

Mediating role of cognitive regulation of emotion and mindfulness in relation to identity styles and subjective well-being in soldiers of Valie Asr Hospital in Rasht

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The effect of soldier identity styles on their mental well-being is through various interactive variables that can be studied, which can be of great importance to the cognitive regulation of excitement and mindfulness. The aim of this study was to determine the mediating role of cognitive management of emotion and mindfulness in relation to identity styles and subjective well-being in soldiers of Valie Asr Hospital in Rasht. The research method was descriptive correlational and structural equation modeling. The statistical population of the study consisted of all soldiers referring to Valiasr Hospital in Rasht city in February and March 1396 in the number of 600 people. Of this, Among them, using available sampling method and considering the entry and exit conditions of the study, 250 people were ed and Bazonsky identity styles questionnaire (1989), Gravinsky cognitive emotion regulation, Kriich and Spinovon (2001), Factor 5 of the Mindfulness Awareness Questionnaire (Baer et al., 2006) and Kiz and Magharmo (2003), were completed. The data were analyzed using Pearson correlation coefficient and Structural Equation Modeling in Maximum Likelihood. The findings of this study showed that the indirect effect of information intelligence style on mental well-being through cognitive emotion regulation (0.09) is positive and significant at 0.01 level. The indirect effect of commitment on mental well-being through emotional cognitive regulation (0.14) is positive and is significant at the level of 0.01. Also, indirect effect of normative identity style on mental well-being through mindfulness (0.06) is positive and at the level of 0.01 is significant. The indirect effect of commitment on mental well-being through mindfulness (0.07) is positive and at the level of 0.05. Accordingly, it can be concluded that cognitive

emotion regulation has a mediating role in relation to the style of information identity and commitment to subjective well-being; and mindfulness has a mediator role in the relationship between normative identity style and commitment to subjective well-being of soldiers referring to Vali Asr Hospital in Rasht.

Keywords : Identity styles, cognitive emotion regulation, mindfulness, mental well-being, soldiers

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