

## عنوان مقاله:

Meaning in Life of Medical Sciences Students During COVID-۱۹ Outbreak: A Cross-sectional Study

## محل انتشار:

مجله علوم پزشکی ایران، دوره 10، شماره 4 (سال: 1401)

تعداد صفحات اصل مقاله: 10

## نویسندگان:

Seyyed Muhammad Mahdi Mahdavinoor - *Student Research Committee, Faculty of Allied Medical Sciences, Mazandaran University of Medical Sciences, Sari, Iran*

Aghil Mollaei - *Student Research Committee, Faculty of Health, Mazandaran University of Medical Sciences, Sari, Iran*

Seyyed Hatam Mahdavinoor - *Department of Islamic Theology, Yadegar-e-Imam Khomeini, Shahr-e Rey Branch, Islamic Azad University, Tehran, Iran*

## خلاصه مقاله:

**Background and Purpose:** The outbreak of coronavirus and its subsequent conditions have affected the mental health of students. One of the variables related to mental health is "meaning in life." It enables students to endure sorrows and hardships to survive extremely difficult living conditions. Meaning in life is also inversely related to suicide and mental disorders. In this study, we intend to assess the meaning of life among students of Tehran University of Medical Sciences, Tehran City, Iran. **Materials and Methods:** In this cross-sectional study, ۲۰۸ students participated. We used an internet-based data collection method between September ۱۲ and September ۲۴, ۲۰۲۱, to collect the study data. The data collection tool was a valid and reliable questionnaire concerning meaning in life. The obtained data were analyzed using descriptive (frequency, mean, standard deviation) and inferential (Fisher exact-test, independent t-test, and ۱-way analysis of variance) statistics. **Results:** Among the samples, there were ۱۴۶ females (۷۰.۲%). The Mean±SD age of the participants was ۲۱.۵۰±۲.۷۴ years. The results showed that nearly ۹۵% of students had neither meaning in life nor were looking for a meaning that would give value to their lives. **Conclusion:** The results of this study indicate the catastrophe that prevails among students. When students have no meaning in life and do not look for meaning, they are highly vulnerable to psychological injuries. This condition is the worst psychological state a person can experience, which could lead to a feeling of depression and higher suicide risk. Health policymakers need to think about resolving the lack of "meaning in life" among students as soon as possible.

## کلمات کلیدی:

Mental health, Meaning in life, Purpose, Pandemics, Health policy

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1837110>



