

Study of the Relationship between Psychological Empowerment and Mental Health in Female Heads of Households in Rasht

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Abstract

Introduction: One of the main concerns of female heads of households in different countries is the lack of support from relatives and related institutions. In fact, these people are always in danger of emotional and emotional problems and, therefore, it is vital to pay attention to their living conditions.

Method: The statistical population of the study was women who were members of the Imam Khomeini Relief Committee in Rasht. Morgan table was used to measure the sample size and 381 were selected by non-random sampling method. In this research, psychological empowerment questionnaire of Spreitzer and Goldberg and Miller's mental health questionnaire were used. Finally, after considering the error of distribution of the questionnaires, 403 correct questionnaires were received by the researcher. Structural equation modeling method was used to analyze the obtained data by using SPSS 21 and PLS-3 software.

Results: The results showed that among all dimensions of psychological empowerment (competence, autonomy, impact, meaningfulness and trust) and all dimensions of mental health (including physical, psychological, social and environmental health) at the significant level of 25.131 ($P < 0.05$), there is a positive and significant relationship between female headed households.

Conclusion: According to the findings of this research, the psychological empowerment program of women heads of households with the systematic use of knowledge, skills, attitudes and values, can lead to the growth and prosperity of women in their role as a member of the family and by preventing of helplessness in life decisions making, improves their self-control and enhance the quality of family life.

Keywords: female heads of households" Psychological empowerment" mental health

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