

## 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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### Abstract

**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  $21 \pm 2.64$  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.

**Keywords:** Praying, Physical health, Nursing

### Introduction

Health is one the greatest blessings of great lord to people, Imam Ali in Nahj al-Balagha considers health as one of the greatest gifts to human being(1). A global definition of health hasn't been presented yet but according to definition of the World Health Organization health is having full well-being, psychologically, physically, socially, and It's not just not being sick and having disability and not being maimed(2). According to definition of the World Health Organization one of the aspects of health is physical health, which is easier to study than other aspects. Physical health is proper function of organs and biologically proper function of cells and organs and their coordination is sign of health (3). Interest to understand impressions of religion on health in medical and scientific societies is raised (4). There is a close relationship between people's religious

orientation and their beliefs with health and their behavior in order to stay healthy (5). There is 350 to 400 studies found by Matthews presenting people having strong religious beliefs, they have more lifespan and a better quality of living rather than people with weak religious belief (6). Ribbentrop has demonstrated that there is a relationship between recovery processes, physical pain decrease with religiousness and coping methods (7). Prayer and praise cause activating a part of brain which is responsible for relaxation and satisfaction and happiness. Results of researches be Ekman& Dalai from medical center of California University in San Francisco has demonstrated that prayer and praise deactivates a part of the brain called "amygdalae" which is responsible for making fear and anxiety (8). Keing from Duke University believes prayer and

praise stopping secretion of Hydrocortisone, Epinephrine and Norepinephrine hormones cause boost immune system and relaxation as a result (9). One of the methods of study of health in various society is evaluation of health promoting lifestyle. In an overview World Health Organization considers 60% of health and quality of life depended on lifestyles (10). Islam is a type of lifestyle which leads human to the right way and guides the through problem solving and stress release (11). The first and the foremost important duty in Islam after faith in god and the prophet of Islam and testify to the oneness of god and the prophethood of Mohammad; is prayer (12,13). Salah is an Arabic term which is used for the praise done by Muslim prayers and it is the second base of Islamic faith which is usually said in a quiet place and help one who prays to have a better concentration of the mind (14). This type of mind concentration has relaxation effect and it is different from typical meditations. Prayer is a physical movement and also it is considered as a spiritual practice relating to the pure obedience to god. The prayer is performed 5 times in a day and it includes the particular steps which all Muslims in the world must do it. Various movement including standing, ruku, sujood and sitting (15). Joints involved in prayer contains shoulders, wrist, elbow, metacarpophalangeal, proximal, interphalangeal distal, temporomandibular joint, jaw joint, spinal cord, pelvis, knee, ankle, subtalar, metatarsophalangeal and atlantoaxial (16). There is an increase in Electroencephalogram (EEG) of relative power absorbed (rpa) of occipital and parietal during prayer which it indicates that prayer makes positive effects in brain performance feeling good in human. This changes is related to the increase in activities of parasympathetic part and decrease in activities of sympathetic part of autonomic nervous system (ANS). The interaction between central nervous system and autonomic nervous system during the prayer cause relaxation and minimize anxiety for all those who perform movements of prayer (17). Prayer movements involve all joints and body muscles with a low efforts which is probably important in brain blood circulation and reactions status, also as result of activating kegel muscles, it is proved that prayer is an effective type of kegel exercise. On the other hand, sport therapy, especially including kegel muscles; has useful effects on erection disorders (ED). Researches results indicate that prayer movements has beneficial effects on people's got erection disorder as a supplementary treatment

(18). Psychological, musculoskeletal and cerebral effects of prayer on muscular performance improvements in elderlies, disability and dementia is useful in rehabilitation programs. Physiotherapists in rehabilitation centers whose help in restoration and maintaining range of joint movements using ambulation methods and exercise, they consider prayer system as model to restore the patient's remained power. Old people and the ones disabilities can gain remarkable items of their health, doing daily simple and medium physical exercises, performing them like prayer movements (19, 16). Researches indicates the positive impressions of prayer and orison on backache in professional drivers which cause less backache in them (20). 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 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 in this article.

## Methods

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. Questionnaire of commitment to Islamic beliefs contained 12 questions about interest in saying prayer, call to prayer and attention in saying prayer. Validity and reliability of this questionnaire was proved by Anisi and colleagues and it had 0.86% of validity (22). Physical health questionnaire also contained 8 questions about physical health, physical resistance and disease status. Validity and reliability of this questionnaire was proved by la'li and colleagues and it had 0.89% of validity (23). response range of questionnaires was Likert-type Which contains options strongly agree, agree, slightly agree, slightly disagree, disagree, strongly disagree that their scores are 6 to 1. Demographic information is brought at the beginning of the questionnaire and contains age, gender, marital status. The data are collected from the research were edited and analyzed by SPSS 16. Chi-squad test were used in order to examine the relation between saying prayer with gender and marital. 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  $21 \pm 2.64$  were examined 48% of the population were men and 52% of them were women which 12.7% were married and 87.3% were single. All majors are presented in table 1. The average of total scores related to health questionnaire was  $4.98 \pm 41.95$  that the higher score 54 and the lowest was 12. The average of total scores related to saying prayer questionnaire was  $9.49 \pm 49.44$  that the higher score 54 and the lowest was 27. Lowest and highest scores of questionnaire are presented in table 2. Variable distribution all were normal. Among variables of saying prayer and gender there weren't any remarkable different ( $p$ -value=0.297). There weren't any remarkable different between saying prayer and marital ( $p$ -value=0.97). Also there weren't any remarkable different between age and saying prayer ( $p$ -value=0.63). But there was a remarkable different between total scores of saying prayers and physical health ( $p$ -value=0.02) and physical health has a direct relation with saying prayer. This data is presented in figure 1. 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. There weren't any relation between interest on prayer, calling for prayer, and attention in prayer with disease statuses.

