



**EDUCATION AND SCIENTIFI  
UNIVERSITY OF DYALA  
COLLEGE OF EDUCATION AL –ASSMAAY  
DEPARTMENT \OF EDUCATIONAL AND  
PSYCHOLOGICAL SCINCES**

**RESEARCH  
THE MEANING IN THE LIFE AND ITS  
RELATION WITH MENTAL HEALTH**

**Dissertation**

**Submitted to The Council of The College of EDUCATION  
DIYALA University In Partial Fulfillment of The  
Requirements for The Degree of MASTAR in Psychology**

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## **Abstract**

### **“The Meaning The Life and its Relation with Mental Health”**

The Meaning in the Life represents one of the effected variables on human behaviors from perspective Psychology of personality , whereas nevertheless imagine human being living in complete psychology health , well-being and activity , without realizing life has a meaning in this existence itself , and he has a duty to discovering this meaning or creating it in a some way , but some people fail in this task , which lead to feel of Mental Health. Losing the meaning composed of one of the essential elements that increase the Mental Health. in addition to the fear from the death and fear of convicting By the other hand , the need of transcendence or self –transcendence represent important subjects to achieve the meaning in individuals life , to improve their situations socially and psychologically , so that this current research aiming to discover the expected relationship between each meaning of life , Mental Health:

In order to achieve the research aims ,I depended on the following :-

- 1- build the measurement meaning of the life of 34 items
- 2- Measure the, Mental Health which has been combined in its final form after completing the conditions of validity, reliability and the ability to discrimination to 48 items distributed

For the sake of achieving the research's aims , the researcher has applied the three measurements on a specimen composed of 220 who is lossing father in Secoundry students of both sexes in baquba city, for the Secoundry studying year 2010-2011 then analyzing the results by using computer program for the social statistics portfolio SPSS . the results were as following :

Increasing the level meaning of life of secoundry student.

Increasing the level Mental Health of the Secoundry students

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There are no significant differences between the type( male – female ) in life's meaning & mental health.

There is a relation notion to statistical aspect between meaning of life & Mental Health .

The research has been finished by discussing the results and submitted recommendations and suggestions .