

رابطه بین هوش هیجانی، سلامت روان و استرس شغلی مادران با سلامت روان دانش آموزان دختر متوسطه دوره اول

۹۵/۱۰/۲۲:

۹۵/۳/۳۰:

چکیده

هدف از این پژوهش بررسی رابطه بین هوش هیجانی، سلامت روان و استرس شغلی مادران با سلامت روان دانش آموزان دختر متوسطه دوره اول است. روش پژوهش همبستگی مقطعی است. جامعه آماری شامل ۳۰۰ نفر از مادران و دانش آموزان در یک منطقه شهری است. ابزارهای مورد استفاده شامل پرسشنامه سلامت روان (GHQ-12)، پرسشنامه استرس شغلی (JSS-3) و پرسشنامه هوش هیجانی (EHS) است. نتایج نشان داد که هوش هیجانی مادران به طور مثبت و معنی دار با سلامت روان دانش آموزان دختر مرتبط است. همچنین، استرس شغلی مادران به طور منفی و معنی دار با سلامت روان دانش آموزان دختر مرتبط است. این یافته‌ها می‌تواند به بهبود سلامت روان دانش آموزان از طریق مداخلات مبتنی بر هوش هیجانی و کاهش استرس شغلی مادران کمک کند.

واژه‌های کلیدی: هوش هیجانی، سلامت روان، استرس شغلی، مادران، دانش آموزان دختر.

پیشگفتار

۱۵-۲۴
۱۷/۶^۱ ۱۳۷۸
۱۵
Radfar, Haghani, Tavalai, Modirian,) ۲۱
(Falahati, 2005

(Shirazi, Rezvani, Haghighi, Farzamfar, 2014)

(Corsini,1999) ، (Ness, 2005)

(World health

organization, 2001)

(Zahrakar, 2008)

(Aazazi, 2008)

Rahiminezhad)

(and Paknezhad, 2014

(۱۳۸۷)

Bar-) (Rahnvard and Joybar, 2008) ^۱ (۲۰۰۰)

Bar-)

.on, 2000

Faraji Harani,)

.2013

Pymanpak, Mansour, Sadeghi and) ^۳ (۱۹۹۳) ^۲

Pymanpak, Mansour, Sadeghi and)

.Pourebrahim, 2012

.Pymanpak et al 2012)

۱۹۹۲

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.Tangri, 2003)

.Pymanpak et al,1391)

^۱ - Bar- on

^۲ - job stress

^۳ - Burke

^۴ -National Institute of occupational safety & health

(Ghasemi- Pirbalouti, Ahmadi and Alavi-Eshkaftaki, 2013).

(Berdsey,1983)

Kovacs, Feinberg,) .

(Crouse-Novak, Paulauskas, Finkelstein,1984

Roberts,) .

(Levenson,2001

(Parker, Taylor, Bagby,1999)

(Katerina, Keefer, James, Parker, Saklofske,2009) .

(Andrews,2014)

(۱۳۸۶)

Tehrani ,Karami,Cheraghi, Bokaeian,) .

(Yaghoobi,1391

(Shirazi et.al.1392) .

جدول ۵- نتایج تحلیل رگرسیون برای استرس شغلی مادران و سلامت روان فرزندان.

sig	t	Beta	B	F	R ²	R
۰/۰۰۳	-۳/۰۳۹	-۰/۲۵۰	-۰/۴۸۸	F= ۹/۲۳ p=۰/۰۰۳	۰/۰۶۳	۰/۲۵۰

$$R = ۰/۲۵۰$$

$$R^2 = ۰/۰۶۳$$

$$-۰/۲۵۰$$

بحث و نتیجه گیری

سؤال نخست:

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- (۱۳۹۱)

(۱۳۹۲)

،(۲۰۰۹)

(۲۰۰۲)

(۲۰۰۹)

(Tehrani et.al,1391)

.(Sobhani,1383)

Pymanpak et) (al,1391
 Mansouri and) (Mehrabizadeh,1389

سؤال چهارم:

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(Robert and Levinson,2001)

(Moshtagh et al,1394) (Aligholinejad et al,1386)

(Robert and Levinson,2001).

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