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**THE ROLE OF RELIGIOUS COPING AT PEOPLE WHO WERE
CO-VID POSITIVE**

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Abstract

Spirituality means an area of life that needs to be developed in order to make easier the process of adaptation in a world full of various factors which influence everyday living. The religious coping is the way that connects inner self with the world in order to overcome difficulties by finding God as a source of power. A progressive relation with God is a solution for the well-being state of mind, soul and body. The purpose of this paper was to underline the spiritual necessities of people during hard life situations as well as an initial point for further researches related with the role of spiritual beliefs in adaptation. In order to achieve our goals we wanted to see the influence of the religious adaptative coping in the determination of personal development, an important factor which describe psychological well-being. The subjects of our research were people who were Co-vid 19 positive tested. We used psychometrical methods in order to determine their adaptative religious coping mechanisms, as well as their personal development level. The research was done on a 160 group of subjects, with ages between 17-58 years old, all roumanians, all of them being positive tested with Covid 19. The results of our research showed us that personal development is determined by the religious adaptative coping.

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1. Introduction

The whole bible is concentrated on our need to be in union with God, to be loved and love, to encourage and to be encouraged, to help and to be helped. A progressive relation with God is a solution for the well-being state of mind, soul and body. Spirituality is a domain which wasn't studied a lot in relation with psychological variables, though the few studies which were made show us great connections between spirituality and psychological areas of our existence (*Bassett & Bussard, 2021*). All of us, every day, face stressful situations, some of them being extremely stressful and we need to face them in order to move on (*Baban, 1998*). Sometimes in order to face these hard situations, we do develop some reactions known as mechanisms of coping (*Şleahitchi, 2007*). The mechanisms of coping are strategies used conscious or unconscious, by a person, in order to avoid, diminish, or make better the negative impact of a situation on his personal balance (*Iamandescu, 1998*).

The adaptative religious coping is represented by the idea of having God next to us, in an union, during our actions, or participating in religious rituals in order to pray and feel God nearer (*Okhli et al., 2019*). Thorough these coping mechanisms we can find the needed resources in order to face different situations, in order to make the adaptation process easier. The adaptative religious coping is represented by the idea of having God next to us, in an union, during our actions, or participating in religious rituals in order to pray and feel God nearer (*Alahdal et al., 2020*).

The well-being state of humans is different from one people to another, as the factors which influence it are different during the entire life. The well-being state is a strong indicator of life quality, and it refers to the balance in life, a good psychological health, emotional and cognitive balance, which are translated into an adaptive behavior (*Ryff & Singer, 2008*).

From very old times it was considered that spiritual experiences have a strong role in establishing an integrate personality (*Armitage & Nellums, 2020*). Spirituality refers to the religious psychological experiences, to the transcendental union, to the emotional development being in connection with God (*Ryan & Deci, 2000*). Spirituality has an important role for the well-being, for the mental health, being a strong resource for those who are in stressful situations, producing positive attitudes and relations (*Aten et al., 2019*). In 1991, Barcus had a research on 425 students from Indiana, in order to see if there is any relation between the spiritual well-being state and the psychological well-being, showing a very strong positive correlation (*Miron, 2011*).

Unfortunately, there are some extreme situations, which cannot be controlled by man, as we can discuss about the pandemic situation which hit the entire world (*Granqvist et al., 2020*). It is our duty to underline the psychological effects which are present even today in people who developed the illness. Generally when we are well we run after lots of things being stressed, forgetting about God, about spirituality, about praying (*Tavassoli et al., 2019*). But when we have to face difficulties, when we have to go through a health problem, those are the moments when we remember that above us is God. This is why through this paper we wanted to see if religious adaptive coping is a predictor for personal development.

2. Problem Statement

Through this paper we wanted to study the relations between the personal development which is a factor of the psychological well-being and the adaptive religious coping at people who were tested Co-vid 19 positive. Also, we wanted to develop a regression model in order to see if the religious coping is a predictor for personal development.

