

Adherence to the Islamic Lifestyle among Addicted and Non-Addicted Young Inmates in the Prisons of the Alborz Province, Iran

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Background: Drug abuse issue is an internationally serious and important problem viewed from different economic, social, physiological, and psychological angles. It is a multidimensional phenomenon which has attracted the attention of many psychologists, consultants, and social workers.

Objectives: The current study aimed to compare the level of adherence to the Islamic lifestyle among addicted and non-addicted young inmates in the prisons of Alborz province.

Materials and Methods: The research method of the current study was causal-comparative, and the implementation method was survey. Data were collected by Kaviani's Islamic lifestyle questionnaire (2011). The statistical population and sampling method: All inmates of the Alborz province prisons formed the population of the study, and 250 subjects were selected by multi-stage cluster method from the population.

Results: One-way analysis of variance (ANOVA) showed a significant difference in the level of adherence to the Islamic lifestyle ($F=10.52$, $Df=2$) among three groups of addicted and non-addicted inmates, and the personnel of the prisons. T-test of two independent groups also showed significant difference in the level of adherence to the Islamic lifestyle between women and men ($t=-2.39$, $P \leq 0.05$).

Conclusion: A significant difference was observed among three groups of addicted and non-addicted inmates, and the personnel of the Alborz province prisons in the level of adherence to the Islamic lifestyle, this difference was also significant in terms of sex.

Keywords: Islamic Lifestyle; Addicts; Personnel; Inmates; Sex

1. Background

Drug abuse issue is an internationally serious and important problem viewed from economic, social, physiological, and psychological angles. It is a multidimensional phenomenon which has dragged the attention of many psychologists, consultants, and social workers. Addiction or drug abuse is a chronic situation aroused from the continuous consumption of drugs, and has the following characteristics: 1. Due to continuous consumption of drugs, mental emerged behaviors encourage the person to use more, 2. Drug consumption regularly increases, 3. Drug deprivation symptoms, such as: aggression, stress, and anxiety, will be emerged in the person due to stopping the consumption, 4. Drug abuse is detrimental to the person and the society (1). According to Madadi and Nagoni (2), drug abuse is a non-adaptive model followed by continuous problems and potential adverse consequences (3). From the viewpoint of the World Health Organization (WHO) (4), the most important psychological effects of addiction are: depression, anxiety, forgetfulness, psychosis, and mental disorders; the social effects including the crimes such as theft, pros-

titution, and aggression can be also mentioned. From another angle, most of the addicts always try to change their drug-dependent lifestyle, but due to numerous therapeutic problems, they leave the course of treatment and resume drug consumption (5).

The youth health care is one of the important issues for every country. Unfortunately, a significant growth in the consumption of drugs, alcohol, and cigarettes is observed, especially among the youth (6). Iran, because of its human and geographical properties, has been also caught up in the whirlpool of addiction (7). Drug consumption in Iran has a history of several thousands of years; hence, the consequences of using drugs have always attracted the attention of psychologists and sociologists (8).

Addiction, as a social problem, which is common among the youngsters may result in different social and health disadvantages such as destruction of personal properties, growth of aggression, AIDS, theft, unemployment, mental disorders and suicide (9). Here, the prisons are also of particular importance, since the stressful conditions of these environments encourage people to

consume drugs. In addition, evidences gathered from the conducted studies show that most of the drug users are also engaged in the other crimes (10-12). Studies show that drug is used almost in all prisons of the world; in a way that the governments have faced a great challenge to cope with this dangerous issue (10).

On the other hand, these high risk behaviors may result from the behavior and living model, which forms the lifestyle. Relevant conducted studies almost confirm this matter; for example, studies show that the lifestyle is related to the addictive and high risk factors (13). In Iran, the problem of drug abuse has had new aspects; one of these dangerous aspects is that drug consumption has changed to a lifestyle, especially among the youth. When access to the area of culture and society is associated with some difficulties, or the social reality is not compatible with the area of cultural values, forming a new and strange model of lifestyle is expected. If drug consumption especially drug abuse, becomes a new lifestyle, people turn to the isolation and outburst. In this way, drug consumptions turns to a lifestyle among the youth.

Lifestyle is a rather stable model which man employs to reach his goals; in other words, it is a way to reach life goals. Alfred Adler, (14) was the first who raised the concept of lifestyle. He believed that man's recognition is based on his lifestyle, and understanding organization. Monahan (15) also believes that the lifestyle is affected by race, religion, social and economic situations, and beliefs.

