
The Relationship between Religious Attitude and Marital Satisfaction, Mental Health and Happiness Among the married male and female employees of the Education Department of Shahrekord

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Summary In the present study, we examine the relationship between religious attitude with marital satisfaction, mental health and happiness among married male and female employees of the Education Department of Shahrekord. The sample consisted of 240 (120 males and 120 females) married employees of the Education Department of Shahrekord city who were selected by simple random sampling. The Alport Religious Orientation Questionnaire, the Enrich Marital Satisfaction Questionnaire, the Goldberg General Health Questionnaire (28 items) and the Oxford Happiness Questionnaire were used as the research tools. Data were analyzed using Pearson correlation and stepwise multiple regression. According to the results of the first hypothesis, there is a significant positive relationship between religious attitude and marital satisfaction of employees at 0.01 level. In the second hypothesis, there is a negative and significant relationship between religious attitude and mental health of employees at the level of 0.01. In the third hypothesis, there is a positive and significant relationship between religious attitude and employees' happiness level at 0.01 level. In the fourth hypothesis, the components of religious attitude were able to predict the mental health of employees, but internal religious orientation was significant at the 0.001 level and the external orientation was significant at the 0.01 level. In the fifth hypothesis, the components of religious attitude are able to predict the marital satisfaction of employees, which is positive and significant at the 0.001 level. In the sixth hypothesis, the components of religious attitude are able to predict the level of employees' happiness and the internal orientation with happiness is

positive and significant at the level of 0.001 and the external orientation at the level of 0.01 is negative and significant.

Keywords : Keywords: Religious Attitude, Marital Satisfaction, Mental Health, Happiness

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