

Relationship between religious beliefs and emotional self-regulation, orientation and meaning of life in adolescents

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Abstrat: The purpose of this research was to investigate the relationship between religious beliefs with self-regulation, religious orientation and meaning of life in adolescents. The present study was a descriptive-correlational study and was considered as a fundamental functional purpose. The statistical population of the study consisted of all students of secondary school in Rasht, whose number was 754. The sampling method is random and the sample size is calculated using the Cochran formula. Accordingly, 250 people were ed as samples. The instruments used in this research included religious beliefs questionnaire, Garnowski et al. (2001), religious orientation Allport and Ross (1950) and Storg's Life (2010). The results showed that there is a positive and significant relationship between the total score of religious beliefs and the subscale of consistency; between the religious adherence subscale with the total score of emotional self-regulation, the subscales of adaptability and tolerance; also, there is a positive and significant relationship between religious secrecy subscale and undercover subscale. Also, there is a positive and significant relationship between the religious adherence subscale with the total score of life orientation and the optimism subscale; between religious subjugation scales and religious indecisiveness with pessimistic subscales. In contrast, there is a negative and significant relationship between the religious adherence subscale with the subscale of pessimism; between religious subjugation with optimism subscale; and between the religious unfaithfulness subscale with the total score of life orientation and the optimism scale. On the other hand, there is a positive and significant relationship between the total score of religious beliefs and the religious beliefs scale with the total score of life's meaning and subscales of presence and search. Conversely, there is a negative and meaningful relationship between the religious

unfaithfulness subscale with the total score of the meaning of life. Keyword: Religious Beliefs - Emotional Self-Regulation - Making Life - Meaning of Life

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