



Mental health of secondary school female students Gvavr

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ABSTRACT

The research paper is to examine the impact on the mental health trust in God has Gvavr area high school female students. According to the hypothesis proposed correlation method for data analysis and Pearson correlation method were used. Statistical Society: Gvavr area high school female students. Sample of about 100 students who were randomly selected. Data from two religious attitude questionnaire (24 questions) and general health (27 items) is obtained. The results indicate a significant relationship between trust in the Lord and mental health of high school girl students is Gvavr area. Whatever religious faith and reliance on God is greater than their mental health and self-reliance is the best means to procure mental.

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Introduction

Islamic teachings and trust in God have a significant role in mental health. Islamic teachings include reliance on God. Who have faith in God and trust in him, and his life is full of peace and tranquility and a life without concern as to have faith in God and the hereafter And the trust he has a nice life and death with the calm that greeted the arrival time of the death.

Behaviors because they trust in God through hope and encourage positive attitudes lead to an inner peace. Reliance upon almighty God causes a person to trust their God-given abilities and talents, not only in the success of selfishness and pride are not involved in their lives, but the problems caught her by the potential arise helpless caught Disorder not function And the best gift of the strong pillars of trust that gives him a sense of resistance against the difficulties of life. Having meaning and purpose in life, a sense of belonging to a source of the sublime, hopefully causing problems in the lives of God's assistance, spiritual and social support from all sources are included Religious people have the less damage they incur in dealing with life's problems. Research that examines the impact of mental health trust in God is hoped that corner of the religious beliefs of students show.

Problem Statement:

Trust: the trust. Rely on God's will and providence of God and surrender to His submission to Him, and no reliance and independence without giving the toys than the causative God Exalted. Sure Dell is relying on God in all things and if I am to reach this level of knowledge but does not do anything for God Except he was not hopeful someone other than him and not the greedy eyes of someone who fears God and does not have the same trust in the Lord. Trust in God can make a positive interpretation of life events and facilitating coping with life's problems, then making use of it for most healthy people.

Mental health: A person who has a mental health also feel comfortable in social welfare and is unable to work. Always raised more fundamental questions such as why so many people, including mental health professionals are interested in the topic of spirituality? The doctor Gary Hartz, one of the reasons the older generation population explosion (in mid-1946 and 1964) and general questions and basic know-aging they raise, typically

they are asking themselves how find meaning in life when everything will end in death? With an unprecedented increase in wealth in the 1980 and 1990, many of the formulas tradition for joy and happiness on income and financial ambitions egoistic asserted disappointed them. Contradiction here, no matter how We will be richer, our happiness level will remain the same.

Research objectives:

Since humans rely on God resistant life-threatening problems and gives facts and trust that humanity can string the plight and helplessness uproar problem into an opportunity for converting to And cause him not to stagnate and its dysfunction and since according to this world full of pressures and threats in today's world it is essential that even those in the past the impact of it given the denied Nowadays suffer In the past, many have their own sources of wealth and source of solace knew, today's the yoke of religion and consider other scope is not deny meet humanity's curious, and therefore the main objectives of this the mental health of remind individuals and communities is the topic of spirituality and faith and trust as an essential part of the cultural world of today's clients are professionals in different fields.

Secondary objectives: more attention to the impact of religious education on mental health Gvavr area students will.

Given that we are a Muslim country with a rich religious and the most advanced, comprehensive mental health issues that are relevant today, as taught in Islam centuries ago has given us to live a better life to our scholars of demonstrating the impact of religious beliefs can affect mental health is very important and worthy of a world full of stress and anxiety and seemingly civilized societies worldwide have today. Another goal is do more research on the impact on the mental health trust in the Lord and that is why there is a tremendous resource for students should be stressed.

Trust in the Lord: the Lord's affairs so that increases mental balance and the necessity of reaching the target, they are open from anxiety and fear is and causes relaxation sure.

Health Psychology Includes: Comfort Subjective , Feeling Own Capabilities Autonomy , Perception Both Depends Between Generation Understanding Ability The Own At Scholar Build Capacity The Rational And emotional Self 's.

Definition Operation:

Trust On God's Trust And rely On God Confidence lent
And rely Lack To Other Her.

- Profit Loss Opening Our offense To Hand People Is
not But Same Trust On God Cholera God Be 's.

- But God To One Hope No Except He Of any Thing
No Person Than the dam.

Health Psychology: an With Feeling Convenience
Comfort Able Is At Community Outside To Activity Paid
Specification The Person He At It Community Cause
Gratification Satisfaction 's. Modes Welfare Full Somatic
And Mental Social.

