

ISSN: 2423-6985

IRANIAN JOURNAL OF
POSITIVE PSYCHOLOGY

Vol. 1, Issue 1, 13-19, 2015

Iranian Journal of Positive Psychology

ISSN: 2423-6985

ijpp.worldofresearches.com

Prediction of Psychological Well-being Based on Resiliency, Optimism and Hope of Students

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A B S T R A C T

Stressful resources and unfavorable environments are going to increase in recent years. Prior studies show that tolerance, optimism and hope are as supportive factors which can predict Psychological well-being. Main purpose of the study is to explore psychological well-being prediction based on tolerance, optimism and hope in M.D. students of Bandar Abbas. In a descriptive study of correlative type, based on the target population, 159 available M.D. students were selected from Azad University of Bandar Abbas as a sample. The needed data were collected according to questionnaires including Miller Hope Scale, Shieer & Karror Optimism, Tolerance and Psychological well-being and finally they were analyzed by Regression and Pierson Correlation tests. Findings show that there is a significant relationship (tolerance, optimism and hope) with psychological well-being in all variables. Also variations in variance are stated 18/2 percent for optimism, 6/9 percent for hope and 3/19 percent for tolerance. Psychological well-being is one of variables presented in positive psychology, and tolerance, optimism and hope provide proper context to realize it.

Keywords: Tolerance, Optimism, Psychological Well-being, Hope.

INTRODUCTION

In the twenty-first century, psychology knows that human should spend his rational energy to positive aspects of his experience (Seligman & Csikszentmihalyi, 2000). In initial years of its life, psychology has focused mostly on negative emotions such as anxiety and depression and the subject of well-being and happiness had been neglected. However, nowadays, growing number of studies are being carried out on the psychological well-being and positive aspects of psychology (Tesch-Römer, Motel-Klingebiel, & Tomasik, 2008). In the past decade, Carol D Ryff (1989) presented a psychological well-being or positive emotional health model. Based on the Carol D. Ryff (1995) model, psychological well-being includes 6 factors:

Self-acceptance (having a positive attitude to himself), autonomy (sense of independence and ability to stand in the face of social pressures), targeted life (having a purpose in life and to give meaning to it), personal growth (sense of continuous growth) and control over the environment (individual ability in environmental management) (Carol D Ryff, 1989). Psychological well-being refers to the sense of health that includes complete consciousness of

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DOI: [In pressing](#)

To cite this article: Ashrafi, S. (2015). Prediction of Psychological Well-being Based on Resiliency, Optimism and Hope of Students. *Iranian Journal of Positive Psychology*, 1 (1), 13-19.

integrity in all aspects of the person. Psychological well-being composed of three components, namely life satisfaction, positive affect and negative affect (Diener, Oishi, & Lucas, 2003).

Goldsmith, Veum, and Darity (1997) state that psychological well-being involves personal perception of a certain amount of coordination between the specified goals with performance consequences achieved in continuous assessment process is achieved and leads into inner satisfaction and relatively sustainable living in the life sequence.

The relationship between well-being and resiliency has also been reported in some studies, so that it was revealed there is positive correlation between resiliency and well-being (Kafetsios & Sideridis, 2006; La Guardia, Ryan, Couchman, & Deci, 2000). Research Wagnild and Young (1993) showed that the re-evaluation and resiliency positively related to psychological well-being .

It can be said that regulation of emotion and resiliency has been considered as complementary factors in the process of stress evaluation. Karreman and Vingerhoets (2012) research showed that people with high resiliency have greater psychological well-being and vice versa. Fredrickson (2001) states that evidence indicates that resiliency is effective in the improvement of psychological growth in the unpleasant conditions .Relation between optimism and well-being has been confirmed in the cross-sectional and longitudinal studies (Wrosch & Scheier, 2003). Optimism is another subject of positive-oriented psychology. The aim of positive-oriented psychology is to bring change to psychology and its goal is beyond recovering the damages, its goal is toward optimizing the life quality. This view aims to use strengths of human beings against the mental illnesses (Seligman & Csikszentmihalyi, 2000). The use optimism is considered as an effective attitude towards life is (Ho, Cheung, & Cheung, 2010).

