Student mental health profile of teachers and their families during the Covid Pandemic

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Abstract –One of the most important issues in human life today is mental health and understanding how to achieve it, which has been strongly influenced by the Covid Pandemic. The aim of this study was to represent the role of student-teachers of Farhangian University of Shahid Hasheminejad Campus in their mental health and that of their families during the outbreak of Covid 19. This research was a qualitative research and its method was inferential content analysis in an inductive manner in which free codes were extracted and finally the final themes were abstracted. The study population consisted of student-teachers of Farhangian University, Shahid Hasheminejad Campus and a sample of 20 student-teachers who were selected by convenience sampling method. Findings were collected through semi-structured interview tools. Interview questions based on the mental health components of Ellis and Tudor (1996) were prepared under the supervision of psychologists and curriculum planners. The results indicate the effective role of student-teachers in developing the spirit of sports and physical activity, creating a happy and fun atmosphere, giving hope and increasing motivation, strengthening the spirit of closeness and trust in God, promoting the correct culture of using cyberspace, guidance in preventing coronary heart disease Strengthening virtual communication and limiting face-to-face communication, development of mental abilities, and educational role.

Keywords: Covid Pandemic 19; mental health; Inferential content analysis; Student Teachers

I. INTRODUCTION

Health is a state of well-being and physical, mental and social well-being, and ensuring the health of people in society is one of the most essential goals of any country, all aspects of which should be emphasized mentally, physically and socially (Shoushtari Rezvani, Jaladati, Hojjat Ansari and Bahrami, 1399). Experts from the World Health Organization believe that health is a state of complete physical, mental and social well-being. According to the World Health Organization, the world will see enormous changes in the epidemiology of diseases and human health needs over the next two decades; In such a way that mental illnesses such as depression quickly replace infectious and contagious diseases and are among the leading causes of disability and premature death. According to the estimates of this organization, the prevalence of mental disorders is increasing. This is while in the field of social and economic development planning, the lowest priority should be given to them (Salman, 1393).

One of the main axes of assessing and measuring the health of different communities is the health and mental health of the community. Certainly, mental health and well-being play a very effective role in ensuring the dynamism, efficiency and empowerment of human beings in any society. Defines a person logically, fairly and appropriately (Salman, 2014; Williams, 1987)

From the point of view of the Holy Quran, the ultimate destination of human beings, which is the main center and ultimate goal of education and growth based on the Qur'an, is servitude. It is considered as mental and thus it is able to go through the stages and stages of reaching the final destination in health. The Holy Qur'an has repeatedly emphasized that mental health is not a fixed point and a destination, it is not a state of stillness but a path and process, while in the Holy Qur'an terms such as: growth, sound heart, confident soul; It is somehow related to the concept of mental health (Parcham and Ghoud oud, 2010).

In fact, repeated interactions with a variety of stressful factors and, more importantly, how people perceive this phenomenon, lead to stress or anxiety that ultimately endangers human mental health, in which case, the type and The number of available sources of social support and the effects of cultural conditions play an important role in this issue (Chambs, 1998).

The outbreak of Covid 19 has led to quarantine in the home and the closure of many recreational and educational centers and reduced social connections. In fact, Covid 19 has practically become a social crisis that has not only affected human health, but also It has very serious consequences for mental health, culture, religion, politics, world economy and it should be considered as a serious social crisis, so Quaid can not be limited to a health issue and it can be limited to issues Medicine reduced; Rather, this disease is considered as a psycho-social reality in the world (Solgi et al., 1399) that strongly affected the mental health of human beings, including the psychological effects of Covid 19 at the level of Moderate to deep and symptoms such as fear, anxiety, sleep disorders, boredom and extreme anxiety, stress and depression and also, this disease, creates the ground for a sense of low self-efficacy in humans (Asgari, Ghadami, Iminaei and Rezazadeh, 1399).

In the present century, participation and cooperation in various aspects of social life is so important that its various dimensions and areas are always explored by researchers. The issues of participation, especially when it comes to the gender of women, feminist theories have become apparent and the color and smell of cultural and social barriers are more visible. (Ghodsi, Afshar Kahan and Atard, 2013) In the theory of gender stratification, the role of social definitions in social production and reproduction has been shown how society has provided more work, resources and facilities to men with unequal distribution and they for their superiority Maintain, try to show themselves stronger. (Ghodsi, Afshar Kahan and Atard, 2013) However, today we see abundant participation and prominent role of women in various areas of society, especially in the family as the smallest and most important social institution. Based on the spirit of affection and kindness in women and the emotional nature of their personality, their role in providing mental health of the family is more significant and prominent. They can change the tired and frustrated mood of family members in the face of problems and crises, and be the patient stone of their pain, as well as provide an atmosphere full of love, purity and love in the family, along with good taste that arises from a creative spirit. Their artist is to create a well-groomed and healthy center for the upbringing of the next generation (Zinivand, 1396)

