



Relationship between the Subscales of Mental Health and Spiritual Health in Staff of Kermanshah University of Medical Sciences in 2016

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Article Info

Received: Mar 8, 2018

Received in revised form:

Apr 21, 2018

Accepted: Apr 29, 2018

Available Online: Jun 23, 2018

Keywords:

Mental Health

Spiritual Health

Staff

University Heads

Abstract

Background and Objective: Spiritual health is a valuable asset that affects humans' mental health. The purpose of this study was to investigate the relationship between the mental health and spiritual health among the staff of Kermanshah University of Medical Sciences in 2016.

Method: In this cross-sectional study, 267 employees of Kermanshah University of Medical Sciences were surveyed by simple random sampling. The data collection tools included Goldenberg's General Health Questionnaire and Paloutzian and Ellison's Spiritual Well-Being Questionnaire. The collected data were analyzed using Pearson product moment correlation. In this research, all ethical issues were observed. In addition, the authors did not report any conflict of interests.

Results: According to the results of the study, the mean mental health score was 2.98, while the mean score of spiritual health was 3.62. In addition, there was a significant correlation between the mental and spiritual health ($r=0.324$). Considering the subscales of mental health, spiritual health registered the highest and lowest correlations with depression and physical symptoms respectively.

Conclusion: Improving the mental health of the effective and constructive population of the society is necessary for the dynamism, prosperity and promotion of the society. Spiritual health affects the university staff's mental health. Therefore, planning to promote it is an important issue that should be considered by the relevant authorities and policy makers.

Please cite this article as: Ziapour A, Ghaderi A, Vafapoor H, Yazdani V, Saeidi Sh, Zangeneh AR. Relationship between the Subscales of Mental Health and Spiritual Health in Staff of Kermanshah University of Medical Sciences in 2016. *J Res Relig Health*. 2018; 4(3): 34- 44.

Summary

Background and Objective: Health is one of the basic human needs, which plays a significant role in sustainable development (1). Mental health has an important role in ensuring the dynamism and efficiency of each community, hence constituting a major criterion in assessing communities' health (2). One of the most important socio-cultural factors associated with the mental health, which has received considerable attention during the last decades, is spiritual health (3). The results of the studies have shown that mental health is one of the components of health and its promotion among people and office workers in a society is necessary for the dynamism,

development and enhancement of that society (4, 5). Medical university staff members face a lot of work stress that jeopardizes their mental and physical health. In such a situation, spiritual health is a potential source that can help them (6).

Method: In this cross-sectional-descriptive study, which was carried out in 2016, the statistical population included 267 staff members of Kermanshah University of Medical Sciences. Data collection tools consisted of a demographic questionnaire, Goldenberg's General Health Questionnaire and Paloutzian and Ellison's Spiritual Well-Being Questionnaire (7).

Results: Out of the 267 participants, 51.3% were male, while 48.7% were female. Also, the majority of subjects (43.8%) belonged to the age range of 31-40

years. With regard to academic degree, people with diploma comprised the smallest proportion of the participants (6.7%), whereas the majority of the subjects (58.4%) held bachelor credentials. The largest proportion of employees (58.8%) had a work experience between 11-20 years and only 14.6% had less than 10 years of work experience. The mean and standard deviation of the participants' work experience were 17 ± 5.8 years. Regarding their employment status, most of the participants (57.7%) were contractual forces.

The mean and standard deviation of mental health and spiritual health of all the staff were 2.0 ± 98.28 and 3.98 ± 1.2 respectively. Pearson product correlation was used to determine the relationship between mental health and spiritual health. The results showed that the relationship between total scores of mental health and spiritual health obtained from all the staff was positive and significant ($p < 0.001$, $r = 0.324$). That is, the greater the spiritual health of the studied subjects, the less the number of mental disorders reported by them. Also, depression (one of the mental health subscales) had the highest relationship with spiritual health ($r = 0.723$, $p < 0.001$), while social function disorder (another subscale of mental health) registered the weakest relation with spiritual health ($r = 0.269$, $p < 0.001$).

