

The Relationship between Spiritual Health and Happiness in Medical Students during the Covid-19 Outbreak: A Survey in Southeastern Iran

Mohammad Ali Zakeri

Rafsanjan University of Medical Sciences, Iran

Mahdi Abdolkarimi

Rafsanjan University of Medical Science and Healthcare Services, Iran

Abbas Zakeri Bazmandeh

Shiraz University of Medical Sciences, Iran

It is necessary to study the various dimensions of health and its affecting factors during the coronavirus disease-19 (COVID-19) pandemic crisis to identify the necessary interventions. The aim of this study is to determine the relationship between spiritual health and happiness in medical students during the covid-19 outbreak. In this descriptive study, 409 medical students were examined for spiritual health and happiness. Student information was collected through the Web-based sampling by using standard tools from 20 April to 20 June 2020. Medical students completed the demographic and Oxford Happiness Questionnaire and Spiritual Health Scale. The mean score of students' spiritual health was $51/12 \pm 30/74$ and the mean score of happiness was $44/17 \pm 16/34$. The results showed that although the score of spiritual health and happiness, The difference was not significant among both male and female students ($p > 0.05$). There was a positive and significant relationship between spiritual health score and happiness ($r = 0.72$). This study showed that students' happiness scores were not optimal during the Covid 19 epidemic. spiritual health promotion can be used to improve happiness in this group due to the high relationship between spiritual health and happiness scores along with other interventions.

Keywords: *Covid-19, Happiness, Health, Spiritual, Students*