

# The Third International Anxiety Congress

Shefa Neuroscience Research Center, Tehran, Iran, 23-24 November, 2016



## *The Neuroscience Journal of Shefaye khatam*

Volume 4, No. 3, Suppl 1

### Poster Presentation

## **Comparative Analysis of the Religious Coping, Optimism, and Social Physique Anxiety between the Disabled and the Normal People in Gorgan**

Nahid Ramak<sup>1\*</sup>, Alireza Homayooni<sup>1</sup>, Eshagh Samkhaniyan

<sup>1</sup>Azad University, Bandargaz, Iran

**Published: 23- 24 November, 2016**

#### **Abstract**

The current study aims at the comparative analysis of the religious coping, optimism, and social physique anxiety between the disabled and the normal people. As for the methodology of this comparative analysis, 60 Gorgani people, 30 disabled and 30 normal people, were chosen through systematic random sampling in 1395 taken from the names of those disabled who were registered in the welfare organization of Gorgan. They were asked to fill out Pargament's religious coping questionnaire (RCOPE) (2000) and the Iranian optimism scale. The data were analyzed through multivariate analysis of variance test (Manova). The results indicate that social physique anxiety, self-awareness, contact with nature, contact with others, negative religious coping, shows inactive religious struggle. Regarding the one-way analysis of Variance in Manova's text, there is a significant change on the  $P < 0.005$ . Regarding the results of the research the social physique anxiety is more in the disabled and consequently religious solutions and their optimism becomes less than normal people. However, through proper educational programs for the disabled, one can improve the psychological condition of the society.

**Keywords:** Religious coping, Optimism, Social physique anxiety, The disabled

**\*Corresponding Author:** Nahid Ramak

**E-mail:** nahidramak@yahoo.com