Prediction of General Health according to the Islamic Lifestyle and the Perceived Stress among the BA Student of Psychology in Allameh Tabataba'i University of Tehran

Faridah Hussein Thabith[1]

Zahra Rizazadah[2]

In her research, the author has tried to predict the rate of general health according to the Islamic lifestyle and the perceived stress among the BA student of Psychology of Allamah Tabatabaii University of Tehran.

Method: samples (96) were chosen from among BA students of Psychology; questionnaires of general health (GHQ-28), the Islamic lifestyle (ILST) and perceived stress (PSS) were used. Data have been analyzed according to the regression analysis.

Findings: the correlation among variables of general health and the Islamic lifestyle is 0.295, general health and the perceived stress is 0.723, the Islamic lifestyle and the perceived stress is 0.226, which both statistically are significant. In the regression analysis, the two variables of the Islamic lifestyle and the perceived stress separately could predict the subscales of depression and anxiety.

Conclusion: the Islamic lifestyle and the perceived stress can separately predict the subscales of the health of the students' psyche. As a result, we can improve the psychical health through the enhancement of the Islamic lifestyle and easing of the students' stress.

Keywords: general health, lifestyle, Islamic, the perceived stress, students.

1- An assistant professor of clinical psychology, Allameh Tabataba'i University, Tehran, Iran (the author).

2- A M.A student of clinical psychology, Allemah Tabataba'i University, Tehran, Iran.