

عنوان مقاله:

Study of the Relationship Between Core Discussion Network and Demographic Factors With the Spiritual Health of Young and Middle-aged Men and Women

محل انتشار:

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خلاصه مقاله:

Background and Objectives: One of the characteristics of a healthy person is having a good level of spiritual health that can be influenced by different factors. The present study aimed to describe the spiritual health of young and middle-aged men and women and to examine the relationship between the core discussion network and some demographic variables with spiritual health. **Methods:** The present study was performed using the survey method, in which ۴۰۰ men and women aged ۱۸-۶۵ years living in Shiraz were selected as a statistical sample by multistage random sampling. The research tool was a questionnaire that included three sections: demographic questions, questions related to the core discussion network, and questions related to spiritual health. The questioning process lasted a month and a half and the data were analyzed using mean and percentage statistics and independent t-test, one-way analysis of variance, and linear regression. **Results:** The spiritual health of most respondents was moderate. The highest number of ties of respondents was in the group of friends and Indoor people. Inferential tests showed that the level of the spiritual health of women, middle-aged people, married people, and people who considered themselves to belong to the upper class of society was higher than others. The core discussion network significantly predicted spiritual health in two dimensions: Indoor people and close family members. **Conclusion:** All people aged ۱۸-۶۵ years had a level of spiritual health, but due to its important role in particular and its impact on other aspects of health, efforts should be made to increase this level. Some demographic factors as well as the core discussion network can increase this level. Therefore, efforts should be made to increase the strength of social ties.

کلمات کلیدی:

Health, Social Network, Spiritual health, Spirituality, Young, Middle-aged
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