Correlation between Religious Attitude and Mental Health among Hamadan Universities Students

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Abstract

Background & Aim: Religious attitude is influential on students' mental health. Therefore, the present study was designed to investigate the correlation between religious attitude and mental health of students of universities of Hamadan, Iran in 2017.

Methods: This descriptive-correlational study was carried out on 700 students of universities of Hamadan which were recruited using a stratified random sampling. Data was collected by self-report and using a three-part questionnaire including demographic information, mental health and religious attitude. Data was analyzed with SPSS 16 software using independent T-test, one way ANOVA, and Pearson correlation methods.

Results: The status of religious attitude and mental health of students, 79.75%, and 18.65% of the maximum score, respectively, were evaluated at a relatively desirable level. Furthermore, 25.4% of the students were suspected to have a mental disorder. There was a reverse and significant correlation between religious attitudes and mental health of the students (r = -0.33, P<0.01).

Conclusion: Considering the findings of the present study and the relationship between mental health and religious attitude of students, design and implementation of interventions aimed to improve and promote the religious attitude of students seem necessary.

Keywords: Religious Attitude, Mental Health, Students

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