

Abstract

This study aimed to investigate the relationship between anxiety and adjustment of mid aged people of Kerman. For this purpose, the sample consisted of 100 of mid aged persons in Kerman were chosen by random. Data sampling method were two questioners. One of them was Beck Anxiety Inventory (BAI) and the other was Bell adjustment Inventory (BAI). Data analysis by using regression analysis showed that there is negative relation between anxiety and adjustment in middle age people in Kerman. There is negative relation between anxiety and adjustment in the house in middle age people in Kerman. There is negative relation between anxiety and hygienic adjustment in middle age people in Kerman. There is negative relation between anxiety and social adjustment in middle age people in Kerman. There is negative relation between anxiety and emotional adjustment in middle age people in Kerman. There is negative relation between anxiety and occupational adjustment in middle age people in Kerman.

Key words: Anxiety, adjustment, mid-age people