

Abstract

Objective: This study aimed to investigate the role of students' adherence to Islamic lifestyle in predicting addictability rate. **Method:** A descriptive-correlation research method was used for this study. All male and female students of University of Mohaghegh Ardabili in the academic year 2015-2016 constituted the statistical population of this study. From among this population, the number of 377 participants was selected by cluster random sampling method and filled out Islamic Lifestyle Questionnaire, Students' Addiction Potential Questionnaire, and Attitude Assessment toward Substances. The obtained data were analyzed by Pearson correlation coefficient and multivariate regression analysis. **Results:** The results revealed that Islamic lifestyle was negatively correlated with students' tendency to substance use and components of addiction potential ($P < .01$) and 23% of the variance in students' tendency to substance use and 45% of students variance in addiction potential were accounted for by Islamic lifestyle. The financial component of Islamic lifestyle was the most effective factor in predicting students' tendency to substance use ($\beta = -.28$) and the moral component of Islamic lifestyle was the most effective factor in predicting students' addiction potential ($\beta = -.28$). ($p < 0.001$). **Conclusion:** These results have implications in terms of attention to Islamic lifestyle in students and the conduct of the required measures for its promotion and improvement in order to prevent students' tendency toward social ills, especially substance use.

Keywords: addiction, addictability, students, lifestyle, Islamic lifestyle

On the Role of Student's Adherence to Islamic Lifestyle in Predicting their Tendency to Addiction

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Introduction

Addiction to substances is a chronic, relapsing, and complicated disorder since substance use continues despite negative and catastrophic consequences (Jiloha, 2012). Drug use is followed by several consequences, which include adverse effects on the body, distorted judgment, poor eyesight, bad speech, risk-taking in behavior, crime, conflict with the law, irresponsible sexual behaviors, and traffic accidents resulting in injury and death. In this regard, the main cause of death among young people aged 15 to 24 years in the United States of America is the accidents caused by alcohol use and drug use (Chesang, 2013).

According to the available estimates, there are 22.6 million stimulant abusers only in the United States (Substance Abuse and Mental Health Services Administration, 2011). The number of drug users reaches 190 million addicts worldwide while 2 million addicts with the average age of 18 years exist in Iran according to official statistics (Momtazi, 2002). In addition to the high rate of substance use, the increasing trend in drug use over the last 40 years is the more worrying issue (Vassileva, 2011). The growth rate of substance abuse in Iran over the past 20 years has been three times higher than the rate of population growth (Tavakoli, Ghouhani, Shojaeizadeh & Mazloom, 2009). According to the above statistics, several prevention and rehabilitation programs have been designed and implemented for drug addiction, but the prevalence of addiction statistics is still high (Nielsen, 2012). According to addiction relapse among the addicts in drug-rehabilitation centers, it seems that treatment and control programs do not take advantage of a very high efficiency (Nastyzay, 2010) and the issue of prevention should be given more attention than ever before.

Many factors and variables are operative in tendency to drug use as risk factors. One of these factors is lifestyle. Adler was the first psychologist who proposed lifestyle and, then, his followers increased. In one sense, lifestyle is the product and effect of beliefs and values. This means that the lifestyle of any individual or community depends on the beliefs and values of that individual or community. Lifestyle is the way people have chosen during life and its foundation is established in the family. Lifestyle is influenced by culture, race, religion, socioeconomic status, and beliefs. As defined by the World Health Organization, lifestyle refers to the people's life with a perfect reflection of social values, attitudes, and activities. In addition, a combination of behavioral patterns and individual habits throughout life (physical activity, nutrition, addiction to alcohol, tobacco, etc.) has come into existence and seeks the socialization process (Estagi et al., 2006). Research shows that the major causes of death in modern societies are largely related to lifestyle (World Health Organization, 2013). The enjoyment of a healthy lifestyle is considered an important predictor of future health, the degree of fruitfulness, and life expectancy (Fahey, Insel & Roth, 2009). Unfortunately, the general trend and process is indicative of the societies' movement and inclination toward unhealthy behaviors and lifestyles (Rensburg & Surujlal, 2013). Based on research conducted in this domain, the

rise in interest and acceptance of Western lifestyles has led to reduced adherence to more healthy lifestyles and has resulted in an increase in related diseases (Rensburg, Surujlal & Dhurup, 2011).

