



Positive Psychology Effectiveness on the Life Quality of Workers in Shipping Companies

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A B S T R A C T

The aim of this study was to evaluate the effectiveness of positive psychology on the life quality of workers in Bandar Abbas shipping companies because positive psychology includes the field of optimization functions. Methodology: This is an experiment based on pretest-posttest. The statistical population included all employees of shipping companies. 24 people were selected as the sample by random sampling method divided into two groups of test and control. Pretest was taken in both groups and after 8 sessions of positive thinking to the test group, the posttest was taken of both test group who were educated and the control group who were not educated. 26-item questionnaire of quality of life was the tool for data collection. The data were analyzed using UNVARITE covariance analysis in spss-18 software. The results showed that positive thinking has significant impacts on the quality of life of employees especially for physical, psychological and social health.

Keywords: Positive Psychology, Quality Of Life, Shipping Companies' Employees.

INTRODUCTION

Positive psychology is the scientific study of optimal human functioning and its objective is the better understanding and application of these factors in the prosperity of individuals and communities (Lopez, Snyder, & Rasmussen, 2003; Seligman, Steen, Park, & Peterson, 2005). One of the most important sources of each organization is its human resources and the factors forming this resource are individuals with numerous needs. If they have adequate motivation and their needs are met, they use their talents and skills to serve the organization (Rahimi, Rajaeipour, & Salimi, 2007). Since Seligman and Csikszentmihalyi (2014), addressed the members of America's psychology association in his speech and invited applied psychology to return to the roots of psychology and talent flourishing, a large group of researchers have focused on abandoning the negative focus in psychology with the aim of replacing the view to focus on positive emotions, traits and abilities (Seligman, 2004). According to Kostis et al. (2001), many employees, teachers, parents and even leaders are all followers of the unwritten rule as "the problems should be solved and abilities will appear on their own". In fact, many directors force their employees to train themselves and improve the areas in which they have difficulty. So, their focus is on what which needs improvement while the least attention is paid to what they do well. This view that states people cannot enjoy their abilities in life unless fully focus on them is wrong. Because each individual has special abilities specified to them which

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cause them to be successful in a given field while they are less likely to be successful in other fields (Magyar-Moe, 2009; Magyar-Moe, Owens, & Conoley, 2015).

Positive thinking leads to having high self-esteem in people and the consequences of optimism are coping with life challenges and effective use for running internal and external conflicts one of which is the quality of life (Izard, 2013; Plutchik, 1995; Plutchik, Kellerman, & Conte, 1979). According to the World Health Organization's definition, quality of life is people's understanding of their position in life in terms of culture, value system in which they live, goals, expectations, standards and priorities. It is quite a subjective issue which is based on the individual's understanding of different aspects of life and is no longer visible by others (Bonomi, Patrick, Bushnell, & Martin, 2000). Given that positive psychology emphasizes flourishing positive emotions, capabilities and virtues (Martínez-Martí & Ruch, 2017; Peterson & Seligman, 2004), and according to Fredrickson, positive emotions cause the spread of immediate Thought-Action repertoires that will lead to a wider range of actions and thoughts probably decided by the individual. In other words, when a person feels positive emotions, he will be able to understand more possibilities (Fredrickson & Losada, 2005). Due to the fact that Bandar Abbas is an active port in the field of marine transportation, the large number of shipping companies, the large number of human resource including men and women who work in such companies, the importance of family health and the lack of positive thinking teachings to the employees of shipping companies, the present research aims to study the positive thinking teaching on the life quality improvement of shipping companies employees.

METHODOLOGY

The method of this research is quasi-experimental with pretest-posttest and random assignment. After group selection, the pretest was administered in both groups by quality of life questionnaire. Afterwards, training the test group was done in eight 60-minute sessions, including the identification of positive thinking, the identification of feelings and emotions, the identification of the special abilities, emotion expression, appreciation, optimism, anger management and recognizing abilities of others. Then, the post-test was carried out in both the test and control groups. In this study, the internal consistency of the questionnaire was calculated as 0.77 using Cronbach's alpha. The data were analyzed on the basis of measuring variables level using descriptive statistics and UNVARITE covariance analysis in spss-18 software.

