



The effect of fasting on mental health and depression among high school students in the area Gvavr 2012

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ABSTRACT

This study was a natural experiment in 2012, the number of 361 students who were selected randomly from among area students Gvavr has been done. Based on a study that used the effect of fasting on the self-esteem of the students had been performed [3] , the ratio of approximate p1 and p2 defined with respect to the extent of 99% and can test 80 % sample size of 354 patients was estimated . People who are less successful than days of fasting, those with acute problems, such as the death of a loved family, accident, and that it was caused low mood, loss of students with significant academic and other learning problems people were also very pleasant things, like getting married, buying a house, car and they had been excluded

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Introduction

Have Many people with mental problems and appealing for help from God passes .experience the power of overcoming them gradually diminished and the creation of human psychological and sometimes physical, mental illnesses provides. So people need to connect to the source of their existence in the shadow of prayer continually increase your mental power. Throughout the history of ideas about religion, health and stress, affecting patterns and practices of prevention, diagnosis and treatment of diseases has changed. View of the biological, psychological, social, outstanding view of the assumptions underlying the interaction of biological, psychological, social, spiritual and healthy and disease. This model of health care with an emphasis on religious worship such as prayer, fasting, and is focused on promoting them. From the perspective of biological pattern, mental and social well-being is something to suit the needs of individual biological, psychological and social gains. Nowadays, everyone is on the psychological and emotional needs depends on spirituality and religion lies. Implementation of human spiritual and religious obligations in addition stimulates decreasing feelings of hardship and discomfort is normal .concern and will miss. Frankel writes: Dean Share a lot of useless measurement in mental health. Tillich writes: faith in God and His commandments to all human beings and all the aspects of his character, depth, direction and gives unity. Faith in God's power depends on the unity of the human personality. Maslow says religion gives answers to many questions, so many questions to clarify and justify the confidence and power to the people and give hope. Mental health means keep flowing from any harm and mental illness and its main task is to prevent the creation of mental disorders [8]

Mental health in different periods of life, including childhood and adolescence is an important and essential At this age, the important issues such as relationships with family and friends, teaching and education, employment and even live a little toward her marriage arises The results and impact of these factors must be considered in terms of mental health Many

contemporary Western scholars have stressed that the current era is basically a problem of religion and spiritual needs, he goes In modern times they have called the age of anxiety, a lot of attention to the material life and strong competition among everyone to obtain a material there are an increased need for mental sustenance feel Faith in God gives man a spiritual strength to endure the hardships and stresses that he is the best help And anxiety that many people can get it away from him making [11]. God created man and the dignity and sanctity of the best creations fit for the secret of eternal Beauty and Elevated Allah be upon and where people reach their ideal of perfection and happiness to help needed

Prophets and H. Pak, sent his men to the path of reason and the divine law as an enlightened man to reach the man with the implementation of the law to make up the city of Medina real bliss can lead including the rules of fasting or fasting is another sense. God fasting and must assume the man to be alone with it prosperity although humans are incapable of understanding a lot of things and it failed. fasting can be no extremes austerity program and the effects on the human psyche has many benefits. In fact, fasting and austerity scrimp correct and logical style of the human spirit and ready to rise [2].

In all religions, fasting is obligatory component sentences. The Torah of Moses and Elijah fasting forty days and fasting and fasting of three weeks Prophet Daniel Prophet David and Jonah is mentioned. Faithful Jews are fasting two days a week. The most comprehensive and the most perfect day in which Muslims fasting during Ramadan is obligatory upon every man and woman.

Prophet Muhammad (peace be upon him) says: Take a fasting to be healthy. Positive physical effects of fasting in healthy subjects and patients also expressed. Including many positive effects of Ramadan fasting on blood pressure, lower cholesterol, reduce urea, creatinine, uric acid, improves cardiovascular diseases, liver, kidneys, weight loss, etc. [8-11]. Physiologically, it has been proven that when you pay for religious worship in Islam and other religions in the human mind, body, lays down. This observation of decreased heart rate,

decreased respiratory rate and arterial blood pressure has been demonstrated [10]. In a study conducted by Ansari et al. Rafsanjani University of Medical Sciences, fasting has been shown to influence students' self-esteem has dramatically [3]. The reviews (Fehring) and a significant positive correlation between religious workers, mental health, optimism and other positive aspects of mood was observed [6]. The results of studies on the positive effects of fasting on physical and psychological aspects of human. In this research we have tried to fasting effects on of Mental Health and depression among students are examined.