Islamic lifestyle is a kind of lifestyle that is largely in harmony with Islamic culture. Islamic lifestyle is not an all-or-nothing concept; rather, it is a large continuum with low, middle, and high degrees and these degrees can be inferred from many verses and narrations about Islamic lifestyle. In the holy Quran (An-Nisa', 126), God orders the believers to the faith. Elsewhere, the holy Quran (Al-Imran, 165) describes the hypocrites who avoided going to war under false excuses as: "They are closer to unbelief than faith today." Imam Sadiq (AS) views faith as a ladder where the steps should be taken one after the other (Klini, 2009). Putnam & Lima (2010) and Headey, Schupp, Tucci & Wagner (2010) showed that religious people are more satisfied with life. In addition Dalvandi et al. (2012) have shown that deviation from moderation of thought, belief, and behavior is as a central variable or is the essential psychosocial health-oriented problem of the lifestyle based on Islamic culture.

Despite the great importance and role of lifestyle in different behaviors of people, few studies have been conducted in this area, especially Islamic lifestyle that has not been assigned that much voice. Therefore, considering the increasing rate of addiction in the society and consequent increase of addiction among students which brings adverse and destructive effects on the whole community and students, this question is raised: Is there any relationship between students' adherence to Islamic lifestyle and their tendency and potential for drug use? Can students' adherence to Islamic lifestyle predict addictability rate. In case of the positive answer to these questions, it is feasible to fight against addiction via the promotion of the Islamic lifestyle.

Method

Population, sample, and sampling method

A descriptive-correlation research method was used for this study wherein adherence to Islamic lifestyle was considered as the independent variable and addictability was considered as the dependent variable. All male and female students of University of Mohaghegh Ardabili in the academic year 2015-2016 constituted the statistical population of this study. From among this population (N=13000), the number of 377 participants (150 girls and 227 boys because of the higher prevalence of addictability among boys) was selected by cluster random sampling method, based on Krejcie & Morgan's table, and with the observance of the inclusion criteria. It is noteworthy that the inclusion criteria were being student at the time of the research, not suffering from severe psychological problems, and willingness to cooperation and completion of the questionnaire. The following ethical measures were taken in order to observe the

related ethics: 1. The explanation of the research objectives and description of the researcher's expectation from the participants, 2. The receipt of written consent from the participants and the observance of the principle of autonomy from research participation, and 3. Assurance about the confidentiality of the data and the group analysis of the data.

Instruments

1. Short Form of Islamic Lifestyle Questionnaire: This questionnaire has been developed by Kaviani (2011) and includes a short form (75 items) and a long form (135 items). The short form of this scale evaluates 10 following components with four-choice items (very little, little, much, and very much): social component, worship, beliefs, ethics, finance, family, health, thought and science, defensive-security component, and punctuality. As per the instructions, each of the direct items is assigned from 1 to 4 scores whereas the reversed items are assigned from 4 to 1 scores. At the next stage, the ratios of each items (ratios of 1, 2, 3, and 4) are applied. The reliability of this questionnaire has been reported to be equal to .786 via Chronbach's alpha. The exploratory factor analysis with principal component analysis and oblimin rotation was used to evaluate the construct validity and factor structure of the test. Oblimin rotation was used since the factors were correlated with each other. To ensure the adequacy of the selected sample size for the conduct of factor analysis, first the Kaiser-Meyer-Olkin test, which is abridged as KMO, was run. The pertaining value has been obtained equal to .737 in Kaviani's research (2011). This shows the sufficiency of the selected sample size (Kaviani, 2011).

2. Attitude Assessment toward Substances: This scale has been validated by Rezai, Delavar & Najafi (2012) and consists of 10 three-choice items wherein one choice represents positive attitude, another choice suggests negative attitude, and the other one represents null attitude towards addiction. The validity of this scale was reported to be desirable by using group discrimination (discrimination of drug users from normal people) and factor analysis; in addition, its reliability has been obtained equal to .86 using Cronbach's alpha coefficient (Rezai et al., 2012).

