

# **The role of mental resilience and academic performance in predicting mental health of secondary school students in Rasht**

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**Mental health of students is related to various factors, among which the role of resilience and academic performance is significant. The purpose of this study was to determine the role of mental resilience and academic performance in predicting mental health of secondary school students in Rasht. The research method was descriptive correlational and predictive equation. The statistical population of this study included all female students of secondary school in Rasht in the first semester of the academic year of 2018, with an approximate number of 2,500 and Among them, according to Morgan's table, 240 female students were ed Random cluster sampling method and general health questionnaires (GHQ-28) and resiliency of Connor and Davidson (2003), completed. Students' academic performance was also measured based on their total last year's average. Data were analyzed using Pearson Correlation Coefficient and multiple regression analysis. The obtained data were analyzed using Pearson correlation coefficient and multiple regression method by stepwise method. The findings of this research showed that there is a positive and significant relationship between the total score of mental resilience and the subscales of competence, belief in instincts, acceptance of change, control, and academic performance with psychological symptoms of students (negative correlation with mental health) / (P**

**Keywords : Resilience, Academic Performance, Mental Health, Students**

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