

The relationship between happiness and attachment with God and the perceived stress in the students of Payam-e Nour University, Sarableh

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Abstract

This research was done to investigate the relationship between happiness and attachment with God and the perceived stress. The statistical society included the students of Payam-e Nour University of Sarableh in academic year of 2013-2014. 250 students were selected through random cluster sampling. To collect data, the happiness questionnaire of Oxford, Beck and Mc Donald attachment with God questionnaire. And the Kohen's Questionnaire of the perceived stress were used. The results were analyzed by correlation coefficient tests and regression. The results showed that there is a significant relationship between happiness and the perceived stress, that is, happiness can negatively predict the perceived stress ($P = 0.001$). In addition, Attachment with God had a significant relationship with perceived stress and can negatively predict it ($p = 0.001$). According to the findings of the research, happiness and attachment with God have a noticeable affect on decreasing perceived stress, that is, with the promotion of happiness and attachment with God in students, their perceived stress can be decreased.

Keywords: *Happiness, attachment with God, perceived stress*