



### Religious Attitudes, Coping Skills and Subjective Well- Being among University Students

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#### **Abstract**

The current study aims at studying the relationship between the religious attitudes and the coping skills and the subjective well-being of the students of the Azad University, Gorgan branch. To do this, 357 female and male students of the Azad University of Gorgan were randomly selected using cluster sampling. Data were collected by using a questionnaire on assessing the religious attitudes (RAQ) (to assess their Islamic attitude), a questionnaire on Lazarus coping ways (WOCQ), a questionnaire on positive and negative affects scale by Mroczek and Kolarz and a questionnaire on the life satisfaction scale by Diener. Pearson correlation, multiple regression were used to analyze the data. The results show that there are meaningful relationships between the religious attitude and the subjective well-being, and the coping skills and the subjective well-being. The dimensions of the coping skills, problem-focused coping and subjective well-being showed a significant positive relationship and there is no relationship between emotion-focused coping and subjective well-being.

**Keywords:** Religious Attitude, Coping Skills, Subjective Well-Being.

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