## Discussion

There are various theories about importance of religion in human's body health. Some of researchers believe that a religious man can have a better social support, more optimism and a higher level of continence which these items cause physical health. In physiological and immunological point of view, religious growth has an effect on endocrine system specially blood levels of cortisol and serotonin receptors and neural-psycho-social process (20).

Finding the effect of religious practices on people health is not an easy work (23). Sura Al-Ma'ida verse 6: "O YOU who have attained to faith! When you are about to pray, wash your face, and your hands and arms up to the elbows, and pass your [wet] hands lightly over your head, and [wash] your feet up to the ankles. And if you are in a state. Requiring total ablution, purify yourselves. But if you are ill, or are travelling, or have just satisfied a want of nature, or have cohabited with a woman, and can find no water-then take resort to pure dust, passing therewith lightly over your face and your hands. God does not want to impose any hardship on you, but wants to make you pure, and to bestow upon you the full measure of His blessings, so that you might have cause to be grateful" (24).

Prayer includes a spiritual meditation and total physical movements of different body parts and cause well relaxation, balance and joints flexibility and also restoring of above organs performance (25). Saying prayer can be done as an alternative method for elder Muslims all those who are not able to do physical exercises (26).

Results of the current study indicates that there is no relation between gender and saying prayer meanwhile in sabri and colleagues there is a remarkable difference between commitment to prayer among male and female students and the range of saying prayer in women were more than men (27). In yaghoubi studies also there is a more interest in saying prayer, their positive view to the prayer impressions and total mark of interest in prayer scale were more in female group than male group and it indicates that girls are more likely to say prayer than boys (28). But in jalilvand studies there weren't any remarkable different between gender and the range of commitment to prayer (29). In the other hand in panahi studies boys and girls had the same much commitment to prayer (30). There is no relation between age and saying prayer that in moallemi studies there weren't any relation between different ages and saying prayer and difference of age had not any impression on commitment to prayer (31). But in our study this result can be because most of the people aged 21 and no significant age difference between the students.

In yaghoubi studies married and single groups were compared in all items of interest in prayer scale and the single group had a better attention to imam

**Table 1:** Demographic information

		Major of study						Marital		gender	
Medial emergency	Lab sciences	Anesthesiology	Heath informatin technology	midwifery	Nursing	radiology	surgery room	s	m	m	f
4%	10.7%	11.3%	8%	10.7%	28%	14%	12.7%	87%	12.7%	48%	52%

**Table 2:** Lowest and highest scores of questionnaire

Disease	Physical resistance	Physical health	Attention in prayer	Calling for prayer	Interest on prayer	Average
4.3289	5.1533	4.7250	1.8467	2.1300	1.7900	Minimum
1.00	2.00	2.25	1.00	1.00	1.00	maximum
6.00	5.00	6.00	6.00	6.00	5.00	

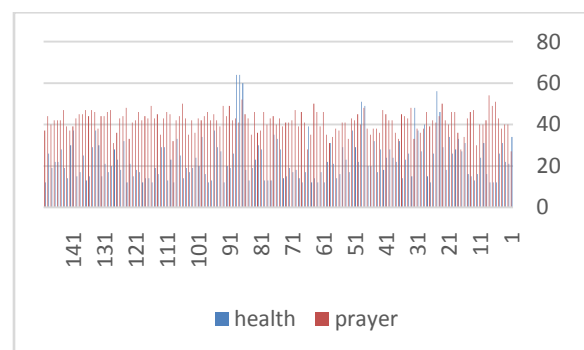
rather than married group and they had a better average mark which it made sense statistically. In married group comparing to single group in item of interest in prayer had higher average mark and it made sense statistically but the average of total scale of interest in prayer was more in single group which it didn't make sense statistically (28), in our study there weren't a remarkable different between single and married group in saying prayer which it can be cause less married people than single ones and the most of people were studied they were single.

There was a relation between total scores of saying prayer with physical health and saying prayer has an effect on increase in physical health which moallemi studies (31) indicates reverse and there were a negative remarkable relation between commitment to prayer and health signs. It means by increasing the commitment to prayer, the status of health signs decreases. But mousavi studies results (32), safari (33) were in common with this study and in their study saying prayer had an positive effects on physical health and with increase in the range of saying prayer, there was a decrease in disorders of health sings and with decrease in the range of saying prayer, there was a increase in disorders of health sings.

Also there is a relation between interest, calling for prayer and attention in prayer with physical health but there is no relation between any variables of interest, calling for the prayer and attention in prayer and physical resistance and disease. Which

this result can be because most of the people aged 21 and physical resistance and disease happen less in these ages and physical resistance is normally in a high level in this age and this age danger of disease is less and most of the physical disease show up in high ages.

According to results of the study saying prayer status and physical health among the students is well but considering that current study indicates the positive impression of saying on physical health; much more efforts is needed in order to increase the interest in prayer among the students by awareness of the results of different studies that have been done and current research.

**Figure1:** Relationship between Health and Praying

## Conflicts of interest

Authors declare no conflict of interests.

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