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The Relationship between Religious Orientation and Academic Resilience with the Mediation of Spirituality

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Abstract

The purpose of this research is to investigate the relationship between religious orientation and academic resilience with the mediation of spirituality in medical students. The subjects included 140 students (70 females and 70 males) from different faculties of Shiraz University of Medical Sciences, who were selected in a multi-stage cluster method. The research tools included Aaronson's spirituality scale, Allport and Ross internal and external religious orientations, and the academic resilience scale. In the analysis of the research findings, Multiple Regression was used in the simultaneous hierarchical method in accordance with the steps of Baron and Kenny (1986). The results showed that internal religious orientation was a positive predictor of spirituality and spirituality was a positive and significant predictor of academic resilience. Also, the spirituality variable was a strong mediator in the relationship between religious orientations and academic resilience. Therefore, people's spirituality and religiosity are significant predictors of academic resilience ($p \leq 0.0001$).

Keywords: Academic Resilience; Spirituality; Internal Orientation of Religion; External Orientation of Religion

Introduction

In recent years, the approach of positive psychology, with the slogan of paying attention to human talents and abilities, has been favored by researchers in various fields of psychology. One of the proposed constructs in positive psychology is resilience (Carr, 2006). Many social researchers in the 1970s investigated why some people not only remain healthy but also survive adversity. And the risks work well. This concept was called "resilience" (Patterson, 2002). Resilience refers to the individual's ability to react in the face of psychological challenges (Strumpfer, 2001), and academic resilience is the ability of students to achieve academic and social success in school despite the problems they face in this environment (Capella and Weinstein, 2001). Resilience as a component of mental health is affected by various biological, psycho-social, cultural, economic, religious and environmental factors (Switzer, 1999).

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