

Foreword and Editorial

International Journal on Consulting Psychology for Patients

We are very happy to publish this issue of an International Journal on Consulting Psychology for Patients by Global Vision Press.

This issue contains 4 articles. Achieving such a high quality of papers would have been impossible without the huge work that was undertaken by the Editorial Board members and External Reviewers. We take this opportunity to thank them for their great support and cooperation.

In the paper “The Effects of Stress and Life Satisfaction on Smartphone Addiction in College Students”, this study was conducted to examine the effects of stress and life satisfaction on smartphone addiction. To do this, 1,600 college students were surveyed and 1,509 people were analyzed using SPSS ver. 23.0. The results of the study are as follows. The variables of stress and life satisfaction which affect the smartphone addiction of college students showed that 7 of the 20 variables had a significant effect on smartphone addiction, the explanatory power (R²) was 25.2% in total. In particular, stress of appearance (14.1%), college life satisfaction (4.4%), relationship stress with opposite sex (2.4%), academic problems stress (1.7%) and relationship stress with parent (1.0%) showed that the explanatory power is high. Based on these results, in order to prevent smartphone addiction among college students, we sought to reduce stress and increase life satisfaction, and suggested the necessity of follow-up study considering environmental factors.

The paper “Effects of Social Support on Post-Traumatic Stress of Firefighters”, attempted to provide basic data on mental health by identifying factors affecting the post-traumatic stress of firefighting officers. The data collection was conducted from October 1, 2018 to October 31, 2018, with the consent of the target person and the questionnaire was conducted. The number of participants used in the final analysis was 138. The questionnaire consisted of demographic characteristics, social support and post-traumatic stress. The collected data were analyzed using SPSS 21.0 statistical program using descriptive statistics, t-test, ANOVA, Pearson’s correlation, and Multiplier regression. The results of this study showed that the difference in social support according to general characteristics was the result of work experience, subjective health state and in post-traumatic stress, statistically significant differences were shown in subjective health state, feeling the need for counseling, and mental health service experience. Post-traumatic stress showed a static negative correlation with emotional support, information support, material support, and evaluation support. But social support showed a positive correlation with all of the sub domain.

The aim of the paper “The Relationship between Hwabyung Symptoms and Quality of Life among Middle-Aged Women” is to examine the relationship between hwabyung symptoms and life quality, and prepare basic data to improve life quality of middle-aged women. Research method: this research conducted a survey, and respondents of the survey were 230 middle-aged women conveniently sampled from two cities from March 10, to May 4, 2017. The survey data were analyzed using the SPSS 21.0 program. The average point of hwabyung symptoms of respondents was $1.12 \pm .61$ (0-4), and that of quality of life was $3.16 \pm .42$ (1-5). The variables

significantly affecting hwabyung symptoms were educational level ($F=7.14$, $p=.001$), monthly income ($F=6.63$, $p<.001$), and health condition ($F=12.10$, $p<.001$). Quality of life was significantly and negatively correlated with hwabyung symptoms ($r=-.204$, $p=.002$). Data analysis showed that the lower education level is, the lower monthly income is, and the worse health condition is, the higher the symptom is, and that the higher educational level is, and the higher monthly income is, the higher life quality is. Therefore, to reduce hwabyung symptoms, and improve life quality among middle-aged women, various educational means should be suggested and applied.

“The Effects of Meditative Motivation on Mental Health in Those Who Experienced Chakra Meditation: Mediating Effect of Health State” explored correlation of People of chakra meditation program operation agency in seoul of Korea for the chakra meditation experience motivation, and mental health to confirm mediation model and path of physical and emotional and social and subjective health state. To this end, data was collected from 223 survey results conducted by 250. The survey consisted of, the Chakra Meditation Experience Motivation scale, the Mental Health (SCL90-R) Questionnaire and The Korean Health Status Measure. The results were analyzed by SPSS macro program. For the research result, this study presented descriptive statics for each variable of respondents’ and conducted correlation analysis among chakra meditation experience motivation (Selbstfindung) to mental health (depression) through emotional health state ($B=0.886$, $CI: [0.159-1.857]$). However, the path model on the relationship among Chakra meditation experience motivation (selbstfindung) and emotional health state and mental health(depression) was verified and suggested as well. Afterwards, the author discussed the contribution and limitation of this study, and suggestions for further research.

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**Editors of the December Issue on
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