Based on an early biological differentiation that occurs through the chromosomes in the bodies of men and women, and based on which there are differences in the way the body functions and forms, some traits are more visible in females and some traits are more pronounced in males. . For example, compassion and kindness are more prevalent in women and domination, power and violence are more prevalent in men. The philosophy of the existence of these different traits and abilities has been to create the ground for dealing with the task of preserving and surviving human beings, harmonious and harmonious behavior, the smile of the human race. On the other hand, women have more oxytocin receptors. The secretion of this hormone into the human body leads to loving behavior with sincere patience. Research has shown that children are more likely to accept a mother than a father.

In addition, women are better at cleaning the pain of crying than the cry of hunger or anger, in other words, they are better able to recognize the emotions and feelings of people. Women also perform better than men in terms of physical and mental symptoms and other verbal cues. Research has shown that women have a greater role in the family than men in caring, maintaining, ordering, organizing, and soothing. In fact, women have become more active than men in the last century (Ehteshamzadeh, 1389; Radz, 2005). Characteristics of mental health, self-love and self-acceptance (White, 2001) and becoming a person who has a happy spirit and mind, a healthy body, perfect thoughts, balanced social relations and is politically aware and intelligent, It is economically productive, responsible and committed to the culture of the society. These characteristics are among the issues that are deeply related to psychological hardiness (Shirbim, Sudani and Shafiabadi, 2009). In fact, stubbornness is defined as a set of mental beliefs about oneself and the world around one that includes the three components of control, commitment, and struggle (Kubasa [1979], 1979, 1988). A person in the control component is strong, who considers life events to be predictable, monitoring and controlling, and believes that they are able to influence what is happening around them with effort and perseverance. A person with a high level of commitment understands the importance and meaning of who he or she is and what he or she does. Such a person is fully integrated with aspects of life such as job, family, social relations, etc. Sees itself more as an obstacle and a threat to its security and comfort (Kubasa, 1998; Madi, 1990).

Bingham and Stricker (1995) believe that the factors affecting women's stubbornness originate mainly from within the family, while in the case of boys, in addition to the family, social and educational factors are also involved. Psychological stubbornness is negatively correlated with depression. In other words, the more depressed a person is, the less stubborn he is and his psychological resistance to problems. (Shirbim, Sudani and Shafiabadi, 2009). It is noteworthy that between resilience and stubbornness with

anxiety and depression, has shown a significant negative relationship and indicates that resilient people will be able to control a variety of adverse effects (Shirbim, Sudani and Shafiabadi, 2009).

Some theories from psychologists and curriculum planners regarding mental health:

Components of mental health according to Tudor: lack of illness, appropriate social behavior, freedom from worry and guilt, self-sufficiency and self-control, self-control and self-fulfillment, individuality and organization of personality, openness and flexibility (Latafi Bryce, 2010)

Components of mental health according to Ellis: self-interest, social desire, self-control, flexibility, acceptance of uncertainty, commitment and belonging to something outside of oneself, scientific thinking, self-acceptance, risk-taking, long-term hedonism Paya (Latifi Bryce, 1389)

Freud's theory of psychoanalysis: Freud believes that a normal and healthy human being is a human being who has successfully passed the stages of sexual psychological development and has not been over-established in any of these stages. In his view, he is less humane, normal and healthy, and every person is unconventional. According to him, healthy human beings often use the defense mechanisms of altruism, humor piety and austerity and exaltation, among which, the defense mechanism of humor is the best type and an exceptional talent. And it seldom allows us to say to ourselves in dealing with tension: "Look, this is the meaning of a world that seems to be dangerous; It 's funny and funny like children's play. (Latifi Bryce, 1389)

Frankl's School of Existence: For Frankl, lying is the basis of psychological damage and the only way we can escape from nothingness; Because it does not allow existential anxiety to enter our experience. In fact, when a person is faced with nothingness, he has two options, or he becomes anxious or he lies, if we prefer to choose the second option, in such a way that we think that if we do not take our eyes off our family, we will be able to To prevent things from happening, to keep our children and spouse close to us, and to feel comfortable as long as they are with us. In this case, we have avoided experiencing the existential anxiety of events, but nothingness is always present and will threaten us, so lying will lead to a nervous, anxious spirit. Lying also leads to a kind of passivity and self-actualization during which the person is deprived of the ability to make decisions or other choices and he does not experience many situations, therefore, treatment should include processes through which the person can Be honest.

