

The Effectiveness of Progressive Muscle Relaxation Training and Quran Recitation and Remembrance of God on General Self-Efficacy of Students

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ABSTRACT: The present research was conducted to compare the effectiveness of progressive muscle relaxation training and Quran recitation and remembrance of God on general self-efficacy of students. The research method was experimental and the study population included all high school girl students in Rasht (N = 40500) in 2013-2014. The sample was 60 students selected in the simple random method among the students who obtained a low score and they were randomly substituted in two groups of experiment (each group was 15 people) and two groups of control (each group was 15 people). Then, first, the experimental group was trained for 8 sessions and each session for 40 minutes for the effectiveness of progressive muscle relaxation training and Quran recitation and remembrance of God and after the intervention, both groups were tested. Data were analyzed in the method of the univariate analysis of covariance and independent t-test with SPSS. The results showed that there was no significant difference between the effectiveness of progressive muscle relaxation training and Quran recitation and remembrance of God. In other words, both of training progressive muscle relaxation training and Quran recitation and remembrance of God were effective. According to the results, group training can be an appropriate approach to increase the efficacy in the students.

Keywords: Progressive Muscle Relaxation, Quran Recitation and Remembrance of God, Self-Efficacy.

INTRODUCTION

Self-efficacy is one of the most important structures in Bandura's social-cognitive theory and this is confidence and belief of an individual in their own abilities to control one's thoughts, feelings and effective performance in stressful situations (Caprara et al., 2002). Self-efficacy as a personality variable plays an important role in dealing with issues of life (Browne & Inner, 1987) and this can be an effective factor on educational opportunities as a predictive personality trait (Sclinvand, 1995).

Caprara et al (2001) considered self-efficacy as the belief of the individual on his abilities in a specific field and they argued that the level of the effectiveness of people and their activity are more based on the beliefs so that

based on the objective measures, how people behave can often be predicted via beliefs they have about their abilities. Endurance in doing high-performance and commensuration with the abilities, actively pursuing new opportunities to deal effectively with the problems of the events and conditions of the ability for problem solving and appropriate use of analytical thinking, not fearing failure and challenging tasks are among features of efficient people (Bandura et al., 2002). People who have low self-efficacy feel that they are unable to control on life events and when they face with obstacles if their initial efforts in dealing with problems are inconclusive, they quickly lost hope (Fetishes & Perish, 2005).

Muscle relaxation method was invented in 1975 by Herbert Benson and this includes a group of physiological changes consisting of reducing heartbeat, reducing breathing, reducing blood pressure, reducing skeletal traction, reducing metabolic rate and oxygen consumption - reducing analytical thinking, enhancing skin resistance, increasing activity in brain waves. Normal practice of muscle relaxation involves an essential practice of 20 to 30 minute daily governed after a few moments in the lives of the rest of the time. This means that after a few weeks of training of muscle relaxation, people achieve a feeling of calmness in life (Sadoc, Sadoc 2009). The method for reducing anxiety and achieve peace and happiness is effective. On the other hand, in conjunction with the music of the Quran, it should be noted that Quran has a refreshing and echoing song which relaxes the human psyche and this song is effective for the soul which gives the promise of happiness to the soul of man. Music by the recitation of the Holy Quran as a music and rhythm of with its own special properties is among the most glorious miracle of Quran (Chlan, 2013). Research findings have shown that Holy Quran as music can be an effective and safe intervention on reducing people such as anxiety and stress (Majidi, 2004). Holy Quran has an eloquent expression, fluent style and enchanting song that this feature should be achieved and this affects listeners of all kinds, conquers their life of existence and takes them in the grip. The results of the research of Ilder (2013) AD have shown that a negative attitude of people towards life that occur due to lack of religious beliefs results in increasing the risk of mental illnesses and generally, religious men and women are less anxious. Accordingly, in this study, the question is arisen that is progressive muscle relaxation training and Quran recitation and remembrance of God effective on general self-efficacy of the students?