3. Students' Addiction Potential Questionnaire: The revised form of this questionnaire was validated by Zeinali (2012) and consists of 40 items and four factors that are scored based on the three-point Likert scale (never=1, to some extent=2, and frequently=3). These four factors are behaviors, lifestyle and social relations, personality characteristics, and affects and beliefs. The new version of this questionnaire with 40 items and 4 factors benefits from desired construct validity and internal consistency. Overall, it is a valid instrument for the measurement of addiction potential in students (Zeinali, 2012).

Results

The average age of participants in the study was 22.13±2.68 years and the minimum and maximum ages among the participants were 18 and 48 years, respectively. In terms of academic majors, 35.81% of the participants were studying humanity fields, 12.73% of the participants were studying mathematics fields, 28.12% of the participants were studying technical fields, and 23.34% of the participants were studying agricultural fields. In terms of gender, 227 students (61.62%) were male and 150 students (39.79%) were female. The majority of the participants (89.12%) were unmarried. The descriptive statistics of the demographic variables are presented in the table below.

Table 1: Descriptive statistics of the demographic variables in the sample group

Variable	Year of University entrance					Educational program			Residential place		Economic status of the family			
	2011 and before	2012	2013	2014	2015	Associate's	Bachelor's	Higher Education	Dorm	Student house	with family	Good	Average	Weak
Frequency	31	130	91	88	37	33	282	62	244	62	71	64	226	58
Percentage	22.8	48.34	14.24	34.23	81.9	75.8	74.80	16.45	72.64	16.45	83.18	98.16	95.59	38.15

The correlation matrix of the variables under study are presented in the table below.

Table 2: Correlation matrix of the variables under study in the sample group

Components of Islamic lifestyle	Tendency to drug use	Addiction Potential				Total Score
		Behaviors	Lifestyle	Personality	Affects	
Social component	-.31	-.40	-.43	-.25	-.39	-.44
Worship	-.17	-.22	-.20	-.17	-.22	-.24
Beliefs	-.24	-.33	-.36	-.18	-.19	-.33
Ethics	-.32	-.54	-.51	-.39	-.49	-.58
Finance	-.37	-.46	-.46	-.34	-.43	-.51
Family	-.33	-.34	-.33	-.21	-.28	-.35
Health	-.25	-.46	-.46	-.33	-.34	-.49
Thought and science	-.27	-.31	-.25	-.09	-.27	-.28
Defensive-security component	-.23	-.22	-.28	-.18	-.24	-.28
Punctuality	-.05	-.32	-.27	-.27	-.33	-.36
Total Score	-.41	-.37	-.56	-.38	-.50	-.61

* P<.01; **P<.05

Multiple linear regression analysis (Enter method) was used to examine the predictability of students' tendency to drug use and addiction potential based on the lifestyle. The results showed that 23% of the variance in students' tendency to drug use has been explained on the basis of the lifestyle. The regression coefficients are presented in the table below.

Table 3: Regression coefficients of students' tendency to drug use based on Components of the Islamic Lifestyle

<i>Component</i>	<i>B</i>	<i>SD</i>	<i>β</i>	<i>t</i>
Constant	35.31	2.48	-	14.230
Social component	.047	.05	.07	.940
Worship	.10	.08	.08	1.340
Beliefs	-.06	.06	-.06	-.960
Ethics	.002	.03	.004	.050
Finance	-.17	.04	-.28	-3.860
Family	-.097	.04	-.16	-2.490
Health	-.175	.08	-.13	-2.140
Thought and science	-.138	.08	-.11	-1.740
Defensive-security component	-.22	.708	-.17	-3.320
Punctuality	.21	.08	.15	2.660

The regression coefficients of the Islamic Lifestyle Components also suggests that finance ($\beta=-.28$), family ($\beta=-.16$), health ($\beta=-.13$), defensive and security component ($\beta=-.17$), and punctuality ($\beta=.15$) have the ability to predict students' tendency to drug use, but other components are not significant.

Multiple linear regression analysis (Enter method) was used to examine the predictability of students' addiction potential based on the lifestyle. The results showed that 45% of the variance in students' addiction potential has been explained on the basis of the lifestyle components. The regression coefficients are presented in the table below.