Another concept of the existential school in relation to the salient features of man to achieve mental health is the effort to understand the meaning and purpose of life. According to Frankel, love is the highest goal that human beings can have and is in fact the way to their salvation. (Latifi Bryce, 1389)

Glaser Theory of Choice or Reality Therapy: According to the theory of choice, we humans were not born in the form of a whiteboard to be motivated externally by the forces around us; Rather, we are born with five needs, which are genetically encoded in human beings; Survival, love and belonging, power or progress, freedom or independence and recreation, which motivate us in life, are the basic needs of Glaser (Latafati Bryce, 2010)

Each of us has all these needs, but their power is different in humans; For example, we all need freedom and independence, but some need independence more than others. The theory of choice is based on the principle that because human beings are inherently social beings, they need to love and be loved. In fact, the need for love is the first need; Because human beings need other human beings to satisfy other needs. At the same time, it is the most difficult to satisfy this need; Because to satisfy it, we must have the power to help (Corey, 2005)

Glaser believes in the theory of choice; A healthy person has six characteristics: a) He emphasizes his change more than anyone else. The fundamental principle of choice theory, which is very important for clients to understand, is that you are the only person you can control. B) does not deny reality and does not ignore the pain and suffering of situations by denying them, but confronts situations realistically. C) has a successful identity; That is, he falls in love and receive both love and affection, and others acknowledge his worth. D) Accepts responsibility for his life and behavior and behaves responsibly. Accepting responsibility is the most complete sign of mental health. E) He emphasizes the present and the future, not the past, and his emphasis on the future also has the aspect of foresight, not fantasy. C) His attention to pleasures is longer-term, more logical and consistent with reality. Glasser's reality therapy is based on the three principles of accepting reality, judging the correctness of behavior and accepting behavior and actions, and if these three principles are realized in a person, it indicates his mental health "(Latafati Bryce, 2010: 11)

Adler's theory of individual psychology: Common sense is the main indicator of mental health. People with social interests focus their energy on the socially effective, healthy, and social aspects. According to Adler, with the cultivation and growth of social interest, human beings will feel less inferior and alienated. In fact, social interest is manifested through joint activities and mutual respect. Individual psychology believes that human satisfaction and success are mainly related to social interest (Latafati Bryce, 2010)

According to Adler, a person is mentally healthy who has characteristics; He is purposeful and purposeful in his life and his actions pursue goals, while the ultimate goal of a healthy personality is self-realization. Another characteristic is that a healthy person regularly analyzes the nature of his goals and perceptions and corrects his mistakes (Latafati Brys, 1398)

Berne's theory of exchange analysis: According to the theory of colloquial relationship analysis, a happy person is one in whom the three personality constructs, namely, the states of me as a child and I as an adult and I as a parent, are all in harmony. In other words, a person's personal norm is well organized and the boundaries of his personality are clear and permeable. Such a person may be exposed to severe internal conflicts but is able to separate the three organs in such a way that each of them can play a role in relatively stable and desirable ways.

Rogers's theory of central references: A Rogers belief is that human growth is a positive movement and a kind of perfection. The concept of a prosperous person is also created by the positive attention of others to him. In addition, if he pays positive attention to himself, such a person will be able to have a positive and optimal psychological performance. According to Rogers's theory of central references, consistency and mental maturity consist of three principles: foresight, creativity and responsibility (Latafi Bryce, 2010). Rogers also believes that a prosperous and healthy person does not act defensively, but gains new experiences. With this capacity, man will be able to deal creatively and creatively with new and old conditions. Under the influence of such adaptability, he achieves inner freedom and is able to make decisions for his life and assume his sincere responsibility (Rogers, 1969).

There was no direct research background related to the present study examining the role of student-teachers in family mental health. However, research that is indirectly related to the present study has been used.

Findings of Zinivand (1396) showed that in the family center, women play a pivotal and fundamental role in providing peace and spiritual security, which is one of the basic human needs. Also, the mental health of mothers in the family leads to the selection of appropriate parenting training models by them and this will lead to more success and mental health of children (Haj Ismail, 2016). In fact, the remains of skeletons of disabled and injured people throughout history show the role of health management by women along with the founders of medicine, pharmacy and nursing (Kazemzadeh, Fazeli Nasab and Mohammadi, 2015). The results of Zhang and Ma (2020) showed that in the Quaid 19 era, social support and comfort had a positive effect on increasing the quality of life and improving psychological problems associated with lifestyle changes, as well as reducing feelings of helplessness, frustration and failure in humans. Zhang and Ma, 2020), also the fear and anxiety of death has a negative relationship with mental health (Ghorbani et al., 2013), so women throughout history have played an effective and positive role in supporting and providing relative peace, thus improving mental health and maintaining Mental health plays family members.