Conclusion: The present study aimed to investigate the relationship between mental health and spiritual health among the staff of Kermanshah University of Medical Sciences in 2016. According to the results of the study, there was a positive, significant association between staff members' mental and spiritual health. Considering the subscales of mental health, spiritual health registered the highest and lowest correlations with depression and physical symptoms respectively.

The findings of this research indicate that spiritual health has a stronger relationship with mental health. It can be said that such results are expected for our religious society, which is founded on spiritual values. However, the religious environment in Iran may be effective in answering the questions. Therefore, the higher the religious health of the participants, the greater their existential health. As a result, spiritual health can create a sense of hope, purposefulness, calmness, positive attitude toward the world and more adaptability in people. It can also make individuals more capable of doing things and decline their emotional dependence on others.

Study findings show that religious people can deal with their problems more properly and religious beliefs play an important role in individuals' health, especially their mental health. The results of previous research further indicate that individuals with stronger religious beliefs are less likely to suffer from psychological disorders like anxiety disorders. Hence, spirituality and religion are considered to be a shield against individuals' problems and sufferings and ameliorate the difficulties caused by the loss of mental health (8 & 9).



According to the results of this research, spiritual health in university staff affects their mental health. It can be concluded that tendency to religious issues and

spirituality can improve people's mental health. This approach can be used in providing mental health services. Developing programs (e.g. improving sleep conditions, providing facilities for sport activities for staff and seeking their satisfaction as much as possible) has a significant impact on improving staff members' mental health status. Therefore, planning to promote mental health is one of the issues that should be addressed by the relevant authorities and policy makers.

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دراسة علاقة ابعاد الصحة النفسية والصحة المعنوية لدى موظفي جامعة كرمشاه للعلوم الطبية عام ٢٠١٦

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معلومات المادة

الوصول: ١٧ جمادى الثاني ١٤٣٩

وصول النص النهائي: ٤ شعبان ١٤٣٩

القبول: ١٢ شعبان ١٤٣٩

النشر الإلكتروني: ٩ شوال ١٤٣٩

الكلمات الرئيسية:

الصحة المعنوية

الصحة الروحية

اللجنة الجامعية

الموظفون

الملخص

خلفية البحث وأهدافه: الصحة المعنوية هي إحدى الذخائر القيمة التي تؤثر على الصحة النفسية البشرية. ومن هذا المنطلق فإن الهدف من هذا البحث، دراسة علاقة جوانب الصحة النفسية والصحة المعنوية لدى موظفي جامعة كرمشاه للعلوم الطبية عام ٢٠١٦.

منهجية البحث: في هذه الدراسة المستعرضة، تم اختيار ٢٦٧ موظفاً من جامعة كرمشاه للعلوم الطبية بطريقة العينة العشوائية البسيطة. قد اشتملت أداة قياس المعلومات، استبيان غولدنبرغ لصحة النفسية واستبيان بالوتزيان واليسون للصحة المعنوية. وبعد جمع البيانات، تم تحليلها وتجزئتها باستخدام اختبار بيرسون الاحصائي. تمت مراعاة جميع الموارد الاخلاقية في هذا البحث. و اضافة الى هذا فإن مؤلفي المقالة لم يشيروا الى تضارب المصالح.



الكشوفات: بناءً على الكشوفات، كان متوسط درجات الصحة النفسية للمشاركين ٢,٩٨ وكان متوسط درجات الصحة المعنوية ٣,٦٢. و اضافة الى هذا، كان هناك علاقة ارتباط ذات دلالة احصائية بين الصحة النفسية والمعنوية ($r=0.324$). كان أعلى مستوى ارتباط بين الصحة المعنوية وجانب الاكتئاب وأقل ارتباطه مع جانب الأعراض الجسدية.

الاستنتاج: إن ارتفاع مستوى الصحة النفسية في الطبقات المؤثرة والبناءة من الناس، ضرورة حتمية تؤدي الى النشاط والديناميكية والازدهار لدى المجتمع. وأظهرت النتائج أن الصحة المعنوية كانت مؤثرة في الصحة النفسية لدى موظفي الجامعة ولذلك، فإن التخطيط من أجل ارتفاع مستوى الصحة المعنوية يعتبر من القضايا التي يجب على المسؤولين وواضعي السياسات ان يتخذوها بنظرة الاعتبار.

