

A Path Analysis of Promotion Factors of Mental Health

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ABSTRACT

The purpose of this study is to determine if the model proposed to explain the effect of coping responses in stress that could promote mental health, fit the population of the Iranian university students. This study used path analysis to examine the Goodness-of-fit of the mediating effect of coping responses on stress in promoting mental health among Iranian undergraduate students. Three hundred and twenty-six students took part in the study. A community survey was conducted and the students completed a set of measures that assessed stress level, Coping Responses and Mental Health. Findings from the study show that the fit indices for this model are excellent. The RMSEA was 0.06, and the GFI and AGFI were 0.92 and 0.93, respectively. Approach responses ($r=-0.24$) and avoidant responses ($r=0.28$) were shown to have direct effect on Mental Health. All paths were significant at $p < 0.05$. Correlational results demonstrated that inter- intra personal stress had significant inverse relationship with approach responses and positive relationship with avoidance responses.

Keyword: Stress, coping responses, and mental health, avoidance responses, undergraduate

ABSTRAK

Tujuan kajian ini adalah untuk menentukan sama ada model yang dicadang bagi menjelaskan kesan daya tindak terhadap tekanan yang meningkatkan kesihatan mental adalah sesuai untuk populasi pelajar Iran. Kajian ini menggunakan analisis Laluan untuk menilai Goodness-of-fit kesan mediasi daya tindak ke atas tekanan dalam meningkatkan kesihatan mental pelajar universiti Iran. Seramai 326 orang pelajar mengambil bahagian dalam kajian ini. Satu tinjauan komuniti telah dijalankan di mana pelajar-pelajar diminta menjawab satu set soal selidik yang mengukur tahap tekanan, daya tindak dan kesihatan mental. Hasil kajian mendapati petunjuk-petunjuk kesesuaian model adalah sangat baik. Nilai RMSEA adalah 0.60, sementara petunjuk GFI dan AGFI masing-masing bernilai 0.92 dan 0.93. Daya tindak Penyelesaian (0.24) dan daya tindak Mengelak (0.28) didapati mempunyai kesan langsung ke atas kesihatan mental. Semua laluan adalah signifikan pada tahap $p < 0.05$. Keputusan kajian korelasi pula menunjukkan tekanan personal inter-intra mempunyai hubungan songsang yang signifikan dengan daya tindak penyelesaian dan mempunyai hubungan positif dengan daya tindak mengelak.

Kata kunci: Tekanan, daya tindakan, kesihatan mental, daya tindak mengelak, pelajar siswazah

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