Karshki and Pakmehr (2011) indicate that students who think and focus on life issues and concerns and have an effective role in solving challenges and are better adapted to different situations and instead of frustration and stillness, with the dynamics of problems. They were improving themselves, in fact, they were more mentally healthy. Also, the findings of Amirabadi (2016) show that the students of Tehran province have a good state of happiness and life satisfaction at a high average level during the outbreak of Covid 19.

Given that the outbreak of the coronavirus has deported humans to their homes, this closure and suspension of social relations has once again aroused the need and desire of humans to meet and communicate with each other. Loneliness on the one hand and man's great desire for interaction and social communication on the other hand, is an important and necessary issue in the world of communication in the current situation. They are returning to social spaces and need to talk and share daily experiences with each other (Solgi, Motalebi and Gholamipour, 1399)

The student course is a challenging and exciting course for students. During the student period, it is very important that students when dealing with stressors and critical factors such as the outbreak of Covid 19,

have appropriate and conscious adaptation to the situation (Ghorbani et al., 2013), they must be intelligent, operational and effective solutions to maintain health. Use your psyche and your family to minimize the negative effects of the Covid 19 outbreak. Also, half of the population are women and have a very effective role in maintaining the health of family members and ultimately society. Accordingly, the present study aims to represent the student-teacher maps of Farhangian University, Shahid Hasheminejad Campus, in maintaining mental health of themselves and their families. In fact, this study answers the questions that Bano's student-teachers, as an educated class and future teachers, and on the other hand, in Banu's high position, what actions did they take for their mental health and that of their families? Has their role been positive and effective in maintaining mental health or a negative role in weakening mental health?

In order to answer these questions, 16 semi-structured interviews were conducted with 16 student-teachers at Farhangian University of Shahid Hasheminejad Campus, and their answers were reviewed several times through content analysis with inductive approach. The original has been extracted.

Interviewing is one of the common tools for collecting research findings, which has been increasingly emphasized recently with the development of qualitative and integrated approaches. Some researchers even consider the interview to be the best and most reliable collection of findings. They believe that if the interview is conducted according to correct and standard principles and criteria and the reliability of the interview findings is increased by using various measures, this technique and tool can be used in research (Karimi and Nasr, 2012). A semi-structured interview is an interview in which the interview questions are identified in advance and all respondents are asked the same questions; But interviewees are free to respond in any way they want. Of course, in the interview guide, the order, details, method of expression, etc. are not mentioned (Karimi and Nasr, 2012), which in this study, this type of interview has been used.

Content analysis is one of the best and most widely used research methods and it can be rightly said that every researcher deals with it in some way (Salehi Imran, Abedini Belterk and Mansouri, 2012). In the inferential content analysis of the inductive approach, the researcher seeks a new model or classification of the society under study and seeks to formulate a new theory and model, and previous studies do not play a significant role in the modeling process. (Nourian, 1396: 103)

research goals

1- Representing the role of student-teachers in relation to their mental health and family during the outbreak of Covid 19

2- Representation of student-teacher operational strategies for adjustment and peace of mind for themselves and their families during the outbreak of Covid

3-Representing the role of female students and teachers in relation to strengthening their psychological abilities (self-esteem, self-efficacy, etc.) during the outbreak of Covid 19.

Research questions

1- How do student-teachers play a role in maintaining the mental health of themselves and their families during the outbreak of Covid 19?

2- Considering the change in lifestyle during the outbreak of Covid 19, what strategies do female students and teachers use to adapt and calm themselves and their families?

3-During the outbreak of Covid 19, what is the role of female students and teachers in strengthening their psychological abilities (self-esteem, self-efficacy, etc.) of themselves and their families?