Literature Research And History :**Raghib Isfahani:**

About Meaning Trust The Says: if Word The Trust
With Lam Come Meaning Friendship Responsibility And
Definition Trust With Be Supervisor The , The Like : the I
Trustee Responsibility With Supervision Certain I am., If
With Ali Come To Meaning Trust Off The Is , Like
Dependence Ali Certain Namely Trust I On Someone.

Goldstein: Health Smooth The Balance Between
Members Environment At Get To Own Efflorescence The
Knows.

Chahn Force Health Smooth The Condition Of
Maturity Smooth Cognitive Interpretation The Slow , That
Phrase Is Of Limit Most Effect Partial Satisfaction To
Hand The Of Contrast Individual Social **Mental health**
include subjective well-being, their sense of empowerment, self-
determination, perceived intergenerational solidarity in
understanding their abilities realize their full potential And
emotional is rational.

Operational definition:

Mental health: a person is able to feel comfortable in
social welfare practicing Specification someone outside the
community, he is gratified satisfaction. State of complete
physical, mental and social well-being.

Goldstein : Members environment to achieve a balance
between their mental health as flourishing.

Chahn: the mental health status of adolescent psychological
interpretation, which is the most effective opposition satisfaction
derived from personal, social, emotional, which includes the
themselves and others Open entertaining positive entertaining.

May That Included Emotions And Open Entertaining
Positive Ratio To Own Others The Be I mean when I speak
of spirituality is that all of this material world, such words are
words, and a conscience that it is right and wise and effective
principles that emerge from the shell passes to reach the brain
and the eyes of see reason to believe that there are facts beyond
the words and visual effects.

Spirituality in the Quran

The first trait is expressed The cautious the third verse of
Surah Baghareh Mubarak is:

The cautious those who believe in the unseen.

The unseen meaning. Spirituality means the never ending
knowledge and belief are true and coordination and arrangement
of all the movements and behavior based on the fact that the
original. Spirituality means to achieve true lover of the beauty of
the optimal intensity and duration of human existence.

The spiritual attachment to the root of true love And
patriotism mother, mothers, parent, beyond which we have been
born of her local and wider than the Boundaries and lines drawn
between the government said.

Apart from the fact that it is something spiritual beliefs,
thoughts and behaviors, not personal, social, spiritual, like the

soul in the body of each component and each component must
be dead where it is the physical material.

God is the color of spirituality.

Spirituality means being watered extremely loving and
gentle soul troubled heart.

Spirituality in terms of quantity and quality and the beauty
all the time and length and width.

The spirituality of loving service to the People of God,
without hope and expectation And sincerely. **The relationship
between spirituality and defend And Jihad At Quran:**

A strategy component and an underlying spirituality The
Quran and battle between the opposed blasphemy is considered
a front right side until the battle is asymmetric drawn balances
and increased processing power for the superiority of the enemy,
while emphasizing the elements of hardware, software the two-
stage And above software will also be considered. Holy Qur'an
commands: " And what do you have to be ready to mobilize
troops and horses to the [logistics] the enemy of God and your
enemy for and the enemies of others beside them whom ye
know not, God knows frighten ", then due to the changing
balance of hardware and software On factors of Has
emphasized, the first step says: " the Prophet, urge the believers
to fight now, that if you twenty steadfast they shall overcome
two hundred people on, and if you are over a hundred thousand
of those who disbelieve they will win because they are as They
do not understand that " Note that this expression into the
equation if the right front, three element of faith, insight And
wait be provided Based on these fronts proves to be a general
rule, a ten-rises.

In this phase, the software also stated:

Strengthen governance and, subsequently, deepening
spirituality, capacity and ability to exponentially troops right
front, at least, a considerable increase, one of the most
extraordinary examples of aid and Victory occult theology.

Leader on top of their valuable role in maintaining spiritual
strength continues to be pointed out completely and said:

What can Army forces in every different category
Religious, Islamic knowledge And Taghvai raise their education
and bring spiritual light rays with better learning Quran Islamic
concepts And traditions attention to her practice, to increase the
day to day spiritual perfection.

Functional role of spirituality

In assessing the role of spirituality, although factors like
hardware, equipment and ammunition, especially the effective
use of technology in itself, with emphasis on tangible experience
And narrative Quran in Contemporary History and traditions of
Islam, is characterized by high motivation compared to the place
of spirituality other factors on the right side, is much more
crucial More transition effects, in other words it can be stated
that the spiritual element in the equation, relative to other factors
as causes of engine hardware. Supreme Commander-in-Chief in
this regard states:

The Islamic Republic has shown that the ability to resist the
pressure of heavy physique global octopus and this nightmare
world. The reason we went, under the trunk of the big
international. The Islamic Republic has showed that wisdom is
not strong. Were chopped plus In addition, there was no reason
began hurting him. Has some weaknesses that And weaknesses
from the divine tradition.

