

عنوان مقاله:

The relationship between mental health and spiritual attitudes of high school students in the Shahreza

محل انتشار:

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خلاصه مقاله:

Aim: The purpose of this research was to examine the relationship between mental health and spiritual trends of high school students in Shahreza. **Methods:** The method of the study was descriptive-correlational. The study included all students who are studying Shahreza schools, in 2011. The statistical sample included 200 girls and 200 boys selected by multistage cluster sampling. The research instruments for collecting data were two questionnaires. One of them measure spiritual attitudes of students and second measure general health including 28 questions made by Goldenberg. The reliability of the questionnaire was estimated through Cronbach's alpha coefficient ($\alpha = 0.85$), and the validity was confirmed by determining its correlation with the same instruments. **Result:** This shows that, there is a negative relationship between depression and spiritual beliefs ($r = -0.45$). There was also a negative correlation between anxiety and spirituality. **Conclusions:** Based on these findings, we conclude that the relationship between spirituality and mental health is significant and positive

کلمات کلیدی:

Mental health, spiritual attitudes, general health

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