II.   RESEARCH METHOD

The present study is a qualitative research that the method of selected research is inferential content analysis with open coding. Content analysis is one of the research techniques that is used to objectively and systematically describe the obvious content of communication and its purpose is to interpret (Salehi

Imran, Abedini Beltarak and Mansouri, 2012). Inferential content analysis with inductive approach through qualitative analysis of findings, seeks to find a new model and classification (Nourian, 1396: 103) that in this study, this method has been used. The female student-teacher community of Farhangian University, Shahid Hasheminejad Campus, and the research sample is equal to 20 student-teachers who were selected by available sampling method from the entrance and the city and different fields. The semi-structured interview tool, in which specific questions are asked of the interviewees, but they are free to answer arbitrarily (Karimi and Nasr, 2012), was used. The questions were prepared based on the components of mental health of Ellis and Tudor and under the supervision of psychologists and curriculum planners and were distributed among the research sample. The interview was recorded by an mp3 player and then typed in word format. The duration of the interview varied from 30 to 40 minutes. The analysis unit was all student-teacher interviews that were analyzed and reviewed several times after typing. Semantic units were extracted from the statements and texts of the interview and initial or free codes were extracted from them. Then the main categories, themes or themes were abstracted. The analysis flow was modified with the addition of each repetitive interview, codes and classes.

Credibility and reliability

The criterion of acceptance, which is equivalent to content validity, was improved by using different strategies such as diversity in the research interviewees in terms of field of study, entrance and city of residence.

In order to establish the findings or control the objectivity, the interview review method of the research participants was used by the two authors of the study and repeated reviews.

III. FINDINGS

Table 1: The main categories extracted and the free codes related to them

Basic categories	Free codes
Promote the correct culture of using cyberspace	Legislate the proper use of cyberspace
	Planning for the correct use of cyberspace
	Guide children to the proper use of cyberspace
	Proper control of information
	Awareness of the advantages and disadvantages of cyberspace to family members
Strengthen the spirit of closeness and trust in God	Trust in God
	Strengthen spiritual activities
The educational role of the curriculum	Assistance in learning
	Strengthen curriculum competition
	Follow up on educational issues
Growth and development of spiritual abilities	Realism
	Do not compare the capabilities of others with yourself
	Support and support each other
	Empathy and cooperation
	Problem Solving
	Patience
	Encourage mutual respect
	Self-esteem
	Decision-making power
	responsibility
	Divide work at home
	planning
	Study
Exercise and physical activity	Family sports
	Public sports
	Exercise
Create a happy and fun atmosphere	story telling
	Watch family movies
	Family games
	Family hobbies

	Listen to music
	Artistic activity
	Increase useful entertainment
	kidding
The guiding role in the prevention of coronary heart disease	Emphasis on prevention of coronary heart disease
	Informing family members
	Advise to follow health protocols
	Explain to family members about hygiene
	Training in prevention techniques
	Provide and make available sanitary ware
	Remind and tell health tips to family members
	Disinfect handles and personal items
	Recommended to disinfect
	Advice on changing and washing clothes
	Advice on proper nutrition
	Training in prevention techniques
	Awareness of coronary heart disease and ways to prevent it
Increase motivation and hope in life	Hopeful
	motivating
	gift giving
Virtual communication replaces face-to-face communication	Avoid attending meetings
	Expand virtual communication
	Exit restrictions
	Restrictions on intercity traffic

Developing the spirit of sports and physical activity

Exercise is used as a means to prevent disease, improve mental health, feel good and happy about life. Also, due to its positive mental and physical effects, it plays an essential role in rehabilitation and solving mental problems and managing the treatment of mental illnesses (Amini and Skooti Joybari, 2016). Participation in sports for women promotes physical skills, increasing physical ability and strength, fitness And physical health, mental health, increase self-confidence and motivation to live, etc., in this case, women's vulnerability will decrease and their independence will increase (Zakai and Sedighi, 1394). Kokoli believes that participation In the sport, all members of the family, both men and women, change the way women relate to men and expand it in a more desirable and organized way. In addition, exercising women with men in the family gives women a self-empowering attitude so that they do not act weakly against men and act strong (Kokli, 2003). In addition, exercise and physical activity are inversely related to depression, anger, anxiety, impatience, etc., so that according to the results of executive research, the more exercise and physical activity, the less anxiety, anger, depression and Boredom and other mental problems are greatly reduced, one of the reasons for which is considered to be an increase in endorphins and monoamines (Salman, 2014). Exercise and physical activity are derived from the main categories that cover the three free codes of family sports, group sports and exercise, which reflects the important role of female students and teachers in sports and physical activity, they intelligently bring their family members to group sports. At home, he advised that the negative effects of loneliness at home and quarantine be less threatening to the mental health of family members.