There are traditions that support the creation is successful,
the deal And void right thing, they should be Quite seriously.
And void are right, its motion to comply with the natural laws of
the universe is Adam.

Advertise Spirituality

Does spirituality lectures and pamphlets and books printed color is achieved exquisite and valuable article and congressional contests and awards, and some people thought that sometimes the mind is due to lack of understanding of spirituality and In fact, it is anti-spiritual.

To promote spirituality, 99% practice and 1% for both speech and propaganda conditional action, if not accompanied by action, speech and propaganda is harmful to spirituality and a 99% loss of influence are possible.

Severe blame God and God considers it of great anger, Surah line says:

Why not do what you tell the great wrath of God, you say, what you do not practice.

Wit and righteous leader says: : Who was the leader who must pay for their education first before teaching others, be polite and courteous adornment the other prior to their behavior The tongue (for example, before the other would pray Successful Show We must pray) and informative and polite self To bow informative and polite people and honoring the worthy. "

The Quran explicitly commands:

The first believers astray distract yourself and know that you will do no harm when you are guided.

Qur'an as a book of guidance and guidelines for the provision of mental health Instructions human life that the introduction of mental health and mental health, given that we are here to refer to both cognitive and behavioral strategies:

Cognitive strategy: the teachings of Islam with a modified understanding of the world and into the world of human thought and worldview of God, man's attitude to matters of life and behavior, emotions or influence the result of faith and Trust in the Lord, R., positive thinking, hope, life, messenger of divine parents to model, it is the resurrection of the results.

Behavioral approaches to reform and redirect the thinking person's worldview is that God causes of behavior modification Behavior in the family, interpersonal relations, economic relations can lead to mental health, mental health, and the result is odd.

Anti Spirituality

Whatever people entertained and distracted from reality and stop him from reaching Goals, is anti-spiritual.

The things you learn from doing God's will is my idol.

The commander of the faithful (AS) narrated that Allah is unaware of anything you learn from it and make fun of gambling (possible) (that is, the Holy Qur'an has prohibited from severe).

The most important factor (other predictor) and inhibitors of spirituality

A) self-narcissism:

Instead of seeing the majesty of the universe who only see themselves and perceive themselves being driven. Anything that is good and pure profit for them and anything that is bad is bad.

Have quoted that: "The Prophet Moses (AS) to his staff rock ore ran under the earthworm was passed in his heart that God creates a worm for what? (It is the use of anything but the benefit of the worm, what) addressed this question once you've reached a Moses asked God many times, but this cream for how to create a Moses? "

Self-strongest barrier to achieving the vision and spirituality.

B) Pride

One of the main causes of the fall from heaven, faith and spirituality, pride, man should always be careful and aware of

what he and others are all in this world and God, and all that he could moment of nothing this be the material world and not worthy of such devotion and pride are all mortal and humans have been created to test and correct use. The winners are the ones who give the material away for the sake of God's work and business use.

C) Rejection and luxury-oriented welfare authorities as Patterns Behavior And Practical

Concept of luxury and glamor of the entertainment world, human wings flying in the sky of spirituality and noble and worthy goals are tied and she is so gorgeous material and mortal prison and slowly even see her eyes blind to the truth and he creates lazy indulgence and stingy, so always try to be the enemies of Islam, Muslim nations and the world of racing with the fun of a luxury to have the courage and constancy and spirituality opening

D) Loving the world

Material and physical things to spiritual matters Insignificant very disappointed that it is not even worth mentioning flesh that is live 50 or 60 years, what percentage is infinite in life? Similarly, all material objects in spirituality?

In the stories narrated that Allah who created the material world, the day is not looking (it is worth a look), and so the Prophet (PBUH) and the worthless parents understand God, and therefore do not attached to it, However, because of the material of interest and the strong dependence of the heart are born blind do not see a meaningful universe, like a horse or a donkey or threshing mill that used to close his eyes and poor, thinks walked many miles but still in the same spot night sees the first.

The Holy Qur'an says about the world:

Sustainable world, and works properly (good works that remain after dying man advantage come to the public) regarding the recompense from the Lord and his people and wished to close Their hearts in them to focus better.

This verse speaks of something that is ultimately wish. Ultimate wish is what humans because it is alive and without him life is empty and meaningless.