يتم استناد المقالة على الترتيب التالي:

Ziapour A, Ghaderi A, Vafapoor H, Yazdani V, Saeidi Sh, Zangeneh AR. Relationship between the Subscales of Mental Health and Spiritual Health in Staff of Kermanshah University of Medical Sciences in 2016. J Res Relig Health. 2018; 4(3): 34- 44.

ارتباط ابعاد سلامت روان و سلامت معنوی در کارکنان ستادی دانشگاه علوم پزشکی کرمانشاه در سال ۱۳۹۵

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اطلاعات مقاله

دریافت: ۱۵ اسفند ۹۶
 دریافت متن نهایی: ۱ اردیبهشت ۹۷
 پذیرش: ۹ اردیبهشت ۹۷
 نشر الکترونیکی: ۲ تیر ۹۷

چکیده

سابقه و هدف: سلامت معنوی ازجمله سرمایه‌های بالارزشی است که سلامت روان انسان را تحت تأثیر قرار می‌دهد. ازاین‌رو، هدف از مطالعه‌ی حاضر بررسی ارتباط بین سلامت روان و سلامت معنوی در کارکنان ستادی دانشگاه علوم پزشکی کرمانشاه در سال ۱۳۹۵ بود.

روش کار: در این پژوهش مقطعی ۲۶۷ نفر از کارکنان ستادی دانشگاه علوم پزشکی کرمانشاه با روش نمونه‌گیری تصادفی ساده برای مطالعه انتخاب شدند. ابزارهای اندازه‌گیری اطلاعات شامل پرسش‌نامه‌ی سلامت روان گلدنبرگ و پرسش‌نامه‌ی سلامت معنوی پولوتزین و الیسون بود. پس از جمع‌آوری اطلاعات، داده‌ها با استفاده از آزمون آماری پیرسون تجزیه و تحلیل شد. در این پژوهش همه‌ی موارد اخلاقی رعایت شده است. علاوه‌براین، نویسندگان مقاله هیچ‌گونه تضاد منافی گزارش نکرده‌اند.

یافته‌ها: بر اساس یافته‌های به‌دست‌آمده، میانگین نمره‌ی سلامت روانی شرکت‌کنندگان ۲/۹۸ و میانگین نمره‌ی سلامت معنوی آنان ۳/۶۲ بود. علاوه‌براین، بین سلامت روانی و سلامت معنوی همبستگی معناداری وجود داشت ($r=0/324$). بیشترین همبستگی سلامت معنوی نیز با بُعد افسردگی و کمترین همبستگی آن با بُعد نشانه‌های جسمانی بود.

نتیجه‌گیری: ارتقاء سلامت روان قشرهای مؤثر و سازنده‌ی جامعه لازمه‌ی پویایی، بالندگی و اعتلای آن جامعه است. نتایج نشان داد که سلامت معنوی در کارکنان دانشگاه بر سلامت روان آنان تأثیرگذار بود. ازاین‌رو، برنامه‌ریزی برای ارتقای آن ازجمله مسائلی است که مسئولان و سیاست‌گذاران مربوط باید مدنظر قرار دهند.

واژگان کلیدی:

ستاد دانشگاه
 سلامت روانی
 سلامت معنوی
 کارکنان

استنادمقاله به این صورت است:

Ziapour A, Ghaderi A, Vafapoor H, Yazdani V, Saeidi Sh, Zangeneh AR. Relationship between the Subscales of Mental Health and Spiritual Health in Staff of Kermanshah University of Medical Sciences in 2016. J Res Relig Health. 2018; 4(3): 34- 44.

سلامتی یکی از نیازهای اساسی انسان است که در توسعه‌ی پایدار نقش بسزایی دارد (۱). با پیشرفت علم و تکنولوژی و

مقدمه