

عنوان مقاله:

Mental health and related factors in student centers of Red Crescent society on Universities of Borujen city

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نویسندگان:

محمد حیدری

حمید جعفری

فاطمه علی اکبری

بهار سیفی

منصوره قدوسی بروجنی

خلاصه مقاله:

Background: Psychological stress of stressful jobs can affect the mental health of its members and damage to the services quality to the clients. Thus, the aim of this study was to evaluate the mental health and related factors among the volunteers' groups and members of student centers of Red Crescent society in Borujen. Method: In this cross-sectional study, by random sampling about ۲۳۰ members were studied and selected among student centers of Red Crescent society. Data was gathered by a two-part questionnaire consisted of demographic information and health survey (GHQ). Also, data was analyzed by using SPSS-۱۶ and tests of Fisher exact and Chi-square. (۰.۰۵) Results: The results showed the obtained mean and standard deviation from the General Health Questionnaire between samples are ۵۰.۲۸ ± ۲۹.۸۸ and totally about ۵۶.۵۲% had psychological disorders. The domain of mental health was examined in depression and anxiety about ۶۵.۲۱% and ۶۸.۶۹% respectively. Also, significant difference between marital statuses, education level and gender with mental health were observed. ($p < ۰.۰۵$) Conclusion: According to the high prevalence of mental health problems in the research findings, officials' attention involved in mental health in universities is essential in order to prevent and resolve the problems. In particular, student centers are the best places for planning and education to increase the level of youth mental health.

کلمات کلیدی:

mental health, Red Crescent, student centers, سلامت روان, هلال احمر, کانون های دانشجویی.

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