Sociology of Education

Providing a Structural Model of Predicting Mental Health based on Personality Traits with the Mediating Role of Resilience in Islamic Azad University Students

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Research Paper	**Abstract**
  Article Cite: Hasheminezhad M, Mohammadi A, Haghighat S. (2022). Providing a Structural Model of Predicting Mental Health based on Personality Traits with the Mediating Role of Resilience in Islamic Azad University Students, Sociology of Education. 8(2): 311-322.	**Purpose:** Mental health plays an important role in the academic and non-academic life of students. Therefore, the present research was conducted with the aim of providing a structural model of predicting mental health based on personality traits with the mediating role of resilience in Islamic Azad University students. **Methodology**: This study was a cross-sectional from type of correlational. The research population was all the students of the Islamic Azad University of Tehran city in the academic years of 2022-2023, which the sample size was estimated to be 685 people. The samples of this study were selected by multi-stage cluster sampling method and responded to the research tools including mental health questionnaire (Goldberg and Hillier, 1979), personality traits questionnaire (Costa and McCrae, 1985) and resilience scale (Connor and Davidson, 2003). The data of this study were analyzed by structural equation modeling method in SPSS and Amos software. **Findings**: The findings showed that the structural model of predicting mental health based on personality traits with the mediating role of resilience in Islamic Azad University students had a good fit. Also, in this model, neuroticism, extraversion, openness, adaptability and conscientiousness on students' resilience and neuroticism, openness, adaptability and conscientiousness on students' mental health had a direct and significant effect (P<0.05), but extroversion on their mental health did not have a direct and significant effect (P>0.05). In addition, neuroticism, extroversion, adaptability and conscientiousness with the mediating of resilience on students' mental health had an indirect and significant effect (P<0.05), but openness with the mediating of resilience on their mental health did not have an indirect and significant effect (P>0.05). **Conclusion**: In general, the results of this study indicated the direct and indirect effects of personality traits and resilience on students' mental health. Therefore, in order to improve their mental health can provide interventions in the field of personality traits and resilience.

Detailed abstract

Purpose: Higher education is known as one of the most comprehensive and huge social institutions and many people are related to it in some way. Also, students are among the selected talented groups of the society and the builders of the future of every country. As a result, examining their mental health is of particular importance and mental health plays an important role in ensuring the dynamism and efficiency of any society. In fact, mental health is an aspect of the general concept of health and relies on the methods and measures that are used to prevent mental illnesses, treat and rehabilitate them. The concept of mental health includes an inner feeling of well-being and self-efficacy, self-reliance, competitive capacity, self-actualization, and potential intellectual and emotional abilities. Examining previous studies and researches indicates that many factors impact on mental health, and among them can be mentioned personality traits and resilience. Basically, every person has unique characteristics, character, abilities, and features that show his behavior patterns, response methods, and reactions to internal and external environments, and these characteristics shape his personality. A trait is a relatively stable characteristic that causes people to behave in certain ways. Personality factors are defined as dimensions of individual differences in the tendency to exhibit stable patterns of thoughts, feelings, and behaviors. According to the big five factors model of personality, personality consists of five main dimensions of neuroticism, extroversion, openness, adaptability and conscientiousness. Neurotic people act impulsively and without thinking in their decisions and experience unhealthy feelings such as anxiety and guilt .Extroverts people tend to be sociable, emotional, and intimate and usually get along better with different people. Extraversion impact on stress and coping abilities. Openness people (open to experience) while they trust their knowledge, they never consider it enough, and the motivation to learn is always stable in them. Adaptable people with stressful situations usually deal in a more positive way, and in addition to greater career success, they also experience fewer conflicts in their social relationships. Conscientiousness includes being punctual, reliable and accurate in doing things, these people stick to their decisions, show high accuracy in performing tasks, are persistent in achieving their goals, and in control of tension and impulses are efficient. The existence of a relationship between resilience and mental health has been shown in many studies. Resilience is a factor for establishing biological, psychological and spiritual balance in the face of dangerous conditions. In fact, resilience is defined as the human ability to adapt to disaster, adversity, trauma, hardship or significant sources of stress. Resilience helps people in difficult situations to use available resources to cope, resist and recover. Some views consider the resilience as a response to an event and others as a sustainable coping style. Among the characteristics of resilient people are experiencing positive emotional and cognitive consequences, self-esteem, desirable social functioning, and resistance to the negative consequences of unfortunate life events. Mental health plays an important role in the academic and non-academic life of students. Therefore, the present research was conducted with the aim of providing a structural model of predicting mental health based on personality traits with the mediating role of resilience in Islamic Azad University students.

Methodology: This study was a cross-sectional from type of correlational. The research population was all the students of the Islamic Azad University of Tehran city in the academic years of 2022-2023, which the sample size was estimated to be 685 people. The samples of this study were selected by multi-stage cluster sampling method. Klein (2005) proposed a special solution for determining the sample size for studies that use the structural equation modeling method. According to his opinion, the minimum ratio of sample size for estimated each parameter is 5 people; the ratio of 10 to 1 is more suitable and 20 to 1 is considered desirable. In the assumed model of the current research, according to Klein's point of view to achieve acceptable results the sample was considered 685 participants. The sampling method was multi-stage cluster sampling. According to the different universities of the province, through the cluster sampling, 5 units of Central Tehran, North Tehran, South Tehran, West Tehran and Sciences and Research Unit were selected. According to such a method, the sampling process in this research is as

follows: first, the faculty unit was referred to, and then according to the fields and classes, a number of them were selected and tested. Also, the samples responded to the research tools including mental health questionnaire (Goldberg and Hillier, 1979), personality traits questionnaire (Costa and McCrae, 1985) and resilience scale (Connor and Davidson, 2003). In the present research, the reliability rate with Cronbach's alpha method for the mental health questionnaire was calculated 0.83, for the personality traits of neuroticism, extroversion, openness, adaptability and conscientiousness was calculated 0.79, 0.77, 0.75, 0.82 and 0.88 respectively and for resilience scale was calculated 0.91. The data of this study were analyzed by structural equation modeling method in SPSS and Amos software.

Findings: The findings showed that the structural model of predicting mental health based on personality traits with the mediating role of resilience in Islamic Azad University students had a good fit. Also, in this model, neuroticism, extraversion, openness, adaptability and conscientiousness on students' resilience and neuroticism, openness, adaptability and conscientiousness on students' mental health had a direct and significant effect (P<0.05), but extroversion on their mental health did not have a direct and significant effect (P>0.05). In addition, neuroticism, extroversion, adaptability and conscientiousness with the mediating of resilience on students' mental health had an indirect and significant effect (P<0.05), but openness with the mediating of resilience on their mental health did not have an indirect and significant effect (P>0.05).

Conclusion: In general, the results of this study indicated the direct and indirect effects of personality traits and resilience on students' mental health. Therefore, in order to improve their mental health can provide interventions in the field of personality traits and resilience.