

عنوان مقاله:

Predicting College Students' Mental Health Based on Religious Faith Mediated by Happiness, Ambivalent Attachment Style, and Locus of Control

محل انتشار:

مجله تمرین در روانشناسی بالینی، دوره 11، شماره 4 (سال: 1402)

تعداد صفحات اصل مقاله: 12

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خلاصه مقاله:

Objective: The present study was designed to examine the college student's mental health prediction model based on religious faith mediated by happiness, ambivalent attachment style, and locus of control. **Methods:** The study method was correlational. The statistical population included all college students of Shiraz University in the academic year of ۲۰۱۳-۲۰۱۴. The sample included ۲۴۰ college students selected by convenience sampling method. Measures included the general health questionnaire (GHQ-۲۸, ۱۹۷۹), the religious faith scale (RFS, ۲۰۱۴), the Oxford happiness inventory (OHI, ۱۹۸۹), the Collins and Read revised adult attachment scale (RAAS, ۱۹۹۰), and the Rotter's locus of control scale (RLCS, ۱۹۶۶). The data were analyzed by multiple regression, path analysis, and structural equation modeling methods. **Results:** The data were analyzed by multiple regression, path analysis, and structural equation modeling methods. The study results showed that the variables of religious faith ($P=۰.۰۰۰۱$, $\beta=۰.۲۹$), happiness variable ($P=۰.۰۰۰۱$, $\beta=۰.۳۷$), and ambivalent attachment ($P=۰.۰۰۰۱$, $\beta=۰.۲۹$) can positively and significantly predict mental health. Likewise, religious faith positively and significantly predicted happiness ($P=۰.۰۰۰۱$, $\beta=۰.۵۴$) and negatively and significantly predicted ambivalent attachment ($P=۰.۰۰۰۱$, $\beta=-۰.۲۱$). The religious faith could not predict the locus of control. The mediating role of happiness was confirmed. However, the mediating role of ambivalent attachment style and locus of control was not confirmed. **Conclusion:** The modified model confirmed the mediating role of happiness between religious faith and mental health. Therefore, those components of faith that lead to happiness may be a protective marker for mental health. Coresponding author: Sara Kamjou, E-mail: sarakamjou@gmail.com

کلمات کلیدی:

Mental health, Religious faith, Happiness, Ambivalent attachment style, Locus of control

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