Those who (hopefully meet) we have (see that other life, where the screen goes all the facts are not in work A) and (consenting) has been satisfying the taste, and it closed hearts (are quiet) Those who we are unaware of the signs.

In this verse, what is the negation of (Should not) has been considered (no longer life expectancy) and the material (informed consent) and felt (to cool down) is.

They remind us of Back up and (except for the purpose of worldly life and do not And destination end) on the back, is the knowledge.

Their worldly life (happy and satisfied) have been, if the life of this world is but little in the near hereafter.

Only (appearances and manifestations) are familiar with the life of this world and the Hereafter (world beyond appearances and phenomena) and unaware.

E - Discrimination

Historically one of the most important factors that discourage people from government and non-support and thus lead to their failure to discrimination and injustice among the officials and agents of the system Web discriminatory justice system and the government's deadly pest, especially if they are religious system and Agencies claim religion is not only discouraged but also weaken the faith of the people.

And - the inconsistency characters talk and act in a simple biological properties and the use of public property

Important principle of Islam that emphasized education is that teacher education is effective if it is successful and should

be the most congruent with his words and actions reveal his speech is the word of his speech known for accept important annual For his word is not supported Sixth Shia leader said: "People with other languages (actions) Invite yourself to the good." Holy Qur'an such people would rebuke

G - hypocritical spirit of creation (self)

Pests of faith and hypocrisy trap of evil is that good and blessings kills and lots of prayer practices Piety and faith are vanished and bitter sweetness of good work and good deeds of others and hate builds on the palate

H - There's morale and absenteeism and Detraction envy of colleagues and sometimes unwarranted suspicion.

For a series that will protect the sacred system of the Islamic nation and the blood of martyrs is the seed of higher purpose and spirit of jihad and resistance to the forces of faith, unity, brotherhood, sacrifice and love and jealousy and distrust any hatred and suspicion, it sheds it's The ability set, while faith and spiritual values too far away to be closed.

Jealous of the Prophet says, do not envy the man's jealousy destroys good deeds as fire burns firewood.

I - inattention and laxity in the Injunction evil enjoined from denying

One of the most important principles of Islam is forgotten in discussions of social issues enjoined and prohibited from denying that the implementation of this principle in the light of Islam and the Muslims, dear disbelief and hypocrisy of sin and the forget the wicked will smite the Islam, eater and Muslims will be debased Sinners are the dominant society, and society itself, will put its outlet at the same time value will be obliterated by the vice instead of the values and the time that the Pharaoh Their characters will rotate not ruthless so Prophet Muhammad's a hint to the implementation of this article said, enjoined and prohibited from denying God because otherwise you will over you and pray you are righteous and not be answered "(Approach eloquence 2218)., and condemned another expression said: All you have responsibility towards one another. "

A - ideological and religious **indifference** or lack necessary knowledge and content of the programs. We need people of all ideological and moral education program is never far from the NBA does not require such spiritual forces feeding sessions at the same time increase the awareness and insight, of the moral and behavioral Virtuous make raising said.

Thus the Holy Qur'an in Surah alagah, fifth verses Six says, "When people see no need to swell" It definitely feels this is false and unreal perfection of the human spirit is never seek knowledge and insight to small and Spirituality is not satisfied ocean beach would be good enough and deep spirituality and mysticism captured the essence of that vision.

Vntyz: Knows follows mental health-related criteria that include:

- 1 - appropriate social behavior.
- 2 - Freedom From Fear And guilt
- 3 - Lack of mental illness
- 4 - self-sufficiency and self-avoidance
- 5 - Self-acceptance and self-actualization
- 6 - Unity Organization of the base character

Doctor Bright: a review of 100 studies showed that 79% of studies (spiritual impact on mental health) have a significant and positive correlation between increasing employment and increasing religious psychology are clear.

- In another study conducted at Duke University, it was found that this type of 93 studies, 60 of them have been able to

show that considerably less depression in these individuals can be seen.

Samples and reliance on God's work on mental health:

Trust is one of the best means of providing mental health is here as an example of what the teachings of Islam according to the manner and pattern of Imams (PBUH) used to raise.

Meet the need for love at the highest level (Popular Resorted God) (Surah Al 'Imran Mubarak: 159)

Meet the need for support and confidence and achieve a sense of calm.

"Trust in the Lord makes all the tools necessary to enjoy the performance and shortcomings are also well restored and compensation" (Surah Mubarak Divorce: 3).

Reach maturity and cognitive development.

