

Comparison of lifestyle, social support and quality of life in women self-supporting and caring women the services of the welfare organization of Rasht

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Today, mental health is one of the fundamental rights of citizens, and female heads of household and children are among the vulnerable, who must be protected in order to provide mental health. This study life style, social support and quality of life in women who benefit the services of well-being self-sufficient and female heads of Rasht. This descriptive study is a causal comparison. The study population consisted of two groups of female-headed households self-sufficient and take advantage of the services of well-being. The available sampling of 200 patients (100 male and 100 female-headed self-sufficient guardian benefited the services The random sampling method using questionnaires lifestyle, social support and quality of life were investigated. Multivariate analysis of variance to analyze the results of a single variable. All data analysis was performed using SPSS-ver20. Data analysis showed that female-headed households benefited the services of well-being and self-sufficient in terms of lifestyle, social support and quality of life there is a significant difference. The result can be stated that financial self-sufficiency and independence in addition to the positive results in the lives of women heads of household material to improve lifestyle and quality of life and social support rises.

Keywords : lifestyle, social support, quality of life, Female-headed households

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