3. Research Questions

Our first research question was if between personal development and adaptive religious coping exist any correlations? Our second research question was if the religious adaptive coping mechanisms are predictors for personal development at people who were tested Co-vid 19 positive?

4. Purpose of the Study

- i. Operationalization of the variables-religious adaptive coping and well-being;
- ii. finding any correlations among the variables we investigated;
- iii. finding the best instruments to measure the variables;
- iv. testing the model of regression that we proposed.

5. Research Methods

We used the psychometrical method. In order to evaluate the adaptive religious coping we used The Questionnaire for Religious Coping and to determine the level of personal development we used Ryff's Well Being Scale. Both instruments are very well known and both of them have great psychometrical qualities.

Variables: the adaptive religious coping - religious dedication and collaborative coping; well-being-personal development.

Participants: The study was done on 160 subjects, all of them Co-vid 19 positive tested, with ages between 17-58.

6. Findings

Through this study we came to the results that adaptive religious coping highly correlate with personal development in the case of Co-vid 19, positive tested people, which means that having the presence of God in every action we do, or active participating in religious rituals increase our personal development level, through bad periods of time. Table 1 show us the means of the scores for the three variables that we have analysed, as well as the standard deviations. Table 3 show us the regression analysis showed us that both religious dedication and collaborative coping are predictors for personal development as 91% of the variation of personal development is explained by the religious adaptive coping mechanisms.

Table 1. Descriptive Statistics

	Mean	Std. Deviation	N
Personal development	21.5250	9.81845	160
Religious dedication	6.4250	3.44508	160
Collaborative coping	6.2500	3.45865	160

Table 2. The correlations between personal development, religious dedication, collaborative coping

		Personal development	Religious dedication	Collaborative coping
Pearson Correlation	Personal development	1.000	.896	.910
	Religious dedication	.896	1.000	.966
	Collaborative coping	.910	.966	1.000
Sig. (1-tailed)	Personal development	.	.000	.000
	Religious dedication	.000	.	.000
	Collaborative coping	.000	.000	.
N	Personal development	160	160	160
	Religious dedication	160	160	160
	Collaborative coping	160	160	160

Table 2 shows us there is a strong correlation between personal development and religious dedication, $r=0,89$, $\text{sig}<0,01$, and also a strong positive correlation between personal development and collaborative coping, where $r=0,91$, $\text{sig}<0,01$.

Table 3. ANOVA^b

	Model	Sum of Squares	df	Mean Square	F	Sig.
1	Regression	12764.283	2	6382.142	390.853	.000 ^a
	Residual	2563.617	157	16.329		
	Total	15327.900	159			

a. Predictors: (Constant), collaborative coping, religious dedication

b. Dependent Variable: personal development

Table 4. Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	.913 ^a	.833	.831	4.04089	.833	390.853	2	157	.000

As we may see from figure 3., 91% of the variance of the dependent variable which is the personal development is explained by the two predictors religious dedication and collaborative coping.

Table 4 shows us the ANOVA results, where $F=390,853$, $\text{sig}<0,01$, which show us that both our predictors are in a linear association with the criterium variable. Table 5 shows us that both predictors are significant for the equation of regression.

Table 5. Coefficients^a

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	5.083	.678		7.500	.000
1					
religious dedication	.713	.362	.250	1.969	.051
collaborative coping	1.897	.361	.668	5.259	.000

a. Dependent Variable: personal development

7. Conclusions

Spirituality is a domain which wasn't studied a lot in relation with psychological variables, though the few studies which were made show us great connections between spirituality and psychological areas of our existence (Torales et al., 2020). It is really important to understand the fact that our existence is not about only the things that we do, things that we achieve, it is also about our spiritual needs, spiritual beliefs, and how we use them in order to make the process of adaptation easier (McBride et al., 2020). Some-times it is necessary for humans to pass through bad experiences, or to have hard times in order to see the simple things in life which give a lot of satisfactions, in order to remember to be grateful and to remember God.

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