

Relationship between emotional adjustment and social support of parents with mental health and self-esteem of high school students

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Family is one of the most natural groups that can meet the needs of human being. Through providing close and positive relations, it can have an effective role on raising the mental health of individuals. The aim of study is to determine the relationship between emotional adjustment and social support of parents with mental health and self-esteem of the secondary school students of Talesh city. Statistical population consists of all male students in first period of secondary school 96-97 (solar calendar) and their parents in Talesh County, among whom a sample of the 341 students were ed using cluster random sampling method to complete GHQ mental health scale and self-esteem scale of Coopersmith. The excitement questionnaire of Grass and John and multidimensional scale of social support by parents of these students were completed. The data was analyzed using the statistical software SPSS-23 through Pearson correlation statistical method and multiple regression analysis. The results showed that parental social support and emotional adjustment make a meaningful difference in mean scores of variables and the self-esteem and mental health of the students. Based on the findings of the study, it can be concluded that the emotional and social support of parents provided self-esteem and mental health in students.

Keywords : Set the excitement, social support, mental health, Self-esteem

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