Dictionary definition of optimism involves two related concepts: the first is a promising orientation or conviction that leads into one's mastery, the second is a broader concept to belief or an orientation to this belief that world is "the best present world". In psychological research, optimism refers to promising expectations in environment and recently it has focused on general expectations that are positive (Michael F. Scheier & Carver, 1993). Some researchers have defined optimism as an individual difference variable that reflects an area where people maintain the generalized desirable experiences for their future. Optimism plays an important role in coping with stressful life events .When faced with a challenge, optimism people show greater resiliency (even if progress is difficult or slow) (Brissette, Scheier, & Carver, 2002; Carver & Scheier, 2014). It also plays an important role in coping with stressful life events (Tusaie-Mumford, 2001), and as an important factor involved in psychological well-being (Ekas, Lickenbrock, & Whitman, 2010; Karademas, 2006).

Traditionally, there have been two main approaches to the definition of well-being Hedonism-based approach that thinks that well-being means to maximize pleasure and minimize pain. This approach has historically had its own supporters that including Epicurus, Hobbes and Mill. This approach considers well-being as equal with hedonic pleasure or happiness and joy. The prevailing view among pleasure-oriented psychologists is that well-being is equivalent with personal joy and associated with the pleasant experience against unpleasant experience.

The second approach which is based on Aristotle's virtuous idealism claims that the satisfaction of desires is not always led into well-being, but it considers well-being as includes

attempt to reach perfection and realization of personal potentials that it may be along with sense of pleasant, that is well-being is not solely means to experience pleasure and happiness. Bailey and Snyder (2007) believe that the hope is a positive motivational state considering clear objectives for life. On the one hand, the motivation of want to move toward goals is inherent in hope. On the other hand, the investigation of proper ways to achieve goals is inherent in it.

Thus, the function of hope in life is as a support mechanism and it develops the quality of human life. Research also shows that optimism is associated with psychological well-being. Rodriguez (2006) showed that life satisfaction, happiness and hope are interrelated. As a result, there is positive correlation between hope and life satisfaction. However, due to this fact that no study has examined simultaneous prediction of several important variables of positive-oriented psychology in the psychological well-being so far, the main aim of the present study is the investigation of the prediction of psychological well-being based on resiliency, optimism and hope among students of PhD students.

METHODOLOGY

Due to the nature of research and its goal, this is a field and applied study. It also is non-experimental one due to control of research variables, because the relationship between the variables has been manipulated.

This study is also descriptive-correlational and the relationship between variables is predicted based on objectives of research. Given the objective of study, the subjects of study included all PhD students of Azad University and Hormozgan University of Bandar Abbas city, numbered as 281 students. The sample of study is also 162 students calculated by Cochran formula. However, 159 of scales were finally returned and analysed statistically. All samples were ensured with respect to observation of ethical standards, including anonymity, and privacy and confidentiality of their information. Independent variables of study included resiliency, optimism and hope, while dependent variable was psychological variable. To analyse the data, descriptive statistics and Pearson correlation and regression analysis were used.

1- Psychological well-being scale (RPWB) of Ryff: this scale was designed by Carol D. Ryff (1995) and it includes 77 items and 6 sub-scales of environment domination (19 articles), goal and orientation of life (13 articles), self-acceptance (19 articles), personal growth (8 articles), positive relations with others (8 articles) and independence (10 articles). obtained its reliability as 0/94 and 0/92 using Cronbach's alpha and its face validity was confirmed due to correlation of items with Psychological well-being scale of Keyes, Shmotkin, and Ryff (2002).

2- Resiliency scale (CD-RIS): This scale was designed by Conner and Davidson (2003) by reviewing research references (1997-1979) in the resiliency area. It has 25 items scored in a five-point Likert scale, between zero (Completely false) and four (always true). The resiliency degree of any subject equals with obtained raw score divided by 100, then multiplied by 100. Considering its reliability, by using factorial analysis method, the calculation of each score has been shown by total score that coefficients of questions were 0/14 to 0/64, except in three questions.

3- Miller hope scale (MHS): this is a diagnostic test used in America for the first time to assess hope in the heart patients. This test includes 41 aspects of hope and inability states and

the articles mentioned in it were selected based on overt or covert behaviour manifestation in hopeful and frustrated individuals. Powers, Abbas, and Miller (1988) reported the validity of this scale as 0/61 and its reliability as 0.90 and 0.89 using Cronbach's alpha method.

