

## عنوان مقاله:

The Predictive Role of Spiritual Wellbeing in Social Anxiety University Students

## محل انتشار:

فصلنامه سلامت، معنویت و اخلاق پزشکی، دوره 8، شماره 3 (سال: 1400)

تعداد صفحات اصل مقاله: 6

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## خلاصه مقاله:

**Background and Objectives:** Social anxiety disorder is one of the most common anxiety disorders. It presents with a persistent fear of one or more social or functional situations and is highly prevalent. This study aimed to investigate the predictive role of spiritual wellbeing in social anxiety. **Methods:** The method of research was descriptive correlational. The study population included all students of Al-Zahra University in the ۲۰۱۸-۲۰۱۹ academic year. The cluster random sampling method was used to recruit ۲۹۰ samples. Data collection tools included social phobia inventory and spiritual wellbeing. A correlation and multivariate regression test was used to analyze the data. **Results:** The results showed that the dimensions of spiritual wellbeing have a negative relationship with social anxiety. Based on these results, the correlation coefficient ( $r=0.157$ ) between the total score of spiritual wellbeing and social anxiety is significant ( $P<0.01$ ). Also, the results showed that the spiritual wellbeing variable explains ۱۰% of the changes in social anxiety. **Conclusion:** According to these findings, planning, and teaching to promote students' spiritual wellbeing are essential in reducing their social anxiety

## کلمات کلیدی:

Social anxiety, Spirituality, Wellbeing, University students  
بهرزیستی معنوی، اضطراب اجتماعی، دانشجویان.

## لینک ثابت مقاله در پایگاه سیویلیکا:

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