According to Gidnez, a safe lifestyle is a way to reach all physical, mental and social well-beings. He believes that there are some differences between the safe and unsafe lifestyles, and that a safe lifestyle includes behaviors which guarantee mental and physical health. In other words, a safe lifestyle contains: nutrition, sport, sleep, social relations, coping with stress, facing high risk behaviors such as addiction, and methods of learning, studying, and spirituality. Gidnez believes that the unsafe lifestyle is also a matter of moving away from the mentioned factors (16).

On the other hand, it seems that the Islamic lifestyle, aroused from divine texts, can be an important point for completion and a proper framework for moving away from these high risk behaviors. Evaluating the lifestyle of addicts and comparing theirs with the Islamic lifestyle can open a new angle for the addicts, and also for psychologists, social workers and consultants to treat them. Different researches conducted on the effectiveness of logo therapy and its derivatives indicate the necessity of finding the differences between the Islamic lifestyle and the selected lifestyle by the addicts (17). The most important innovation in the concept of Islamic lifestyle is that the Islamic teachings and Islamic rules are written. According to the Islamic viewpoints, lifestyle is related to the person's whole life and its aspects. From another angle, Islamic lifestyle is different from other lifestyles (18). Researchers conducted on the Islamic lifestyle indicate that this lifestyle is a proper framework for human growth. Man can enjoy a safe life and obtain more satisfaction through following

this lifestyle; for example, Kajbaf, Sajadi et al. (19) showed that there is a positive relationship between the Islamic lifestyle, happiness, and life satisfaction.

Recent discussions on drug abuse and also sensitivities aroused in public about drug consumption among the youth at universities and schools indicate that a hidden tendency toward the use of drugs is forming as a new lifestyle. The fans of social interest theory, such as Hawkins, believe that lack of social commitments and values, and in general isolation from the community result destructive and harmful behaviors for the people and the society. Now, if drug consumption becomes a lifestyle, it means that the isolated people have turned to the rebellion. Under such circumstances that drug consumption has changed to a lifestyle people's attitude toward drug consumption changes, and they show more tolerance toward using drugs. Therefore, drug consumption will be rampant and uncontrollable. According to the conducted researches on lifestyle and addiction, it can be stated that addiction is seriously affected by man's lifestyle, and this phenomenon is one the most important issues and concerns of man and society (20).

2. Objectives

Therefore, the current study compared the lifestyle of addicted and non-addicted young inmate in the prisons of the Alborz province, Iran, and tried to answer this important question "Are there any differences between the lifestyle of inmate addicts, non-addicts, and the personnel of the prisons?" In addition, the current study evaluated the differences among addicted and non-addicted inmates and the personnel of the prisons at the adherence level to the Islamic lifestyle, considering the cultural principles of Iran derived from the Islamic attitude. Finally, the current research has also evaluated the mentioned differences in the framework of lifestyle, considering various sex differences (21).

3. Materials and Methods

3.1. Research Hypotheses

First hypothesis: The level of adherence to the Islamic lifestyle among addicted and non-addicted inmates, and personnel of the prisons is different. Second hypothesis: there is a difference between men and women in the level of adherence to the Islamic lifestyle.

3.2. Statistical Population and Sampling Method

In the current study, which was a casual-comparative research, the statistical population included all addicted and non-addicted inmates, and the personnel of the Alborz province prisons, Iran. The 250 subjects were selected by multi-stage cluster sampling method; in a way that, two prisons were selected and three groups were formed as addicted and non-addicted inmates and personnel of the prison.

Table 1. Descriptive Statistics of Lifestyle Variable According to Gender and Groups

Sex	Groups	Number	Average	SD	Variance	Cronbach's Alpha
Male	Addicted inmates	111	427.36	28.49	811.79	0.87
Male	Non-addicted inmates	72	427.54	28.17	793.66	
Male	Personnel of the prison	12	436.50	62.48	3902.27	
Male	Total	195	429.65	35.36	1047.54	
Female	Addicted inmates	27	422.03	29.95	384.11	0.71
Female	Non-addicted inmates	24	460.83	44.69	1997.53	
Female	Personnel of the prison	4	464.50	39.05	1525.66	
Female	Total	55	442.05	39.00	1521.64	

