



The Relationship of Mindfulness, Moral- Cultural Foundations and Critical Thinking with Hopefulness and Perception of God in Married Women

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Abstract

The purpose of this study was to determine the canonical relationship of mindfulness, moral-cultural foundation and critical thinking with hopefulness and perception of God in married women. The research population included all married female students of Ahvaz University of Medical Sciences whom 180 subjects were selected by purposive sampling method as sample. The research method was descriptive and correlational type. To collect data Snyder et al. Hopefulness Questionnaire (1991), Lawrence Gods Perception Questionnaire (1997), Braun & Ryan's Mindfulness Questionnaire (2003), Haidt & Graham (2007) Moral Foundation Questionnaire and Ricketts Critical Thinking Questionnaire (2003) were implemented. For analyzing the data Pearson correlation coefficient and canonical correlation were applied. Results of the study showed that between the predictive variables (mindfulness, moral- cultural foundation and critical thinking) and the criterion variables (hopefulness and perception of God) were two significant canonical functions that equal to 0.644 and 0.293 ($p < 0.05$). The results of the canonical correlation analysis also, revealed that in the set of predictive variables the mindfulness was the strongest predictor. In the set of criterion variables, hopefulness had more predictive power. So, considering the predictive role of mindfulness, moral- cultural foundation and critical thinking in prediction of hopefulness and perception of God, it could be concluded that through focusing on predictive variables, hopefulness and perception of God would be increased in married woman students.



Extended abstract

Introduction: In family-oriented cultures, married women, regardless of their job and education status outside the home, are considered as the center of communication among family members. They play an important role in strengthening the foundation of the family. This factor increases their responsibility. In general, cultures determine the lifestyle of members of a society and all aspects of life, including the communication dimension, affect a person's mental and perceptual processes. One of the factors that is considered in cultures and has an effect on a person's lifestyle is a person's correct understanding of God's infinite existence. Every society tries to present appropriate values, behavior patterns and analysis to a person in the cultural context and in addition to the positive effects on a person's life, the society can also benefit from her/ hos growth to raise its ideals. One of the valuable components that every society tries to provide for its members is a path towards more awareness. In this regard, mindfulness is a psychological concept that positively affects people's thoughts, interpretations and perceptions in life. The spread of such a view and belief among the people of a society through its strong culture can lead to the strengthening of religious belief in difficult life conditions and is considered one of the ways to deal with everyday stress. On the other hand, one of the factors related to improving the level of hopefulness and correct understanding of God in the people of society can be considered the moral-cultural foundations of that culture. In fact, the theory of moral-cultural foundations is essentially prepared for the study of cultures and not individuals. Another factor that is created by the culture of each society in people and predicts desirable behavioral and psychological dimensions in them, is valuing the cultivation of critical thinking. The purpose of this study was to determine the canonical relationship of mindfulness, moral-cultural foundation and critical thinking with hopefulness and perception of God in married women.

Method: The research population included all married female students of Ahvaz University of Medical Sciences whom 180 subjects were selected by purposive sampling method as sample. The research method was descriptive and correlational type. To collect data Snyder et al. Hopefulness Questionnaire (1991), Lawrence Gods Perception Questionnaire (1997), Braun & Ryan's Mindfulness Questionnaire (2003), Haidt & Graham (2007) Moral Foundation Questionnaire and Ricketts Critical Thinking Questionnaire (2003) were implemented. For analyzing the data Pearson correlation coefficient and canonical correlation were applied.

Results: The results indicated that there was a positive and significant relationship between mindfulness, moral foundations and critical thinking with hopefulness and perception of God ($p < 0.001$). The results of the study showed that between the predictive variables (mindfulness, moral- cultural foundation and critical thinking) and the criterion variables (hopefulness and perception of God) were two significant canonical functions that equal to 0.644 and 0.293 ($p < 0.05$). The first function explained 80% of the common variance and the second function explained 54% of the common variance. The results of the canonical correlation analysis also, revealed that in the set of predictive variables the mindfulness was the strongest predictor. In the set of criterion variables, hopefulness had more predictive power.



Conclusion: Based on the obtained results, in the first focal correlation function, the strongest relationship was related to the variable of hopefulness from the variables of the first set (criterion) and mindfulness of the second set of variables (predictor). Therefore, it could be said that married women students who endure worries, such as the commitment and responsibilities of the family, are necessary to increase hopefulness and understand the presence of God alongside problems, hardships and daily pressures. So, considering the predictive role of mindfulness, moral- cultural foundation and critical thinking in prediction of hopefulness and perception of God, it could be concluded that through focusing on predictive variables, hopefulness and perception of God would be increased in married woman students.

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