Optimism scale of Shier and Carver (LOT): this scale was designed by Michael F Scheier and Carver (1985) to effective and valuable evaluation of explanatory optimistic and pessimistic styles and it is scale that people respond it considering life consequences. Designer of this scale believe that this scale has high validity and essentially evaluates the expectation and general consequences of an individual in terms of desirability of following consequences of his own actions. Obtained coefficient of 0.79 in investigation of reliability coefficient by test-retest method with an interval of 4 weeks.

RESULTS

Table1. Kolmogorov-Smirnov normality test statistics

reminders	Kolmogorov - Smirnov		
	value of statistic	Degree of freedom	Significance level
resiliency	0.074	159	0.34
Psychological well-being	0.077	159	0.23
hope	0.335	159	0.06
optimism	0.065	159	0.092

The analysis of results of Table 1 indicated that all four variables were greater than ($p < 0.05$) given significance level. Therefore, these variables follow normal distribution. As a result, Pearson correlation and multivariate regression tests can be used in this regard.

Table2. The correlation of variables of study

Independent variable	Dependent variable	The value of coefficient of correlation	Sig.
resiliency	Psychological well-being	0.392	0.0001
hope	Psychological well-being	0.518	0.0001
optimism	Psychological well-being	0.431	0.0001

Presented results in the Table (2) indicates that relationship between resiliency and psychological well-being is as $r = 0.392$, $p < 0.0001$, the relationship between hope and psychological well-being is as $r = 0.518$, $p < 0.0001$, and the relationship between optimism and psychological well-being is as $r = 0.431$, $p < 0.0001$. Therefore, there was positive and significant correlation among three variables (resiliency, hope and optimism) with psychological well-being in MA students of Azad University of Bandar Abbas city.

Table3. Regression analysis of standard variable scores based on prediction variables (resiliency, hope and optimism)

row	variables	R	F	sig	B	Beta	t
۱	hope	0.269	56.92	0.001	0.518	0.692	4.311
۲	resiliency	0.292	31.82	0.03	0.3	0.319	2.144
۳	optimism	0.313	23.23	0.03	0.395	0.182	2.141

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The summary of simultaneous regression analysis, standard variable scores based on prediction variables (resiliency, hope and optimism) have been shown in Table 3. Hope predicts psychological well-being positively and it has increasing effect (Beta=0.692 and $p<0.01$). Also resiliency predicts psychological well-being positively and it has increasing effect (Beta=0.319 and $p<0.01$). Finally, optimism predicts psychological well-being positively and it has increasing effect (Beta=0.182 and $p<0.01$).

CONCLUSION

The present study was conducted to predict psychological well-being based on resiliency, optimism, and hope among MA students of Bandar Abbas city. The first finding of study indicated that resiliency is the positive predictor of psychological well-being. The reduction of resiliency against life events has been associated with type of sense of psychological pressure, anxiety or depression. Resiliency through increased levels of positive emotions improves self-esteem and successful coping with negative experiences. Accordingly, resiliency through strengthening self-esteem as an intermediate mechanism leads into positive adaptability and psychological well-being, and those who have higher psychological well-being have high ability to adapt to problems than those who do not this advantage. On the other hand, if an individual has great ability of resiliency, coping with problems and stresses of life, he will experience less psychological and emotional disorders, and he will have high psychological well-being. Other finding of study indicates that hope has positive and significant role in psychological well-being. Stats (1986) believes that hope has two components: cognitive component (the expectation that some events will occur in future) and emotional component (for example, hope that these events are positive and have desirable consequences) that its emotional component can predict the occurrence of positive events in future and as a result increases mental health. Having hopeful thought and sufficient resources to purposeful thought and familiarity with needed paths to achieve these goals bring psychological well-being for people. In other words, an interactional relationship establishes between them that increases hope and psychological well-being. Another finding suggests that optimism can predict positively and significantly psychological well-being. Optimism is considered as factor that supports people when they are in tension. Humans achieve to high competence when they have competent structures and supports. Inconstancy of surrounding environment and family can impact negatively the optimism of an individual and many factors put him in risk and make life pressures tolerable. Studies indicate that it is an important factor in compatibility of an individual if he has flexible and supportive family, even with problems and discomforts. The way of compatibility of individual and his optimism feature are needed attitudes and skills to achieve hard work and control. It also helps people to control conditions and the aim of this control is that person believes his abilities to affect the results of events that this can causes well-being.

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