

Investigating the Relationship between Self-actualization and Occurrence of High Risk Behaviors among Students of Birjand University

By

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Abstract

The present study aimed to investigate the relationship between self-actualization and occurrence of high risk behaviors among students of Birjand University. The study was descriptive-correlational. The study population included all students of Birjand University in the academic year of 2012-2013, among which 300 students were selected through stratified random sampling. To collect data, Ahvaz Self-Actualization Inventory and High Risk Behaviors Questionnaire were applied. To explore whether self-actualization was associated with high risk behaviors, the Pearson correlation method was used. Results indicated that there was no significant correlation between self-actualization and occurrence of high risk behaviors ($r = 0.120$).

Keywords: *Self-actualization, High Risk Behaviors, University Student*