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**THE RELATIONSHIP ANALYSIS OF MINDFULNESS WITH WOMEN'S MENTAL  
HEALTH IN SHIRAZ**

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**ABSTRACT**

Mindfulness is a mean for cognitive therapy and essential to stop mental stresses. Thus, this study aimed to investigate the relationship of mindfulness with women's mental health in Shiraz-Iran.

The correspondents of this study included hundred twenty seven (127) women. These women included all categories of employed, housewife, retired , married and single in Shiraz yoga center. The correspondents were selected randomly. The research instrument included Friburg's mindfulness questionnaire and Goldberg's mental health questionnaire. Pearson's coefficient of correlation was used to find the relationship between the research variables. SPSS research software was used to further analyze the data gathered. The findings of the study showed that there was a significant relationship between the mindfulness and women's mental health in Shiraz ( $P < 0.05$ ).

**Keywords: Mindfulness, Mental Health**

## INTRODUCTION

A successful person should obtain necessary skills in order to control himself/herself. This control includes behavioral, anxiety and mindfulness control. Among these, mindfulness control seems to be the most important. Mindfulness is the knowledge of ideas, behavioral impulses and stimulants.

Mindfulness once initiated in East but today, it plays an important role in all psychotherapies in West (Bahadoran 2007). Through mindfulness one can achieve "Letting Go".

"Letting Go" is the process of leaving the non-important attachments behind. People are attached to many non-important attachments that leaving them is somehow impossible for them (Kabat-Zin and etal 1992). These attachments cause some mental and behavioral disorders once these non-important attachments are left, the person acquires more familiarities with their defects and lessons his/her mental and behavioral disorders. Thus, good attachments substitute the non-important attachments. At present, mindfulness is indicated in many daily activities stress lessening activities based on mindfulness are presented in different stages.

Most of these activities include mindfulness based cognitive therapy (MBCT). Recent researches have shown

that mindfulness based cognitive therapy is used to prevent mental disorders and frustration, Kaviani (2007). Through this therapy (MBCT) patients with mental disorders and frustration learn how to cope with their negative thoughts and feelings, Kaviani (2007).

Women suffer more mental disorders and frustration compared to the men. Attention to women's mental health has significantly increased in last two decades.

In the past women were excluded in mental clinical therapies but, nowadays they are more attended to. Mental health refers to orderly thoughts, psychotic balance, and positive psychological characteristics, Anasory(2011).

Women's mental<sup>\*3</sup> health affects the nurture of the children and establishes a good family environments, Sepehr. Manesh, (2008).

Based on the above mentioned facts the researcher was encouraged to investigate the relationship of mindfulness with women's mental health in Shiraz.

## METHODOLOGY

This was a correlation type of study. The correspondents of the study included hundred twenty seven (127) women who were randomly selected from all women in Shiraz yoga center in 2014.

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\*<sup>1</sup>- Mental health refers to orderly thoughts, Psychotic balance and positive psychological characteristics. (Anasory 2011)

**STUDY TOOLS:**

Friburg's mindfulness questionnaire and Goldberg's mental health questionnaire were used to gather the needed data.

Friburg's mindfulness questionnaire included thirty (30) questions that covered all aspects of vast mindfulness. These questions were scaled by four linkert's measuring scale of usually, often, sometimes and seldom.

Goldburg's questionnaire included twenty eight (28) questions with four components of physical, Anxiety and sleeping disorder, social function disorder, and,frustration indexes. This questionnaire is used to screen the mentally ill people from healthy people.

**DISCUSSION AND ANALYSIS OF DATA:**

In order to analyze the relationship of mindfulness with women's mental health in Shiraz, the researcher hypothesized that: there is a significant relationship between mindfulness and women's mental health in Shiraz.

In order to verify or reject the research hypothesis, the questionnaire were distributed among the correspondents and were asked to answer in accordance with the specified scaling measures. The descriptive information based on the age, marital status and educational qualifications are presented in table-I, table-IIand table-III respectively.

