

عنوان مقاله:

Positive Dimensions of Mental Health and Personality in a Sample of University

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خلاصه مقاله:

This article analyzes the correlation between PMH and personality dimensions in a sample (۳۵۸ males and females) of university students. To measure positive mental health, the PMH test of María Teresa Lluch [۴] was applied at the same time and personality was measured through Eysenk's personality inventory. A non-parametric test called the Spearman correlation technique was applied to correlate the variables, which was used for the ordinal variables. In the article, two hypotheses are presented. First, there is no correlation between PMH and the dimension of neuroticism "N," and if there is a correlation between PMH and "N" neuroticism, resulting in no correlation between the PMH and the "N" Neuroticism dimension and that there is a correlation between PMH and "E" extroversion in university students of the UNJBG. Tacna (۲۰۱۸) Used the non-probabilistic sampling in its intentional form. The data found regarding the PMH level are mentioned as follow: ۲۵.۷% are located in the low level, ۵۸.۷% in the middle level, and only ۱۵.۶% are located at the high level.

کلمات کلیدی:

Positive Mental Health, Personality Dimensions, public health

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