

عنوان مقاله:

Relationship Between Hardiness and Stress of COVID-19 Through the Mediating Role of Mindfulness in Iranian Students

محل انتشار:

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خلاصه مقاله:

Objective: Some stressors, such as COVID-19, can cause anxiety and health concerns. The present study aimed to investigate the relationship between hardiness and stress of COVID-19 by mediating the role of mindfulness in Iranian students. Methods: We conducted cross-sectional research for this study. Data were gathered from the student populations of ۲۰۲۰-۲۰۲۱, which comprised the statistical population. A convenience sampling method was used to select the participants based on the information obtained from online self-report tools. Students from Iranian universities were asked to participate in an online survey using Internet advertisements, e-mails, forums, social networks, and short message services. Participants were ۴۱۴ university students. All respondents completed the mindful attention awareness scale, the COVID-19 stress scale, and the personal views survey. We carried out an analysis of the data based on independent t-tests, Pearson correlations, as well as regression tests. Results: It was found that there was a significant correlation between all variables and COVID-19 stress levels. It is worth noting that most of these correlations were in a moderate range. Structural equation modeling showed the overall effects of hardiness on the stress of COVID-19 ($\beta=-0.536$, $P=0.001$), the indirect effects ($\beta=-0.177$, $P=0.002$), and the direct effects

of hardiness on the stress of COVID-19 ($\beta=-0.365$, $P=0.009$) were significant. Conclusion: Considering these findings, we have clarified the role of mindfulness in affecting the hardiness and stress of COVID-19 among Iranian students. This study recommends implementing virtual and electronic mindfulness training workshops to reduce the stress associated with COVID-19 and increase psychological hardiness using these tools

کلمات کلیدی:

Mindfulness, Stress of COVID-19, Hardiness, Students, Iran

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