

The Role of Spiritual Health and Mindfulness in Psychological Capital and Emotional Regulation of Students of Azad University of Rasht Branch

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This research was conducted with the aim of the role of spiritual health and mindfulness in psychological capital and emotional adjustment of students of Azad University of Rasht. The research method is descriptive correlational. The statistical population of this research includes all students of Azad University of Rasht, who study in the academic year of 97-96. The sample size, numbered 120 people (for each predictor variable and 30) were ed by simple random sampling method. In order to collect data, the Pulootzin and Ellison Spiritual Health Questionnaire, Banro Perryberg and Walesh Mindfulness Questionnaire, Schnayder's Psychological Capital Questionnaire, Garnowski's Thinking Critical Settlement Questionnaire, were used. In order to analyze the data, the advanced correlation test was used to analyze the hypothesis The main Pearson correlation test was used to analyze the hypotheses. All statistical analysis in this study was done with the help of spss software. The results showed that the correlation between emotional adjustment and mental health and psychological capital, students' mindfulness of Azad University of Rasht was statistically significant (p

Keywords : spiritual health, psychological capital, mindfulness, emotional regulation

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