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RELATIONSHIP BETWEEN GENERAL HEALTH AND REASONS FOR LIVING FACTORS

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**Introduction & objective:** The present study aimed at examining the relationship between general health and reasons for living factors.

**Method:** Descriptive correlational method was applied to this study. 100 female teachers were recruited from Babol city randomly as the research sample. Life Orientation Test (LOT) and General Health Questionnaire were tools used to collect data. The data obtained from respondents were transferred to SPSS spreadsheet for descriptive (mean and standard deviation) and inferential (Pearson's correlation coefficient and step wise regression analysis) analyses.

**Findings:** Results from the present research showed a significant relationship between the score of general health and reasons for living factors. Moreover, results of correlation matrix revealed the maximum correlation between general health and moral objections. Based on the smaller value of significance level ( $P=.021$ ) obtained from the association of general health variable with survival/coping beliefs than that of shown in the table ( $P=0.05$ ) and the correspondent correlation coefficient of  $-.223$ , we concluded with 95% confidence that a significant negative relationship existed between general health and survival/coping beliefs. Also, the amount of significance level of general health and responsibility to family was found to be smaller ( $P=.029$ ) than the value shown in the table ( $P= 0.05$ ) and correlation coefficient of  $-.207$  was computed. As a consequence, it could be deduced with 95% certainty that there existed a significant negative link between general health and responsibility to family.

**Discussion & conclusion:** Results from regression analysis have indicated that general health variable can be predicted by reasons for living factors (Survival/Coping Beliefs (SCB), Responsibility to Family (RF), Child-Related Concerns (CRC), Fear of Suicide (FS), Fear of Social Disapproval (FSD) and Moral Objections (MO)). Moral objection, alone and with  $\beta= -.300$ , accounts for 30 percent of variance of general health.

**Key words:** General health; Reasons for living; Teachers