Table1. The report of the content of positive thinking training sessions

Sessions	Duration	Subject	Objectives
First	60	identification of positive thinking	The subjects get familiar with the concept of positive and negative emotions.
Second	60	Identification of feelings and emotions	The subjects are made able to know their feelings and emotions.
Third	60	the identification of the special abilities	The subjects are made able to their abilities and use them.
Fourth	60	emotion expression	The subjects are made able to know their positive emotions and benefit the consequences.
Fifth	60	appreciation	The subjects are made able to understand when his colleague has helped him.

Sixth	60	optimism	The subjects test themselves to observe the positive points.
Seventh	60	anger management	The subjects learn how to manage anger from changing into grudges and hatred.
Eighth	60	recognizing abilities of others	The subjects can use others' abilities to strengthen the actions.

Table2. Descriptive indices of life quality scores between test and control groups

Pre-test			Post-test	
Life quality	Mean	Standard deviation	Mean	Standard deviation
Test group	49.83	4.40	67.00	4.55
Control group	50.42	6.24	51.08	4.56

RESULTS

Table 3 indicates two descriptive indicators in both test and control groups in the pretest and posttest. Accordingly, the quality of life average scores of the test group is 67 in the posttest level. The increase is evident in the score considering pretest score as 49.83. UNVARIATE covariance analysis was used to know whether the score increase is statistically significant or not. To perform the covariance analysis, the pre-assumptions were investigated containing normal distribution of scores, homogeneity of variances and homogeneity of regression slopes. Kolmogorov-Smirnov test was used for the normality of the distribution of the scores. The results show that the Z values for the quality of life variable is not significant in pretest and posttest ($p > 0.05$). So, the distribution of scores in this variable is normal. Levene's test was used for the equality of the two groups' variances in pretest and posttest of the test and control groups. Due to the lack of significance of the Levene test for the quality of life pretest and posttest ($p > 0.05$), the assumption of variances is established.

Table 3. Results of homogeneity test of variances and normal distribution of quality of life scores in both test and control groups

		Levene				KMO	
		F	Df ₁	Df ₂	p	Z	p
Quality of life	pre-exam	3.681	1	22	0.062	0.603	0.86
	Post test	0.154	1	22	0.699	0.676	0.751

The interaction between the grouping and pre-test scores of the quality of life were evaluated to check the homogeneity of regression slope assumption. Given that there is no interaction between groups and posttest scores $F = 21.2$ and $p > 0.05$, it can be said that the homogeneity of regression slopes assumption is established.

Table4. Results of UNVARITE covariance analysis (ANCOVA) on the control and test groups in mean scores of posttest quality of life by the pretest effect control

	SS	df	Mean Square	F	p	Effect size
pre-exam	0.331	1	0.331	0.015	0.903	-
Post test	1517.749	1	1517.749	69.807	0.001	0.76
Error	456.586	21	21.742			
Total	85639	24				

According to Table 4, the effect of positive thinking training on quality of life was significant and $F= 69.807$ and $p < 0.001$ and the amount of this effect is 76 percent. It means that 76 percent of individual differences in post test scores of quality of life are related to teaching positive thinking. Since the quality of life scores in post-test have increased, it can be concluded that positive thinking training enhances the quality of life of the test group.

CONCLUSION

This study was conducted to evaluate the positive thinking training effect on improving the quality of life of employees of shipping companies in Bandar Abbas. The results showed that there is a significant difference between the group trained with positive thinking and the group who did not receive positive thinking training. This study is consistent with the following research: the result of Yadollahi, Razmjooei, Jamali, Niakan, and Ghahramani (2016), showed that quality of life improvement has affected the mental health of Shiraz University of Medical Sciences staff. The results of Roodbari, Zare, Saedi, Divsalar, and Eslamian (2015), showed that positive thinking training has affected the physical performance, emotional health, and social performance. The results of Carlson, Speca, Patel, and Goodey (2004), showed that mindfulness and anxiety and stress reduction effect the quality of life improvement related to physical and emotional health and patient's social function. In another study by Seligman et al. (2005), on positive group therapy, it was shown that positive thinking therapist reduces depression and increases enjoyable, committed and significant aspects of life by emphasizing the capabilities.

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