

# **The Relationship Between Mental Health, Attitude And Emotion Regulation With Social Support Of Female Teachers In The Regional 2of Rasht**

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**An educational institution is an institution that builds the strengths of a community and education is a long-term investment that interacts with other social institutions in the community. The purpose of this study was to determine the relationship between mental health, attitude and emotion regulation with social support of female teachers in the district of Rasht in the academic year of 2018. This descriptive study was a correlation type. The statistical population of this study included all the normal teachers in the district of Rasht, 579 The research method is a random sampling method. A sample of 180 female teachers as sample size were ed using Morgan's table. Using Healthy Threat Questionnaire (2001), the Health Questionnaire Psychological (SCL-25), Iranian Attitude Electronic Questionnaire (2009) and Social Support Questionnaire of Sherborne and Stewart (1991) Were evaluated. Data were analyzed using stepwise regression and Pearson correlation. Pearson correlation analysis showed that there is a significant relationship between emotional adjustment, attitude and mental health with social support (P**

**Keywords : mental health, attitude, emotion regulation, social support.**

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