

عنوان مقاله:

The Relationship Between Coping Strategies and Mental Health with Marital Adjustment

محل انتشار:

دومین کنفرانس بین المللی روانشناسی، مشاوره، تعلیم و تربیت (سال: 1397)

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خلاصه مقاله:

This study has been conducted in order to the relationship between coping strategies and mental health with marital adjustment. This research is correlational study. The study population has been consisted of all the married men and women in Rasht city. sample of 300 people has been selected by multistage cluster sampling. In order to collect the data, the General Health Questionnaire, and the Spanier revised questionnaire of marital adjustment dimensions and the coping style questionnaire have been used. The results have shown that the variables of mental health and emotion-focused, problem-focused coping strategies have significant relationship with marital adjustment. The results of regression analysis have shown that the predictor variables can significantly explain lots of the martial adjustment variance. In general, it can be concluded that coping strategies and mental health are the predictive factors in marital adjustment

کلمات کلیدی:

Coping Strategies, Mental Health, Marital Adjustment

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