Create a happy and fun atmosphere at home

Happiness is an emotional emotion, it has positive effects such as increasing mental strength to deal with problems, more confidence, healthy mind and improving performance and well-being in humans (Intuition Mirza and Woman, 2013)A happy atmosphere leads to promising results in promoting positive psychological states and reducing negative emotions in patients with mental disorders. Also, positive emotions have very beneficial effects on nervous, psychological and immune systems (Baqoli Kermani, Nikrahan and Sadeghi, 1398). In fact, happy people respond more positively and optimistically to various problems, and they also have stronger immune systems and better general health (Schwartz and Strack,

2008).Children and adolescents can express themselves through play, in fact in games they allow their emotions to emerge from the subconscious imaginations, imaginations and hidden emotions, so the game can be used to eliminate negative emotions and behavioral problems. And spiritual, exploitation, in addition, play has a positive effect on human emotions and behavior (Alikhani, 1397), human beings through the game find the opportunity to evacuate their psyche in a positive way and return to real life (Ghezel Ayagh, 2010)). Also, today, the technique of play is increasingly used in the advanced world to diagnose and, more importantly, to treat the psychological problems of human beings, especially children. Play therapy is one of the effective methods in treating behavioral and psychological problems of children and adolescents (Alikhani, 1397.)

One of the main categories extracted is the creation of a happy and entertaining atmosphere, which covers the free codes of storytelling, watching family movies, group entertainment, family games, jokes and art activities at home, which shows the positive and effective role of student-teachers in Creating a fun and entertaining atmosphere with family members, they try to create a healthy and intimate atmosphere and at the same time happy and fun, which is itself a factor to repel the negative effects of loneliness at home and quarantine such as fear, anxiety, depression. , Obsession and so on.

The role of hope and increasing motivation in life

It seems that one of the effective ways to improve the living and working conditions of human beings is positivity and life expectancy. As the feeling of emptiness and aimlessness in life is one of the factors that cause mental illness such as depression, also one of the most important factors in positive psychology is life expectancy and its meaning, which has a lot to do with human mental health (Hashemian, Abedi and Namdari, 1398).

One of the most important categories obtained from the analysis of the findings in the present study is the effective role of student-teacher in increasing motivation and life expectancy during coronary heart disease, which covers the codes of motivation, hope and gift. . In fact, hopefuls reduce destructive and negative thoughts by setting important goals based on the priority and motivation they create for themselves. They look at their goals with motivation, even in difficult coronary heart disease conditions, and thus achieve relative calm. They maintain and take control of their affairs.

Strengthen the spirit of closeness and trust in God

Reliance on God has a very effective role in increasing mental health. There is also a significant relationship between religiosity as a very effective coping strategy with the process of healing and reducing physical and mental pain, for example, between depression in students and trust in God. There is a significant negative correlation (Ali Bakhshi, Mamghaniyeh and Alipour, 2011), Berman [1] (2008) proved the strong role of protecting religion against psychological stress in his research. Dezutter et al. (2006) showed that religious biases and socio-cognitive attitudes toward religion have a significant correlation with psychological well-being and a significant negative correlation with mental disorders. One of the main categories extracted is the strengthening of the spirit of closeness and trust in God, which covers the free codes of trust in God and the strengthening of spiritual activities, which shows the role of student-teachers in applying spiritual and religious strategies to maintain mental health and family. Is. In fact, maintaining a heartfelt relationship with God and entrusting the result of our deeds to Him is soothing and alleviating human suffering, and students and teachers benefit greatly from this strategy.

The guiding role in the prevention of coronary heart disease

The factor of time and the prolongation of this period in the country has caused people to adapt to the new health situation and consider themselves obliged to follow health protocols so that these new behaviors are institutionalized in families. Also, with the onset of the corona crisis, all media outlets regularly warn against the observance of health standards and emphasize that this also makes citizens responsible and committed. These behavioral patterns have also been encouraged and followed by women in the family, which refers to their effective role in the family (Solgi et al., 1399). One of the main categories that was extracted is the guiding role of female students and teachers in the prevention of coronary heart disease. Covers proper nutrition and recommends changing and washing clothes and disinfecting hands. In fact, student-teachers try to prevent coronary heart disease with accurate and compassionate advice and information, thereby preventing family members from developing coronary heart disease and the resulting negative psychological effects that people experience when developing coronary heart disease. They can, they turn away. They also provide family members with the necessary

knowledge about the nature and type of coronary artery disease, and keep them away from extreme anxiety and obsession.

