

# The Relationship between Psychological Coherence and Vitality with Cognitive Flexibility among High School Teachers in Rasht

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**Abstract** The aim of this study was to determine the relationship between psychological coherence and vitality with cognitive flexibility of high school teachers in Rasht. The research method is descriptive correlations. The statistical population of this study was all public school high school teachers working in 1396. Using random sampling method, 120 individuals were ed as the sample. In this research, a questionnaire for mental integrity, vitality and flexibility was used to collect data. To determine the validity of the tool, the content validity and reliability of the questionnaire were confirmed by alpha Cranbach in various researches. Pearson correlation coefficient and regression were used to test the research hypotheses. All statistical operations were analyzed using spss20 software. The results of the study showed that correlation values of mental integrity, vitality and flexibility were statistically significant (p

**Keywords :** Keywords: mental integrity, vitality, flexibility

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