

Relationship between Depression, Stress, and Life Satisfaction among Students

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Abstract : The aim of this study was to examine the relationship between depression, stress and life satisfaction with sleep disturbance among Islamic Azad University Ahvaz Branch students. Samples in the study included 230 students who were selected by stratified random sampling. For data collection, the Beck Depression Inventory, stress, life satisfaction and quality of sleep (PSQI) was used. Which all have acceptable reliability and validity. This study was correlation and Data analysis using Pearson correlation and multivariate regression significance level ($p < 0/05$). Results showed that there was a significant positive relationship between depression and stress with sleep disturbance and between life satisfaction and sleep disturbance of students, a significant negative correlation was observed.

Keywords : depression, life satisfaction, sleep disorder, sleep disturbance

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