Table 4: Regression coefficients of students' addiction potential based on Components of the Islamic Lifestyle

<i>Component</i>	<i>B</i>	<i>SD</i>	<i>β</i>	<i>t</i>
Constant	145.18	5.17	-	28.07
Social component	-.03	.11	-.02	-.28
Worship	.23	.16	.07	1.43
Beliefs	-.02	.13	-.01	-.19
Ethics	-.31	.07	-.28	-4.48
Finance	-.27	.09	-.19	-3.03
Family	-.14	.08	-.10	-1.76
Health	-.64	.17	-.19	-3.72
Thought and science	.21	.16	.07	1.30
Defensive-security component	-.53	.14	-.17	-3.84
Punctuality	-.40	.17	-.11	-2.41

As it can be observed in the above table, ethics ($\beta=-.28$), financial ($\beta=-.19$), health ($\beta=-.19$), defensive and security component ($\beta=-.17$), and punctuality ($\beta=-.11$) had the predictive power of students' addiction potential.

Discussion and Conclusion

This study aimed to investigate the relationship between adherence to Islamic lifestyle and addictability among students. The results showed that there is a negative relationship between the students' adherence to Islamic lifestyle and tendency to drug use. In other words, as students' adherence to Islamic lifestyle is higher, their tendency to drug use decreases. In contrast, the lower level of students' adherence to Islamic lifestyle will be tantamount to increased tendency to drug use. In terms of the relationship of each component of Islamic lifestyle with students' tendency to drug use, the findings of this study showed that all the components of Islamic lifestyle except punctuality have a negative relationship with students' tendency to drug use. This means that the extent to which students' adherence to social component, worship, beliefs, ethics, finance, family, health, thought and science, and defensive and security component is higher, their tendency to drug use will be reduced. This finding is consistent with the results of the following studies: Dehghani & Dehghani (2014) who proved the impact of social skills training on the reduction of female students' tendency to drug use; Anthony et al. (2011) who assessed the influence of lifestyle and health on tobacco use, diet, and physical activity; Johanson, Duffy & Anthony (1996) who evaluated the effect of participation in religious activities on the prevention of tendency to drug use; Michalak, Trocki & Bond (2006) who investigated the predictability of the behaviors associated with addiction to alcohol through religious variables; Daaleman, Kuckelman Cobb & Frey (2001) who examined the effect of spiritual beliefs on the development of health habits and behaviors; Asghari, Kordmirza & Ahmadi (2013) who evaluated the influence of religious attitudes on substance abuse among students; Makarem & Zanjani (2013) who assessed the influence of religion on prevention of drug use; Zargar & Bolhari (2008) who proved the negative relationship between religious attitudes and addiction potential; Sargolzaei, Behdani, Vosoogh & Ghorbani (2002) who investigated the influence of religious activities on the prevention of drug use; Zarinkalak (2009) who assessed the predictability of drug use among adolescents through beliefs and attitudes towards drugs; Shahriari, Ddastjerdi, Hojatzadeh, Kaykhaee & Ramezani (2013) who researched the role and function of family in students' tendency to substance abuse; Tavakoli & Dehkordian (2013) who assessed the impact of separated families on the incidence of addiction in students; Hosseinkhanzadeh, Taher, Sayednoori, Yahyazadeh & Isapour (2013) who examined the effect of appropriate and constructive interactions in families on students' addiction prevention; Kaur & Kaur (2015) who found an inverse association between alcohol use and inexperience; Varela-Mato, Cancela, Ayan,

Martin, & Molina (2012) who reported the availability of the association of unhealthy lifestyle, such as alcohol use, tobacco use, and lack of physical activity with illegal drug use among university students; Beirami, Alizade, Ghavidel, Hashemi & Mahmoud Alilou (2012) who assessed the impact of behavioral disorders on the development of people's tendency to drug use; and Anthony et al (2011) who indicated that differences between health and lifestyle after tobacco use, diet, and physical activity.