Teaching the correct culture of using cyberspace

Covid virus 19 and its epidemic has caused all human beings to be trapped inside their homes and the same conditions of home quarantine and terms such as social distancing, etc. have emerged. This has prevented the need to be present in the community and to communicate that people feel. Therefore, due to the current situation and the impossibility of face-to-face and physical communication, people have turned to virtual communication. This issue needs to be investigated and analyzed. These conditions have led to a change in lifestyle as well as a huge increase in information on virtual networks, which sometimes, in addition to spreading the rapid trend of news distribution, also increases the false news, which is nothing more than a rumor. To solve these problems and the like, measures such as judging and evaluation should be done and then start to increase skills and distribute knowledge in this field (Solgi et al., 1399). As can be seen in Table 2, one of the main categories extracted is teaching the correct culture of using cyberspace, which is the free codes of legislation for the correct use of cyberspace at home, planning for the correct use of cyberspace, guiding children to the correct use of space Virtualization, control, warning and awareness of the advantages and disadvantages of cyberspace to family members, which reflects the effective role of student-teachers in teaching and developing the correct culture and etiquette of using cyberspace and advising not to use inappropriate and undesirable It is up to the family members to prevent the negative psychological effects of excessive and undesirable use of cyberspace.

Strengthen virtual communication and limit face-to-face communication

One of the consequences of the outbreak of coronavirus is the prevention of travel such as visits during Nowruz and in fact the prevention of face-to-face contact with relatives, which has forced citizens to quarantine at home, and this has led to the use of communication tools. Collective and colorful virtual relationships. To reach the hashtag of Eid from spectacular Eid and prevent travel and control the further spread of this virus (Solgi et al., 1399). As can be seen in Table 2, one of the main categories of strengthening virtual communication and limiting face-to-face communication is that free codes cover avoidance of attendance in communities, expansion of virtual communication, restriction of leaving home and restriction of intercity traffic, which expresses the effective role of student-teachers. In the face of limited communication and face-to-face interactions, they advise their family members to engage in appropriate and optimal virtual communication and voice and video contacts with relatives and friends to minimize the negative effects of home alone and quarantine on family members' mental health. In fact, student-teachers have intelligently replaced high-risk face-to-face communication with proper virtual communication and interactions with others, thereby largely maintaining their mental health and that of family members, while at the same time risking coronary heart disease. does not have.

Growth and development of spiritual abilities

Corona created an opportunity for families to spend more time together, being with the family is a great opportunity, economic problems and pressures and stress and anxiety due to illness and lack of necessary psychosocial skills in individuals, leading to increased domestic violence It needs to be investigated and resolved. However, according to the statistics obtained, there are not many differences at the national level; At the local level and in smaller groups, the occurrence of the above risk factors can increase the conflicts within the family and the problems that occur, which leads to failure in proper family management. The subject of life skills training, resilience, family dialogue, parenting, effective communication and the ability to resolve conflicts, etc. are among the issues raised by social support organizations such as welfare organizations, researchers and psychology professors, especially Scientific associations and the Vice President for Family and Women Affairs are raised and have not received much attention. Therefore, it seems that in addition to the need to periodically monitor the family situation in the country and compile a family report periodically, it is necessary to develop and learn practical training in life skills, resilience, parenting and training of couples and family life and categories such as society. Resilient, resilient family, resilient school and the like defined and operational (Solgi et al., 1399), one of these important skills is self-confidence, women who have high self-confidence in interacting with family members better practice This factor is very effective in strengthening, continuity and stability of the family foundation, and the absence of this factor in family members will lead to more frustration and vulnerability (Haj Ismail, 2016) extracted from the main categories, growth and development of spiritual

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abilities. Free codes of realism, support and mutual support, not comparing the capabilities of others with oneself, problem solving, patience, empathy and cooperation, encouraging mutual respect, self-esteem, decision-making power, responsibility, division of labor at home, planning, study Covers, which indicates the role of student-teachers d They are trying to protect themselves and their families from mental illness and disorders in the critical conditions of the Covid 19 outbreak by strengthening their mental abilities, and they are constantly practicing and strengthening them. Encourage these capabilities.

The educational role of the curriculum

With the beginning of Covid 19 and the change of circumstances, the training did not go unnoticed and entered a new phase. In-person education and the presence of teachers and students in the classroom was changed to virtual education and brought the school into the home. In the process of teaching and learning, the teaching method is a part of educational activities that take place with the presence of the teacher in the classroom and its purpose is to create the desired context and conditions and facilitate the learning process. Due to the fact that the face-to-face environment plays an essential role and is of great importance, so due to the new conditions and coronary heart disease and the impossibility of face-to-face activities of schools and teachers and virtualization of teaching and learning, a bed should be provided to minimize problems if possible. And provide the most points regarding higher education, effective and purposeful. Other problems are related to students 'learning, which due to less teacher-student interaction may cause ambiguities in the student's mind or some students' questions remain unanswered. Also, one of the main issues and problems facing e-learning can be: lack of necessary infrastructure such as; Lack of internet access in some areas, very low internet speed, which most students in rural and mountainous areas suffer from. Other issues Due to the economic situation caused by coronary heart disease, it is difficult or impossible for some families to buy internet packages, or it is not possible for some families to buy a smartphone, as a result of which some students from Classroom education is lagging behind, and this has somehow led to educational injustice. As a result, students' motivation and desire to continue their education decrease and sometimes, unfortunately, they are forced to drop out. Other problems of student drowning in cyberspace and most of the time have led to addiction to mobile phones and cyberspace, which has its own problems and harms. Despite these conditions and problems, educating family members and helping each other in the field of education is very useful and desirable, so that students in addition to virtual education, benefit from face-to-face education in the family. One of the main categories extracted was the role of student-teacher education in the children of family students. It shows their anxiety, stress and anxiety that arise from the new conditions of the new education.

