

The role of temperament and character dimensions and mindfulness in predicting existential anxiety in older people of Rasht

Katayoun Zarinbal masoole*,

The purpose of this study was to investigate the role of the dimensions of nature and character and mind-awareness in predicting the existence of anxiety in the elderly in Rasht. The research method was correlation and the statistical population consisted of all elderly people in Rasht city in 1397. In this study, Among the elderly, a sample of 225 people was ed by available sampling method. Using Cluninger's (1994) Manner of Personality and Personality Questionnaire (1994), Good and Good's Behavioral Anxiety Scale (1974) and Six-Point Measurement Awareness Questionnaire (2006) were evaluated. they got. Data were analyzed using Pearson correlation coefficient and multiple regression analysis using SPSS-23 software. The results of this study showed that there is a negative significant correlation between the components of novelty, harm, cooperation, self-directedness, self-affirmation, description of internal experiences, lack of judgment about internal experiences and consciousness performance with total score of existential anxiety (p

Keywords : dimensions of nature and character, mind awareness, being anxiety, elderly

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