**Table I . Descriptive Information Based on Age**

Age	F	%
15-24	12	9.4
25-34	32	25.2
35-44	20	15.7
45-54	21	16.5
55-64	10	7.9
65-74	3	2.4
No Answer	29	22.8
Total	127	100

As shown in table-I, majority of the correspondents aged between 25 to 34 years old ( F=32, %=25.2)

**Table II. Descriptive information based on marital status**

Marital status	F	%
Single	25	19.7
Married	62	48.8
No Answer	40	31.5
Total	127	100

As it is shown in table II, majority of the correspondents were married. ( F=62, %= 48.8)

**Table III. Descriptive Information Based on Educational qualification**

Educational Qualification	F	%
High school Graduate	26	20.5
Two year College Graduate	9	7.1
B.S. College Graduate	53	41.7
M.A/M.S and above	8	6.3
No Answer	31	24.4
Total	127	100

Table IV. statistical information of mental health components with respect to educational qualification

Mental health components	High school		Two year course		B.S/B.A Degree		MS/M.A	
	$\bar{X}$	sd	$\bar{X}$	sd	$\bar{X}$	sd	$\bar{X}$	sd
Physical indexes	5	2.31	5.87	3.18	6.27	3.91	5.85	2.97
Anxiety and sleepless	6.64	4.34	7.22	4.73	6.94	4.95	6.25	5.92
Social function disorders	10.08	4.07	9	3.60	10.15	4.12	8.62	5.68
Frustration	1.76	2.14	2.66	4.12	2.80	4.77	1.85	2.47

Table V. statistical information of mental health components with respect to marital status.

Mental health components	Single		Married		Total	
	$\bar{X}$	sd	$\bar{X}$	sd	$\bar{X}$	sd
Physical Indexes	7.04	4.81	5.37	2.67	5.88	3.53
Anxiety and sleepless	6.29	5.74	6.6	4.49	6.56	4.85
Social function disorders	10.20	4.73	9.67	3.83	9.83	4.09
Frustration	4.41	6.19	1.67	2.7	2.44	4.55

Table VII. Mindfulness and Mental Health Relationship statistical analysis

Mental health		Mindfulness	Level of significance ( $q$ )
		Coefficient of correlation (r)	0.009
Components	Physical Indexes	0.317	0.003
	Anxiety and sleepless	0.347	0.0
	Social function disorders	0.446	0.0
	Frustration	-0.448	0.0
		0.309	0.008

As it is shown in table III, majority of the correspondents were B.S degree holder ( $F= 53$ ,  $\%=41.7$ ). The statistical information of mental health components with respect to respondents' educational qualification and marital status is presented in table- IV and V, respectively. As it is shown in table- IV social function disorders got the highest mean score in all educational qualification levels ( $\bar{X} = 10.08, 9, 10.15, 8.62$ ) and frustration got the lowest mean score ( $\bar{X} = 1.76, 2.66, 2.8, 1.85$ ).

As it is shown in table- V social function disorders obtained the highest mean score ( $\bar{X} = 10.2, 9.67, 9.83$ ) and frustration

obtained the lowest mean score ( $\bar{X} = 4.41, 1.67, 2.44$ ) with respect to marital status.

#### FINDING AND CONCLUSION:

The findings of the study showed that:

There is positive correlation between the mindfulness and women's mental health. The statistical analysis of this finding is shown in table-VI. As it is shown in table VI: mindfulness has a positive correlation with women's mental health ( $r=0.317$ ,  $q = 0.009 < 0.05$ ).

Furthermore it has a positive relation with physical indexes components ( $r=0.348$ ,  $q = 0.003$ ), positive relation with anxiety and sleepless ( $r=0.446$ ,  $q=0.0$ ), positive relation with frustration ( $r=0.309$ ,  $q = 0.008$ ), and negative relation

(indirect/reverse) with social function disorder ( $r=-0.448$ ,  $q=0.0$ ).

Based on the findings of the study the researcher concluded the practice of mindfulness has positive effect on pain problems and can develop proper biological psychology (Monoreh and *et al*, 2008). The mindfulness training can regulate moral strikes and reduce moral tensions (Narimani,2012). Mindfulness has a positive relation on social skills (Nejati, 2008). Mindfulness is an effective mean to reduce students' examination fear and improve their academic performance (Chamar-Koochi, 2012).

Finally, I suggest all individuals to gain mindfulness therapy to control themselves fully and use it as a mean for better lives.

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