A, the Relationship between Religious Orientation and Psychological Adjustment and College Students, Psychology Magazine, 35, 3310-320.
5. Janbozorgi. M. (2008). Religious Orientation and Mental Health, Journal of Medical Faculty, Volume 31, Issue Four, 345-350
6. McIntosh, D.N., Silver, R.C. & Wortman, C.B. (1993). Religious role in dustmen to a negative life event: Coping with the loss of a child. Journal for the Scientific Study of Religion, 30, 57—62.
7. Hallahme, B.B, & Argyle, A. (1997). The psychology of religious behavior, belief and experience: Routldge.
8. Willis, G. (2005). Cognitive Interviewing: A Tool for Improving Questionnaire Design.-Thousand Oaks.
9. Fitzpatrick, M.A. and Ritchie, L.D. (1994). Communication schemata within the family: Multiple perspec- tives on family inteiaction. Human Communication Research, 20, pp. 275-301.
10. Kouroshniya. M. (2007). The Effect of Aspect of Family Communication Pattern on Children Adjustment, MA Dissertation, Shiraz University.
11. Khodapanahi. MK, Saryazdi. Kh. Marjan. (2009). The Study of Forming Personality in Religious Orientation of College Students, Journal of Psychology, Four, 14, 185-204.
12. Jones, T. L., & Prinz, R. J. (2005). Potential roles of parental seld-efficacy in parent and child adjustment: A review. Clinical psychology, 25,341-363.
13. Fitzpatrick, M. A., & Koener, A. F. (2004). Family communication schema effect on children's resiliency running head: family communication schemata, The evolution of key mas communication concepts: Honoring Jack M. McLeod, 115-139.
14. Hawley. R.D. (2000). Clinical implications of family resilience. The American Journal of Family Therapy, 8: 101-106.