Imam Ali (AS) that he worshiped, "I trust you, trust someone who knows you're capable of anything. (Muhammad Baqir Majlisi, Bihar al-Anwar, vol 83, p 227).

Feel positive and optimistic person than the ability to do work (having hopes and talents flourish)

However, in the Islamic tradition is strong in the sense that the negation of trust "Quit using ordinary tools toys" is Arabic man in the Prophet (PBUH) left his camel and said, relying on

Prophet (PBUH) said: Collapse and put your trust in it. (Molly M. Faiz Kashani, Amahgp the white, vol 7, p 427).

It is narrated that Prophet (PBUH) when he migrated to Medina, and never openly and without plans and saying, "Trust in the Lord" did not move, but to deceive the enemy, a side order that Imam Ali (PBUH) in the morning in bed and sleep for the night, the secret came out from Mecca.

Increased heart faith:

God says, "believers who put their trust only in God (Surah Al 'Imran Mubarak: 122) reliance necessary and inseparable faith.

Trust and confidence in God is one of the remarkable characteristics of the believers (Sura Anfal Mubarak: 2)

Those who love the world were drowned in the whirlpool of earthly desires your hands and feet every time they feel threatened and are adhered to the glamor world rely on the anxiety To cross, But they cannot.

Increased intelligence:

Imam Ali (pbuh) says "He who puts his trust in the Lord is darkness, and causes doubts to clear his victory he gives and gets rid of the problems." (Were deceived the judgment 5 p. 72-414).

Increasing individual effort (trust is a strong and capable person):

Prophet Muhammad (SAW PBUH) said, "The one who loves the most powerful people to trust in the Lord Aladdin on fears the bin Hassam knz workers , vol 3, p 101).

It cannot hurt to get others to accuse him (freedom from fear):

The Prophet (PBUH and prophet) asked Gabriel: Trust in the Lord is mighty? He said: The truth is that the creature cannot be trusted to know the loftiness and losses rather than profits and nothing to forgive is not open to him. (Muhammad Baqir Majlisi, History, vol 6, p 138).

Recognizing that he had not the benefit of others. (Freedom from dependency and attachment):

The prayer is: And you're the Aguiar and other servants of the hearts of tens And sooty friends rather than you Not choose friendship and shelter to anyone except you do not. (Sheikh Abbas Qummi former downs of Prayer wailing).

Hope for God's grace and forgiveness:

Holiness Ali (PBUH) says: how fear while you're hoping for How to become subdued while you support me? (Muhammad Baqir Majlisi, Bihar al-Anwar, vol 91, p 229).

Cut off the hopes and dreams of others:

Imam Ali (PBUH) said: saved from temptation and doubt and uncertainty (deliverance and salvation from greed, envy, worldliness, avarice, and narrow-mindedness), is trust Depend not only on external factors may affect, but is also effective in man and saves him from the clutches of temptations and doubts.

In the words of Imam Ali (PBUH) which is reliance on God who doubts him is clear.

Needless to non-God:

Holiness Ali (PBUH) says: O people of God have trust and confidence in him, because the man does not need her. (Muhammad Baqir Majlisi, previous, vol 55, p 265).

Freedom from trouble and torment:

Imam Ali (PBUH) said: Three victories by saving humans, "Trust in the Lord", "rely on his pure nature," and "Prayer" are.

In a hadith narrated by Imam Baqir (PBUH) said to Jabir: The My Shiites hello and say no kinship between us and God, and the only approach is to obey him. (Muhammad Baqir Majlisi, previous, vol 78, p 183).

Increased certainty and belief:

Imam Ali (PBUH) said: The truth is surely trust And also says: Trust in the power and intensity born of certainty (Ibid.).

Convert adversity, adversity arms to comfort and relaxation:

Iran to fire their reliance on God as trusted Trust Prophet Ibrahim (PBUH). (Ali ibn Ibrahim Qummi Commentary, vol 2, p 2).

Achieve dignity and pride (feeling of independence and strength):

Imam Sadiq (PBUH) says: prosperity and dignity in constant motion, when they come to trust the place where they make their home. (Muhammad ibn Ya'qub Kulayni, Sufficient the basics, vol 2, p 65).

The Heart Center of reliance on God, our God is a feeling of satiety and a sense of dignity and power, because they rely on the power that is above all else.

Suggestions:

There are three components are important for health, physical health, mental health, societal health It can be said that mental health means creating the necessary balance between the need for environmental human and pressures Desires and invariably mental events cause the exchange to fall or be at risk Physical health, mental well-being for the same trust so much that can be taught various physical diseases can be prevented by promotion of public awareness, prevention is the first principle of mental health, our goal.

