Comparison of mental health, happiness, and emotion control with adolescents’ residential centers of state welfare organization and family reared adolescents

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How to cite this article:

Abstract

Background and Objective: Many research indicated that adolescents’ residential centers have the high possibility to diagnose with psychological disorders. Therefore, the aim of this study was investigated the mental health, happiness and emotion control among adolescents’ residential centers of state welfare organization.

Materials and Methods: This research is a causal –comparative research. The 80 adolescents’ residential centers were chosen through available sampling and 80 adolescents of schools of Alborz city were selected through cluster method. Statistical analysis was conducted by using the independent t-test. The research instruments were Emotion Control Questionnaire (ECQ), General Health Questionnaire (GHQ, Goldenberg), and Oxford Happiness Inventory (OHI).

Results: The significantly different was observed in mental health, happiness and emotion control between two adolescents groups (p<0.05).

Conclusion: The results indicate that the institutional-reared decrease the level of mental health, happiness and emotion control in adolescents. Thus, counselors should be considered these factors in therapeutic intervention to enhancing the mental health of adolescents’ residential centers.

Keywords: Adolescence, Institutional rearing, Mental health, Happiness, Emotion control