Based on social learning perspective, people learn undesirable behaviors from family, friends, and environment. If someone with the diagnosis of drug dependence is in contact with religious activities or a network of friends who do not use drugs and their attitudes do not tolerate drug use, s/he will learn anti-drug attitudes and these attitudes will be strengthened in him/her. Clinical findings suggest that the lifestyle, social relationships, attachments, emotions, and behaviors that have been shaped during one's development play a major role in the formation of drug dependence (Dabaghi, Asgharnejad Farid, Atef Vahid & Bolhari, 2007; Habibi, Besharat, Bahrami Ehsan, Rostami & Ferrere, 2012; and Arteaga, Chen & Reynolds, 2010). The individual's life environment and social relations have an essential role in shaping his/her personality and have a major impact on the occurrence of healthy and destructive behaviors. If the person's social environment and social relations are healthy, s/he will certainly maintain a healthy personality in the future. One's range of relations with the people around determines his/her correct or wrong behaviors in the future. It is likely that one person has been grown up in a non-compatible family, but s/he has become a healthy person in the community because of companionship with healthy and religious friends. On the other hand, it is possible that one person has been grown up in a healthy family, but s/he has undergone problems and issues because of friendship with bad friends and acquaintances. Given the importance of one's living environment in the development of his/her personality, if the environment and the surrounding people have religious beliefs, s/he will certainly get along with them and avoids wrong behaviors, such as substance use.

In addition, this study also showed that there is a negative relationship between adherence to Islamic lifestyle and addiction potential. This means that as students' adherence to Islamic lifestyle is higher, their addiction potential is reduced. In contrast, the lower level of students' adherence to Islamic lifestyle will be tantamount to increased addiction potential. In terms of the relationship of each component of Islamic lifestyle with students' addiction potential, the findings of this study showed that all the components of Islamic lifestyle except thought and science from Islamic lifestyle and personality component from Addiction Potential Scale, there is a significant relationship between components of Islamic lifestyle and all the components of addiction potential. In other words, the higher level of social component, worship, beliefs, ethics, finance, family, health, thought and science, defensive-security component, and punctuality will

be followed by the lower level of addiction potential is reduced and vice versa. The useful and constructive tips and guidelines of Islam includes all the individual and social aspects of life and this religion has set specific principles and tenets for all the stages of human life that lead to movement towards divine direction. According to the findings of this research, lifestyle, in general, and Islamic lifestyle, in particular, are correlated with various aspects of psychological, social, and physical domains of life. Following Islamic lifestyle immunizes people against social problems, such as delinquency, substance abuse, and addiction. Undoubtedly, a person who has faith in God and views God watching his/her acts in all stages of the life will try to make use of appropriate Islamic ethics and behaviors to develop and actualize his/her potentials. Such a person do not hesitate any efforts to reach the highest ranks and will use his/her financial resources and time in the best way. For this purpose, s/he avoids doing the chores that lead to the collapse of healthy human characters and does not entangle him/herself in improper behavior such as drug abuse. Students and graduates of universities in the country, as the educated sections of the society and potential and real human capitals of the community, play a great role in the development of the country. University authorities and scientific officials of the country should consider this important implication in their planning that students' tendency to follow Islamic lifestyle will put them in the road of scientific and religious progress and will protect them against the social abnormalities, such as addiction and substance abuse.

The following include some important limitations of this study. This study was conducted merely in University of Mohaghegh Ardabili. Therefore, considering the special cultural features of the region, the generalizability of the results of this study to other regions is reduced. In addition, according to the results of this study, it is suggested that families' adherence to the Islamic lifestyle be promoted and enhanced in order to prevent the increasing trend of addiction in society, especially among people young. In this regard, some workshops should be held to explain and describe Islamic lifestyle and its role in biological, psychological, and social health of the public, especially young people and students. It is also recommended that some course units under the title of Islamic lifestyle be placed in the curriculum of Bachelor's program and these courses are suggested to be held in the form of workshops for freshmen by qualified professionals. Given the importance of adolescence in ensuring the next life stage as well as the identification of adolescents, promoting Islamic lifestyle programs even start from high school period by the education system. On the arrival of students to universities, they should be evaluated and assessed by the health center of the university in terms of adherence to Islamic lifestyle. N this way the students with low levels of adherence to Islamic lifestyle are identified and special programs are developed and held for them so that their adherence to Islamic lifestyle can be promoted and they can be stopped from tendency to addiction. Socio-cultural departments of universities and even student deputies should offer cultural

attachments in all the affairs related to students for promoting Islamic lifestyle and these cultural programs should be held during the academic year among students. At the end, it is recommended that the necessary measures be taken for indexing Islamic lifestyle and making a step-by-step plan to promote Islamic lifestyle among students.

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