The investigation of factors disturbing mental health among students of high & secondary schools in Qom city in 1390-91

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Introduction: A main goal of education system is fostering healthy, efficient and happy people which is obtained by providing students’ mental health.

Objectives: The purpose of this study is the investigation of factors disturbing mental health among students of high & secondary schools based on a 4-variable model obtained by researches that includes variables of interaction, content, academic amenities and atmosphere of system.

Method and Materials: The type of current study is correlation research. Population includes male and female students that 760 subject were selected with Morgan table at 4 zones of Qom city. For sampling, the categorical and clustering methods are used. The instrumentations include GHQ test and self-designed questioners.

Results: The inferential analysis of the data with proper methods such as independent T test, regression and variance analysis revealed that there is a significant correlation between interaction, content and academic amenities variables and mental health, but there is no correlation between the atmosphere of system and mental health. Moreover, females mental health is higher than male mental health in both high school and secondary school.

Key words: mental health, students, high school & secondary schools

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