MATERIALS AND METHODS

The research method was experimental and the study population included all high school girl students in Rasht (N = 40500) in 2013-2014. The sample was 60 students selected in the simple random method among the students who obtained a low score and they were randomly substituted in two groups of experiment (each group was 15 people) and two groups of control (each group was 15 people). Then, first, the experimental group was trained for 8 sessions and each session for 40 minutes for the effectiveness of progressive muscle relaxation training and Quran recitation and remembrance of God and after the intervention, both groups were tested. Research instrument of the questionnaire were Schwarz and Jerusalem (2000) that this scale was translated into Persian by Nezami and under supervision of Schwarz and Jerusalem and used by Hassanabadi in 2001. The questionnaire includes 10 items regulated based on the Likert scale of 4-point rating from 1 (not true at all) to 4 (absolutely correct). In previous studies, internal consistency was from 0.75 to 0.90 based on by Cronbach's alpha. In addition to reliability, the scale has a convergent validity. For example, this has a positive relationship with self-esteem and the negative correlation with symptoms of anxiety and depression. The confirmatory factor analysis has shown that this scale is mainly one-dimensional in sub-samples. This means that in factor analysis, the scale questions show the above factor loading (Schwarz & Jerusalem, 2000; quoted by Hassanabadi, 2001). Self-efficacy questionnaire reliability coefficients in the research of Shakerinia (2010) in the method of Cronbach's alpha are 0.82 and 0.77, respectively. Due to the above coefficient, this questionnaire is appropriate.

RESULTS

Table 1. Mean and standard deviation in the pre-test of self-efficacy variable.

	Group	N	M	SD
Self-efficacy	Relaxation training	15	9.47	1.93
	Quran recitation and remembrance of God	15	9.2	1.47
	Control	15	18.4	2.16

Table 2. Mean and standard deviation in the post-test of self-efficacy variable.

	Group	N	M	SD
Self-efficacy	Relaxation training	15	18.67	4.58
	Quran recitation and remembrance of God	15	18.93	3.45
	Control	15	18.4	2.53

Table 3. The results of unilabiate analysis of variance test results to evaluate efficacy variable.

		SS	df	MS	F	Sig.
Group	Self-efficacy	1210.96	1	1210.96	6.52	0.013
Error		10759.77	58	185.51		

Univariate analysis of variance Table shows that the impact of trainings has been significant on the component of self-efficacy (SIG = 0.013, F = 6.52).

Table 4. Independent t-test to study the impact of muscle training and Quran recitation.

		Mean	Standard error	t	Sig.
Self-efficacy	Muscle relaxation	20.93	6.41	-0.271	0.788
	Quran recitation	21.93	12.75		

According to the results of self-efficacy score Table (sig = 0.988; t = 0.271) show that there is no difference between muscle training and Quran recitation.

DISCUSSION AND CONCLUSION

The results showed that progressive muscle relaxation training and Quran recitation and remembrance of God on general self-efficacy of students are effective. In the study of Narimani et al (2005), similar results were also obtained for the effect of relaxation on self-efficacy. In their study, the effectiveness of relaxation on self-efficacy were studied for who play Taekwondo and the results showed that relaxation led to increasing self-efficacy and performance of the athlete.

To explain the above finding, it can be said that human is a social creature and needs to communicate with their fellows; therefore, self-efficacy in happy and successful behaving and communicating with other members of the society for him had many problems. Since the adolescence is the most important and at the same time, the most turbulent and most complex stage of life forming with dreams of independence, breaking with the thoughts and values of the parents, to strengthen the personality and in this period, young people are led to a kind of ambivalence with some problems such as job opportunities, education and other numerous stresses. The experience has shown that self-efficacy is effective to meet the anxieties of incidents of social relations among people and the person can control the environment appropriately and this can prevent his unwarranted anxiety. He provides better and constructive responses in his own way of expressing happiness and though this way, this leads to reducing elimination of the anxiety due to lack of efficacy and rejects unreasonable demands without any fear. In this study, it is also shown that the above training has been effective in increasing students' self-efficacy.

Therefore, the present research showed that in total, engagement interventions were effective in increasing self-efficacy and there was sufficient capacity to implement the program successfully and to obtain optimal results. This is important especially in the youth who spend critical period of life and they need to learn necessary skills and knowledge to deal with dangerous situations.

Conflict of interest

The authors declare no conflict of interest

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