Our whole society to raise awareness of mental problems, stress awareness of commissioning efforts in addressing the factors that interact with them psychological comfort to people of all ages (from fetal aging) are doing endangers of the For example, educate families regarding parenting techniques styles of educational reform in the period before the onset of puberty attention to the main points, with mental health problems the mental health fore going everyone prevent life them gratification had requirements Another goal of mental health treatment, i.e., if prevention fails disorder arose, like all diseases should start treatment, patients sometimes physical problems for a period of mental disorders, such as the work community Villa chronic course of the disease makes its ability to draw down from our goal in the treatment of mental health patients is rehabilitation

At this stage, patients are empowered to again offer training and the ability to be dealing with tensions and problems to the proper way to act.

In this regard, it is necessary ideological programs based on best practices and teaching methods are implemented and updated in terms of content and Being Fashionable and teachers choose the location and time of the training accuracy have.

One of the factors attracting love, friendship, having good morals and morale is patient and calm Cause irritability and aggression as well as remote and detached Perhaps because of their anger and lack of control that the work environment and spiritual intimacy and authority and hierarchy its place inter kernel The Holy Quran says:

"O Prophet, you were rude and short-tempered and aggressive people were scattered from around you" (Al Imran, 159). Imam Baqir (PBUH) said: The most faithful people, good ethics is their most "(Principles sufficient vol 1, p 26)

Stay away from officials and personnel unaware of their economic and familial status. Successful management of strategic approach is to preserve principal and assertive role in managing humble and merciful hands than on their problems, and the status of the announced the caring head of help work heart this he will rule, his staff whole heartedly love, obey His commandments with sincerity but with hands If officials want to scheming and deceit and arrogance of the act will not only popular but also a successful manager will not. prophet says: Whoever does not have mercy on his hands God has forbidden Paradise for him (Approach eloquence 1028)

For the person who has faith and trust in life and there are problems with the concept and knows that this earthly life is In line with by God to build and strengthen the human spirit. How to withdraw from the scheme of life, life satisfaction and mental health of a person is caused, for example, if someone blow into the other side, it is a sad reaction but the martial arts It's a blow to the practice of number They not only do not bother to enter, but they have strong bodies, they tend to feel satisfied while both are shot It depends on how the understanding of its impact, and therefore this is the same problem with living circumstances.

Increase of spirituality (the promotion of spirituality):

1 - Promote the spirit of sincerity in doing things in the history of Islam, such as the great work and no work is done with sincerity and devotion, not small and if you ever do for God, but it for other than Allah made permanent, and bring nonrenewable would not be viable. The Messenger of Allah (PBUH) said: pure heart, in which case a little practice you will cease.

2 - enhance and promote the spirit of sacrifice and martyrdom and sacrifice inspired by an uprising of Ashoura: Ashoura Movement and success of Islam and the Muslim holy warriors in Iran was believed to be from the Islamic Republic to defend their religion, whether they are dead or kill both are winners. Fear not and did not hesitate to tackle. The comfort of their own lives and property in Lebanon and Palestine crossed the enemy's morale is down again today, more than ever, we need the spirit and not the spirit is weakened.

3 - Live principle enjoined and prohibited from denying the public culture and public administration really wants to live and work in the community and spiritual values that should govern the important principle of social action and community Ella dead were lackluster affairs, it would be unjust to resolve the uprising of Imam Hussein (PBUH)the Holy Quran is the philosophy of rational self-run enjoined and prohibited from denying the statement said.

4 - enhance and promote the spirit of piety and religious And Adornment Inspired: Great People who are looking for great things are never as high and holy thoughts and On the abdominal world powers seeking financial affairs are run and deny the truth, but horizontally beyond Above in the world and the means to serve God and see God, rather than having to lose it rather than having it be sad, as Mola Ali says, did you lose Do not grieve over what is piety. And do not be happy with what they got.

5 - Training and Education gohar times monotheistic religion through training and knowledge appropriate to the audience and their needs unity and spiritual foundation of all education is the fruit of unity, sincerity and unity fruit, and the fruit of piety, observance of piety, obedience God and faith. fruits of monotheism, morality and justice enjoining good and forbids the evil.

The most important things to discuss parenting and nurturing spirituality, oneness teaching that " there is no god but god " is summarized and the Prophet (PBUH) said, " Say no god but God may prosper " salvation in the light of monotheism. Imam Khomeini adherence to the Qur'an (And as I threw and threw but that God throw) monotheism taught to the people and said: "God liberated Khorramshahr God told the people to constantly learn and practice monotheism We believe commandments of Islam makes light of guidance and salvation in this world and the hereafter is but a portion of the happiness of those who only know while learning to act and Ella take not do knowledgibility toward.

