Abstract

Today, the mental and psychological problems are increasing in the modern developed countries. Psychologists try always to know how they can solve the mental and psychological problems of the persons. They argue that the persons’ mental health is influenced by several factors. Experts try to recognize the main variables by which the mental health is increased and such disabilities are decreased. Among the various variables, religious directionality and related beliefs are of great importance. Experts perceived that religious beliefs affect both on the prevention and the importance of such diseases. Evidences show that there is a relationship between mental health and religion. Regarding the importance of the issue, the current study is aimed to examine the relationship between mental health and religious directionality of the students of guidance schools of Shiraz.

Method

The population included the students of two girls’ schools and two boys’ schools. The sample included 300 students (150 girls and 150 boys) who were randomly selected. Data was gathered by use of religious directionality questionnaire presented by Azarbayjani in 2003 and general health questionnaire. Data was also analyzed using SPSS software.

Results

From the results of Pearson’s correlation coefficient, it became clear that there is a positive and meaningful relationship between religious directionality and mental health. Moreover, there is a negative relationship between religious directionality and factors such as depression and anxiety.

Results showed that there is a meaningful relationship between physical clues and religious directionality. Due to the results of T- Test, there is no difference between the girls’ and the boys’ religious directionality and mental health.

Key words: mental health, religious directionality, anxiety, depression

Poster