
Study of the Relation of the Islamic Lifestyle to the Mental Health of the Female Faculty Members in Tehran Universities

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Psychological health is very important in the field of health. Statistics suggests that despite man's access to developed equipment of life and better welfare, physical and mental disorders are getting worse. Due to the significance of women's health for the society, this article studies the Islamic lifestyle and its relation to the mental health of female faculty members of Tehran universities. The method is descriptive of the solidarity type. As samples, 110 female faculty members have been chosen at random from the universities of Shahid Beheshti, al-Zahra, and Tarbiat Mudarres. For the collection of data, two questionnaires have been used: 1- the Islamic lifestyle of Kaviani, and 2- the general health of Goldberg. The statistics testing system has been used for the solidarity and regression testing.

The findings suggested that there is a negative and meaningful relation between the Islamic lifestyle and the scores of the health of female faculty members through the solidarity coefficient $-0/45$ at the level of $0/01$ (due to scoring). The results of the regression analysis suggested that the variants of Islamic lifestyle can %25 predict the mental health and out of the indexes of Islamic lifestyle morality and worship do the best on mental health.

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