6 - Given the dramatic action of the moral and ideological issues in religious circles and religious practices in the promotion and development of one of the most spiritual and religious issues, according to officials and managers of the effect is very significant presence in the spiritual and religious rituals, for example, Talk prayers, I am Their The ablution its authorities take chapel for prayer to the move and stand at the forefront. This will encourage others over several sessions and lectures on the virtues of prayer is effective for the first time

7 - Meetings of preaching and punishment: a human being due to man's physical and spiritual demands and trends, which have the opposite is usually due to entertain the divine and animal life with a material and sometimes the sins of the dejection aphorism listen His soul finds peace and is ready to move towards spirituality.

8 - Meetings to answer religious questions human ability to think and reason may be due to having doubts or problems encountered with respect to their beliefs, and this is a good sign, but it should be noted that the doubt rather than a good just crossings the good Abode There is, therefore, must seek to eliminate uncertainty and cope with the thought and insight into human behavior arose from his office or meetings to answer questions of religious formation is necessary to be always ready.

9 - create a spirit of criticism and treatment: some people and managers due to being diagnosed with the disease beyond criticism, self-criticism and its managing director, while not good do not know his nose into the nose hive to welcome criticism, It is a gift.

10 - Special attention to discipline and conduct job: faith, prayer and fasting is not just a job but discipline is also an important sign of faith, because without any of discipline is not a great job of scored Quran Surah Noor verse 62 says: The true believers are those who believe in Allah and His Messenger, and when he participated in a community of other things do not go without letting him know. "

11 - create a spirit of orientation and commitment to comply with the provincial leadership has always obey commands and menu commands for the glory and the victory and the leading cause weakness in orders and is the leading cause of failure and humiliation. Registration great man, Imam Ali (PBUH) to Kufa sighs why people are interested in and present them with forces like Al to change the void, but in obedience to the leader of Al were determined and addressed the Egyptian people when Malekashtar sent to the government of God and listen to His commands obey the command to mobilize the right to move and if you stop command to stop him doing nothing, including attacks on I'm doing a command is no or retreat Without.

12 - The status of human dignity and discipline teachers and administrators with a logical approach is required in connection with subordinates while observing discipline, respect for human personality and to keep them so that God forbid them to look down work of subordinates is very bad and is causing pessimism and distrust.

13 - bit solvents (deposited an income passage) to maintain faith and spirituality, Islam commands great respect and sole income is halal morsel deep and strong relationship between solvent mouthful of faith and spirituality, and between bites forbidden to leave the circle of faith and away from spirituality and faith is established, the Prophet said: eating a piece of forbidden love with God is more desirable Rak'at 2000.

14 - Observing the principle of meritocracy based on religious norms and values by virtue of appointment, effective manager, a simple life of faith and the promotion of spirituality, managers, officials, faithful, brave, simple, and efficient environment and much more dedicated and committed to People have become more spiritual and religious values and subordinates.

15 - increased to meet and communicate with subordinates intimate relationship manager or superior and subordinate in all categories of government relations at the heart of faith and belief arose that the clerical hierarchy that originates and watered with the love and interest This precious gem is a must so that administrators know the intimate and friendly relations and to preserve and strengthen the relationship of spirituality and faith.

17 - Family committee for religious and educational programs Promoting discussion of spiritual, religious and educational status of the family should not be ignored and it is necessary to plan appropriately for programs for families in the Holy Quran says: watch out for you and your family from the fire of hell The Supreme Leader has repeatedly taken note, and said: "It is recommended that the descent into moral and educational status of all persons and their families escorting devoted efficient methods Henry in this case is now» 18 - prevent violations and discipline violators of ethical and proper approach for the creation of spirituality and faith in God should deal with violators and thieves of faith and spirituality, and the acts they can prevent, It is important to note that we must all be vigilant against the name of religion and revolution This criterion is not done and the province of law and justice and fairness in dealing with delinquent shall be treated right away the love and hatred of any person Otherwise the result of discrimination and spirituality will be reduced.

19 - Build Mosque: The Great Mosque of Islam and self-education center of population is Muslim mosque in the center of spirituality and connection with God and strengthen the spirit of the Qur'an in Surah repentance, faith and spirituality from 110 to 108 of the Mosque of says:

've Never (to pray) Do not enter the mosque was built from the first day on piety, is more worthy of it (the prayer) must be in it are men who love to clean and Allah loves

Data:

All high school students Gvavr area.