Table 2. Single-sampled Kolmogorov-Smirnov Test

Variant	Z	P	Level of significance
Islamic lifestyle	1.70	0.06	0.05

Table 3. One-way Analysis of Variance Test Result for the Islamic lifestyle Variable

Source of change	SS	Df	MS	F	Significance
Intergroup	21980.68	2	10990.34	10.54	0.01
Intra group	270012.21	247	1093.67		
Total	291992.90	249			

Table 4. t-Test for Two Independent Groups for Gender Differences

Sexuality	Average	SD	T	Freedom Degrees	Significance Level
Men	429.65	32.36	-2.39	348	0.01
Women	442.05	39.00			

3.3. Data Collection Tool(s)

Islamic lifestyle questionnaire: the reliability coefficient of this test, designed by Kaviani (22) based on the Islamic resources, was 0.78, and its validity coefficient, which is related to religious orientation test, was 0.64. In the current study, Cronbach's alpha was 0.71.

4. Results

Descriptive evaluation: this section contains descriptive statistics and demographic variables. According to Table 1, the statistical population of the study was 250 subjects among which 195 were men, and 55 were women. Accordingly, men and women of the personnel group had higher scores in comparison with other groups in the level of adherence to the Islamic lifestyle. In this regard, the Islamic lifestyle Cronbach's alpha was 0.71.

4.1. Inferential Evaluation

To employ statistical methods, first the normality of

data was evaluated by Kolmogorov-Smirnov statistical test. According to the results indicated in Table 2 the obtained level of significance for the Islamic lifestyle (0.06) which is higher than 0.05, data of this variable is normal, and parametric tests can be used to test this variable.

As shown in the Table 3, the measured F ($P < 0.05$) shows significant difference between the average levels of adherence to the Islamic lifestyle among the three groups under study. Therefore, the second research hypothesis indicating the level of adherence to the Islamic lifestyle among addicted and non-addicted inmates, and the personnel of the prison is confirmed. In this test, the LSD post hoc was employed for pair wise comparison of the difference between the groups, with the assumption of equal variances. Results showed a significant difference between the average level of adherence to the Islamic lifestyle among all the three groups as addicted and non-addicted inmates, and the personnel of the prison ($P < 0.05$). According to the results, the average level of adherence to the Islamic lifestyle in the addicted inmates was lower than those of the other groups.

According to Table 4, in the variable of Islamic lifestyle, t score was -2.39, and the level of significance was 0.01. Hence, considering the obtained level of significance, which is lower than 0.05, with 95% confidence, it can be said that there is a significant difference between the scores of the two groups of men and women for the Islamic lifestyle variables. The average scores of Islamic lifestyle variables, indicated women's higher scores. Discussion and Conclusion: the current study aimed to evaluate the level of adherence to the Islamic lifestyle among addicted and non-addicted inmates in the prisons of the Alborz province, Iran.

5. Discussion

Results of the current study indicated a significant difference among the level of adherence to the Islamic lifestyle in three groups of addicted and non-addicted inmates, and personnel of the prisons. Therefore, it can be inferred that the Islamic lifestyle is an appropriate framework for human growth and development, and to guide man towards safe life. According to the Islamic texts, crime is a matter of sin; therefore, people grown based on the Islamic lifestyle are away from these behav-

iors. The results of the current study are compatible with those of different researches, such as Sharifi's (17) on the effectiveness of logotherapy and derivations regarding the addicts, which all imply the necessity of finding the differences between Islamic lifestyles and the lifestyle of the addicts. Results of Superina (13), Hawkins, Weis (20) and Mohammadi's researches (23) are in the same line.

The final result of the current study also indicated a significant difference between men and women in the level of adherence to the Islamic lifestyle. Differences in the lifestyle of men and women may result from different factors such as biological differences between men and women (24). Adler, in addition to pointing to this matter, said that human lifestyle is not shaped in the form of words or thoughts, but human mind works sectional; that is the right hemisphere which is more emotional and interactional is more powerful in men, and the left hemisphere which is more interpretive and cognitive is more active in women. Some other factors, such as the specific attitude of women, and different cognitive and perceptual factors between men and women can also be mentioned (25, 26). The difference in the level of adherence to the Islamic lifestyle between men and women, more than anything else, returns to the attitude of these two genders and their beliefs toward the Islamic teachings and principles. Since women have stronger religious beliefs than men do, difference between them in the adherence to the Islamic lifestyle is expected. This result is supported by the results of Kaviani (22).

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