

## عنوان مقاله:

Investigating the effect of mindfulness on the social health of the elderly referred to Shahrekord health centers in ۲۰۲۱

## محل انتشار:

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## خلاصه مقاله:

Introduction: Today, many researchers believe that not only social health cannot be separated from other dimensions of health, but also the importance of that in physical and mental health is quite obvious. In addition, the global population aging crisis doubles the importance of studies in the Elderly field. Therefore, this article aimed to investigate the effect of mindfulness on the social health of the elderly referred to Shahre-Kord health centers in ۲۰۲۱. Method: This quasi-experimental study with the pre-test-post-test design was performed on ۳۰ elderly people aged ۶۰-۷۰ years referred to Shahrekord health centers. Simple random sampling and data collection tools were the Keys Social Health Questionnaire. Data analysis was performed at descriptive and inferential levels using SPSS software. The significance level was considered  $p < 0.05$ . Results: Participants' mean age was about  $62.83 \pm 2.23$  years, and the highest frequency of education level was related to diploma and post-diploma education. Also, ۹۳.۳% of the samples get paid more than ten million rials, and in terms of location, most people lived in the city center. The results of this study showed that the average score of elderly social health after using mindfulness education has increased significantly. Conclusion: Mindfulness-based intervention can be suggested as an effective method in order to promote the social health of the elderly and ultimately their quality of life.

## کلمات کلیدی:

Keywords: elderly, mindfulness, social health

## لینک ثابت مقاله در پایگاه سیویلیکا:

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