Materials and Methods:

This study was a natural experiment in 2012, the number of 361 students who were selected randomly from among area students Gvavr has been carried out Based on a study that used the effect of fasting on the self-esteem of the students had been performed [3], the ratio of approximate p1 and p2 defined with respect to the extent of 99% and can test 80% sample size of 354 patients was estimated. . People who are less successful than twenty days of fasting, those with acute problems, such as the death of a loved family, accident, and that it was caused low mood, loss of students with significant academic and other learning problems people were also very pleasant things, like getting married, buying a house, car and they had been were omitted from study. Very pleasant because it can increase or decrease the incidents of depression and mental health may change. The sample size of 361 patients formed the study First Ten days before holy month of Ramadan Personal samples by a questionnaire collected and then based on the benchmark 12-item (Farrel) The reliability and validity in previous research reviewed and verified and standardized test depression, score of psychological health and their depression was found. Passing ten days of Ramadan's mental health and depression were measured in the study. It is worth considering that almost all students said that they have decided to fast, you could not have a control group. Therefore, to study the effect of fasting on depression and mental health, researchers in mental health and depression scores of students were compared with each other before and after holy month of Ramada The data entered into the computer and using the software spss statistical Case Analysis were Based on the results obtained in 23% (83 cases) of the sample, male students and 77% (278 people) female students formed 3/87% (315 people) were single and 7/12% (n = 46) were married , 9/65% (238 people) in his native town drunk, and 1/34% (123 people) Non-indigenous and the surrounding villages far distant town drunk are 5/64% (233 patients) samples economic status, their average mentioned in terms of satisfaction with their courses (due to the lack of multiple fields) high School 3/57% (207 people) of its courses to satisfy 5/40% (146 people) are somewhat were. satisfied and 2/2% (8 cases) were dissatisfied Before holy month of Ramadan students average mental health score 94/33±8/55 in the event that after Ramadan, the average of the 5/34±2/8 came and paired t-test showed no significant difference. (p<0/0001). Well before Ramadan schema depression score (45/14±33/10) in the event that after Ramadan (8/11± 38/10) that was paired t-test before and after the month of Ramadan with no significant differences between p<0/0001that specifies the amount of depression is reduced. The results showed that the mean score of mental health and depression, mental health and depression scores in both pre-and post-holy month of Ramadan. In all groups, male and female, single and married, indigenous and other non and based on the consent of the degree, there is a significant difference (p <0/05) Also in this study it was found that gender, marital status and

place of residence has no effect on mental health and depression, but of course satisfaction was significantly different between the subgroups so that people who were satisfied with their degree (s) better depression had lower mental health score.

Table - Comparison of the mean scores for mental health and depression among study samples before and after holy month of Ramadan

Measurement time	before the holy month of Ramadan,	after the holy month of Ramadan	results	
Average score	± SD			± SD
Mental Health	33/94±8/55	34/5±8/2	paired t	p<0/0001
Depression	14/45±10/33	11/8±10/38	paired t	p<0/0001

In this study, fasting has had a positive impact on the promotion of mental health of students, So that their mental health score after it was significantly increased compared to the previous month of Ramadan's. Research on fasting and self-esteem in Rafsanjan University of Medical Sciences revealed that fasting positive impact on students' self-esteem is one of the components mental health services has. Well in America in another study about the impact of religious beliefs and social support on depression has been shown that religious belief has a profound impact on reducing depression. The reviews (Fehring), meaningful positive relationship between religious beliefs and mental health, optimism and other positive aspects of mood were found. Another study conducted by the civil ancestry in Iran University of Medical Sciences, found a significant relationship between religious variables and mental health conditions there. In the present study, the mean depression after holy month of Ramadan is significant decrease than before. This indicating that fasting could reduce the depression case study's Research (Kadri) was identified as the Muslims are fasting reduces anxiety. In another study it was revealed that fasting can have significant impact on reducing stress and physical health guaranteeing. In this study, we determined the degree to which students have expressed their willingness Compared to those who were not satisfied there with their discipline and less depression had higher score the mental health. The study (Andrews) and (Wilding) also refer to this same sterile realized that we are more satisfied with their courses than students who had experienced less anxiety and depression, resulting in better their mental health as well. Well as in research) (Wong) and colleagues found students who were coping less with their string of maladaptive behaviors, depression, anxiety, and of depression were higher.

Conclusions:

Worshippers pray and human nature is rooted deep in the premier creator and others of commands and the love of God has uniquely interwoven with of human existence and man's relationship with God and tranquility to of Intimacy and God is the only shelter in the shade and shelter of the Most High Lord of heavenly is at risk skirt. The study of human creativity on display is the fact that the simultaneous creation of man and creation, invocation and the birth of humankind has Man in dealing with adverse events, prayer and relationship with God is known Nowadays, attention to psychologists have concluded that God and divine commands, such as prayers and fasting relieve a lot of through adversity and diseases. Many diseases in environments where there is a spiritual practice does not breach. 's Hope they do not treat patients who have lost the ability to adapt and social adjustment of and, therefore, are reclusive and depressed, are helpless, they It is therefore recommended that they go to the temples and perform spiritual practices because they have something spirit restless and jumpy end to the shut

their accrues heart. Fasting as one of the spiritual practices are directly related to mental health. Because of its effect in reducing anxiety, stress, being happy ... it is an undeniable human spirit and the Holy Qur'an stresses that the remembered of God do hearts find rest are. Therefore, according to the results of this study and other similar studies can be said that day as a spiritual practice. In addition to the beneficial effects of physical health, reduce depression and improve psychological health field can be particularly helpful.

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