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Poster Presentation

The Perceived Stress and its Relationship with Body Mass Index, General Satisfaction, Negative Emotions, Relationship with Teacher among Students

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Abstract

Today, the relationship between health-related quality of life at school (general satisfaction, relationships with teachers, negative emotions), body mass index with stress is challenging issues in domain of health and psychology. This study aimed to determine the perceived stress and its relationship with body mass index, general satisfaction, relationship with teachers, negative emotions. During the correlational qualitative research, among the population of male and female students in Zanjan, 150 students (78 girls and 72 boys) were selected by a multistage cluster sampling method. The data were collected by Cohen Perceived Stress Tools, Quality of life questionnaire at school's Anderson and Brooke (subscales of general satisfaction, negative emotions, relationship with teacher) and body mass index (BMI). And were analyzed by using SPSS software and pearson correlation, multivariate regression analysis tests. Mean an SD of were (16.69±0.78) for age and (28.64±10.13) for perceived stress. There was significant positive relationship between perceived stress and BMI in girls. But there was not in boys. There was negative significant correlation between perceived stress and general satisfaction($r=-0.38$, $p<0.01$). Perceived stress with negative emotions ($r= 0.77$, $p<0.01$) and with relation with teacher ($r= 0.51$, $p<0.01$) had positive significant relationship. implementation of stress management programs in students can improve the body mass index and general satisfaction, relationship with the teacher and negative emotions.

Keywords: Perceived stress, Body mass index, General satisfaction, Negative emotions, Relationship with teacher

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