عنوان مقاله:

Predicting Resilience and Mental Health of Adolescents Based On Parents' Lifestyle

محل انتشار:

تعداد صفحات اصل مقاله: 9

نویسندگان:

Shohre Jafari - *M.A of Family Counseling, Allameh Tabatabai University, Tehran, Iran*

Maryam Nazarloo - *M.A of General Psychology, Payame Noor University, Tehran Branch, Iran*

S. Elahe Hosseini - *Master of Clinical Psychology, Islamic Azad University, Birjand Branch, Iran*

Zahra Shirvani - *M.A of General Psychology, Persian Gulf University, Bushehr, Iran*

خلاصه مقاله:

The aim of this study was to predict resilience and mental health of adolescents based on parents'lifestyle. The statistical population of this study is all male students of the first year of high school indistrict one of Tehran who was studying in the academic year of ۲۰۱۸. To select the sample using multistagecluster sampling method and based on Morgan table, ۳۶۰ people were selected and studentsanswered the Goldberg Mental Health Questionnaire and Connor, Davidson and their parents to theMiller and Smith Lifestyle Questionnaires. The obtained data were analyzed using simultaneousregression method. The findings of the study were that the best predictor of resilience and mental healthof adolescents is related to parents' lifestyle. According to the results of the present study and also thekey and pivotal role of lifestyle in predicting resilience and mental health of adolescents, training,treatment and effectiveness courses to improve the quality of life of families and to increase the level ofresilience and mental health of adolescents it is possible.

کلمات کلیدی:

Resilience, Mental Health, Lifestyle, Students

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