

Relationship between Life Skills and Mindfulness with Self-Control and Mental Health of High School Students in Rasht

Manijeh Kheiri*, Samareh Assadi Mojreh,

Abstract: The purpose of this study was to determine the relationship between life skills and mindfulness with self-control and mental health of high school students in Rasht city. The research method was descriptive and correlational and applied for the purpose of research. The statistical population of the study comprised all high school female and male students in the district of Rasht city, whose number was 8400 students who were studying in the semester of 96-97. Using Morgan's table, 384 people were selected as multi-stage cluster sampling. Data gathering tool in this research was Saatchi et al. Life Skills Questionnaire (2010), Factor Questionnaire and Fallout Questionnaire (FFMQ), Tangji Self-Control Questionnaire (2004), and GHQ (1970) mental health questionnaire. Data were analyzed by Pearson correlation coefficient and multiple regression using SPSS 21 software. The results showed that there is a positive and significant relationship between life skills and self-control skills of high school students in Rasht city. There is also a positive and significant relationship between life skills and mental health of high school students in Rasht. On the other hand, there was a positive and significant relationship between mind-consciousness and self-control among high school students in Rasht city. There was a direct and significant relationship between mindfulness and mental health of high school students in Rasht city. **Keyword:** Life Skills - Mindfulness - Self-Control - Mental Health

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