
The relationship between personal values & feelings of guilt with mental health

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The purpose of this research was to investigate the relationship between individual values and feelings of guilt with mental health. For this purpose, 146 subjects were ed through cluster sampling among available students. They were evaluated by Schwartz Values and feelings of guilt of Kugler and Jones and GHQ tests. SPSS software, Pearson correlation test and one way anova regression were used to analyze the data. The results of data analysis showed that: 1- Correlation coefficient between individual values and mental health is equal to 0.41, which shows a direct and relatively strong correlation. Since P

Keywords : individual values, guilty feelings, mental health

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