

## **Investigating the relationship of attachments styles and feeling of loneliness with general health in Payam – e Nour University students of Ilam**

By

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### **Abstract**

*The objective of the present research is to examine the relationship of attachment styles and feeling of loneliness with general health of the students. This is a correlation applied research. The statistical universe of the research includes all of the students of Ilam Payam – e Nour University who were studying in academic year of 2013 – 2014. The sample is composed of 200 girl students studying for BA degree, selected through multistage random sampling. In order to collect data, Shover & HoZen attachment styles inventory, feeling of loneliness and general health questionnaire were used. In order to statistically analyze data, correlation coefficient and regression analysis were employed. The results of the research showed that there is a positive relationship between avoided attachment styles and ambivalent – anxious styles. In addition, there is a significant negative relationship between feelings of loneliness and mental health. Thus, the secure attachment style results in enhancing general health and avoided anxious ambivalent styles and feeling of loneliness leads to reducing mental health.*

**Keywords:** Attachment styles, feeling of loneliness, general health