IV. DISCUSSION

It seems that we humans need a catastrophe to get rid of bigger catastrophes. We are so preoccupied with civilized and developed life, its deadly consequences, and we have become accustomed to it that we do not think we can get rid of it. Based on the prevalence of Covid 19 and the critical condition of coronary heart disease, we need to change our lifestyle (Solgi et al., 1399). The Covid virus 19 forced humans into quarantine, confined them to their homes, and instilled insecurity in society. Physical isolation and quarantine at home, loneliness, distance from parents and others, financial problems during the outbreak of Covid 19, problems such as depression, fear, obsession, failure and mood problems, post-traumatic stress disorder and burnout (profits, 2020; Ashwin and Chantal, 2020). In this situation, people feel suffocated and lonely and do not know how to cope with this crisis and how to choose their lifestyle. Also, lack of skills and emotional, psychological, social skills make people vulnerable in the face of problems and problems and exposes them to a variety of psychological, social and behavioral disorders, therefore, practical and effective strategies are needed to get rid of problems. Spirituality, during this period, has been used to maintain human mental health. In fact, in today's society, where value and normative changes lead women to participate more in social and cultural life, we see their great influence and role in various aspects of life.

In this study, the role of female students and teachers as an educated class and future teachers and on the other hand, the high position of women in the family and functions for their mental health and family were determined. The main categories that were extracted include teaching the correct culture of using cyberspace, strengthening virtual communication and limiting face-to-face communication, growth and development of spiritual abilities, educational role, strengthening the spirit of closeness and trust in God, developing the spirit of sports and physical activity, creating a happy atmosphere And having fun at home,

the role of hope and increasing motivation in life, is a guiding role in preventing coronary heart disease. Which shows the effective and positive role of student-teachers in educating and guiding their family members, towards choosing the right and optimal strategies for a desirable and healthy life in the critical conditions of the outbreak of Covid 19.

In fact, the analysis of the research findings clearly shows the intelligence and ingenuity of the student-teachers during the quarantine period at home, they try to create a happy and relaxing atmosphere away from depression and sadness, while avoiding the dangers of the Covid virus. With activities such as recommending and teaching group and family sports, group games, creating works of art, teaching curriculum content, watching family movies, group jokes, etc., they engaged themselves and their family members in energizing, entertaining, and empowering activities. They strengthened the spirit of self-esteem, planning, patience, problem solving, etc. in themselves and their family members, and at the same time taught their members the correct culture of proper use of cyberspace, directly and indirectly. Measures such as the development of virtual communication with acquaintances and relatives and the limitation of face-to-face communication, recommendations on health protocols, proper nutrition, information on the type and nature of Quid 19 virus and ways to prevent it, as much as possible, yourself and your family from coronary heart disease. Have away, at the same time through its creation Motivation and hopefulness, strengthening the spirit of closeness and trust in God, strengthening spiritual abilities, protect themselves and their families as much as possible from the negative effects of loneliness and quarantine on mental health.

V.   PROPOSAL

The requirements for women's role in mental health, economics, politics and culture provide a valuable opportunity to review and review the current situation and to analyze and evaluate its progress and distance from the desired goals and to identify the existing challenges and obstacles. (Molaverdi, 1393). It is suggested to use psychological and behavioral strategies to maintain mental health of people. Some of these strategies are: education and demonstration of coronary heart disease prevention in schools and universities, efforts to strengthen vitality and hope and trust in God in Students, supporting virtual or in-person counseling in accordance with health protocols, informing with the aim of changing behavior and habits, encouraging voluntary behaviors, disseminating valid and correct information, justice in facilities and services, disinfection and distribution of masks and distribution of masks and disinfectants, Motivational messages in the formal-public media, displaying games and public sports as a model in the formal-public media, strengthening the mental abilities of students using the capacity of a happy educational network, displaying patterns and myths in the country as preventive models.

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