

عنوان مقاله:

THE EFFECT OF PSYCHOLOGICAL CAPITAL ON ADDICTION SUSCEPTIBILITY REGARDING TO INTERMEDIARY ROLE OF PSYCHOLOGICAL QUALITY OF LIFE AND SLEEP HYGIENE AMONG ADOLESCENT SURVIVORS OF 2018 EARTHQUAKE IN WEST OF IRAN

محل انتشار:

سیزدهمین کنگره بین المللی دانش اعتیاد (سال: 1398)

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خلاصه مقاله:

Background and Aim : Addiction is a multifactorial disorder, which is often chronic and recurrent. Nevertheless, it can be prevented. Addiction prevention is more effective and cost-effective compared to treatment. It begins by identifying the vulnerable factors, traits and characteristics of toward addiction. The purpose of this research was to investigate the effect of psychological capital on addiction regarding to intermediary role of psychological quality of life and sleep hygiene. **Methods :** The research is a correlational type with a descriptive-periodic approach. The statistical population of this study consisted of all male adolescent survivors from the earthquake in Sarpul-e-Zahab city in 1398. 400 persons were selected by available sampling method. They responded to psychological capital (Najien et al., 2011), tendency to Addiction (Zargar, 2006), Psychological Quality of Life (Orbakh and Mykolissar, 2003) and Sleep Health (Mastin et al., 2006) questionnaires. Data were analyzed using Pearson Correlation Coefficient and Structural Equation Modeling with SPSS-26 and AMOS-21 software. **Results :** The results showed that psychological capital had a direct effect on psychological quality of life ($\beta = 0.43$) and sleep hygiene ($\beta = 0.31$). Moreover, psychological quality of life and sleep hygiene have a direct effect ($P < 0.001$) on sleep health ($\beta = 0.27$) and addiction ($\beta = 0.36$), respectively. Also, psychological capital has indirect effect on addiction ($\beta = 0.59$) ($P < 0.001$) through psychological quality of life and sleep hygiene. **Conclusion :** According to the results, it can be concluded that by identifying the psychological variables including psychological capital, quality of life, and sleep hygiene, adolescences tendency to addiction can be prevented. An educational method and effective interventions which are proportional to persons exposed to addiction can be designed considering these variables.

کلمات کلیدی:

Psychological Capital, Psychological Quality of Life, Sleep, Addiction, Adolescents

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