Sampling:

High school students, high school girl who Parvin Etesami randomly selected sample.

Data collection tools:

A: A researcher-made questionnaire on religious attitudes (Reliance on God) of Article

B: Mental Health Inventory Lgrbrg and hylr year (1979) was developed. Contains 28 articles and four subscale somatic symptoms, anxiety, insomnia and depression is serious.

Variable R:

Independent variables: trust in God.

Dependent variable mental health.

Methods of statistical analysis

Pearson correlation

360	576	24	225	15	48
360	576	24	225		49
380	576	24	225	15	50

					Number of tests
260	400	20	169	13	61
	400	21	169	13	62
	400	20	169	13	63
	400	20	169	13	64
260	400	20	169	13	65
260	400	21	169	13	66
260	400	23	169	13	67
260	400	20	169	13	68
	400	20	144	13	69
240	400	20	144	13	70
240	400	20	144	12	71
240	400	20	144	13	72
240	400	20	144	13	73
216	324	18	144	14	74
216	324	18	144	12	75

X	Number of tests
	3
	4
	5
	6
	7
	8
	9
	10
	11
	12
	13
	14
25	15
	16
	17
	18
	19
	20
	21
	22
	23
	24
	25

Y2	Number of tests				
216	324	18		12	76
216	324	18	144	12	77
216	324	18	144	12	78
216	324	18	144	12	79
216	324	18	144	12	80
216	324	18	144	12	81
216	324	18	144	12	82
216	324	18	144	12	83
198	324	18	121	11	84
187	289	17	121	11	85
187	289	17	121	11	86
187	289	17	121	11	87
187	289	17	121	11	88
176	256	16	121	11	89
176	256	16	121	11	90
	196		121	11	91
154	196	14	121	11	92
154	196	14	121	11	93
154	196	14	121	11	94
143	196	14	121	11	95
130	196	14	100	10	96
130	196	14	100	10	97
110	196	14	100	10	98
			100	10	99
100	100		100	10	100

Number of tests					
493	841	29	289	17	38
493	841	29	289	17	39
493	841	29	289	17	40
384	576	24	256	16	41
384	576	24	256	16	42
360	576	24	225	15	43
360	576	24	225	15	44
360	576	24	225	15	45
360	576	24	225	15	46
360	576	24	225	15	47

Analysis of findings

$\Sigma X = 1935$

$\Sigma X^2 = 48012$

$\Sigma y = 2477$

$\Sigma y^2 = 67463$

$\Sigma Xy = 55564$

$n = 100$

$$r_{xy} = \frac{n \Sigma Xy - (\Sigma X)(\Sigma y)}{\sqrt{[n \Sigma X^2 - (\Sigma X)^2].[n \Sigma y^2 - (\Sigma y)^2]}}$$

$$r_{xy} = \frac{100 \cdot 55564 - (1935)(2477)}{\sqrt{[100 \cdot 48012 - (1935)^2].[100 \cdot 67463 - (2477)^2]}}$$

$$\frac{5556400 - 4792995}{102809 - 78151} = 0.95$$

Conclusions:

If an individual's problems and difficulties in life, only to material causes to simply take action and bring down his despair, but trust in God who is believes causing a lack Failure to fulfill the material conditions of a event or not is not the problem, as the Prophet Abraham (pbuh) did.

With little regard for human life history, we find that humans possess a range of live events sometimes and in some cases, individuals have no role in their occurrence. For example, a car accident, sometimes from individual recklessness, but sometimes he takes all the safety precautions, but against a reckless driver in a car accident, is causing. Also with regard to some other life events, such as earthquakes, floods and storms, it becomes clear that the occurrence of certain events in the life of man is out, and given that all the events are the Lord's permission, can said the events are a part of the destiny that God has ordained for man.

Thus, due to the unrest that ordinary people rely on things that they do not anchor.

Those who love the world were drowned in the whirlpool of earthly desires your hands and feet every time they feel threatened and are being adhered to and that the world rely on the glamor of anxiety and depression relieved, but they cannot.

Yes, various mental health during adolescence and young life, including plays an important role, because in this era of major issues such as education, communication, and arises as a result of these factors and their effects on mental health should be considered. Many contemporary Western scholars emphasize that the problem is essentially modern man needs religion and spiritual values, he goes back. At the age of anxiety where much attention to the material needs of the material is much greater need for obtaining competes The spirit is felt.

Faith and trust in God above man gives us a spiritual strength that helps him to endure hardships and worries that many people, and Esther S. disorders suffer, to be away.

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