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The Role of Optimism to Improve the Psychological Well-Being in Women

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A B S T R A C T

The aim of study is evaluation the Optimism role in improve the psychological well-being in women. The method of study is applied and to the data collection is descriptive and correlational. The study population consisted of all married women in Bandar Abbas those 257 individuals. In the sampling stage of the three metropolitan area chose then randomized into two groups (women with children and women without children). The findings show that there is a positive and significant relationship between optimism with psychological well-being.

Keywords: Optimism, Psychological Well-Being, Women.

INTRODUCTION

The concept of mental health in general aspect is the concept of health. Every culture based on specific criteria tries to society including children and teens to adults and seniors provide mental health (Health & Abuse, 2005; Milanifar, Noorbala, Bagheri, Yazde, & Yasami, 2007). In recent years, a team of researcher's mental health field inspired by positive psychology adopted different theoretical approaches and research to explain and study have this concept. They are the functional equivalent of positive mental health and psychological considered it is in the form of so-called "psychological well-being" has been conceptualized (Deci & Ryan, 2008; Ryan & Deci, 2001). Welfare is defined in terms of quality and quantity of components upon which people see your life enjoyable. In other words, how people evaluate their life, relates to the well-being (Diener, 2000; Narimani, Ariapouran, Abolghasemi, & Ahadi, 2011). Subjective well-being is that people are able to determine whether the happy life that depends on success criteria is reached or not. One of the most important models to conceptualize Rayan operationalizes psychological well-being, multidimensional model ryffs and Singer (1998). Reef (1998) believes psychological well-being is the individual's efforts to realize its own potential (Ryff & Singer, 1998).

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Structures psychological well-being consist of the six factors purposeful life, positive relations with others, personal growth, self-acceptance, self-determination and control over the environment (Van Dierendonck, 2004). It seems that one of the factors affecting the psychological well-being is optimistic.

Optimism describes to process a positive attitude to the environment and the actions and reactions (Gross & John, 2003; Narimani et al., 2011). Optimistic plays a fundamental role in psychological well-being (Blackwell et al., 2013; Chang, 1998; Fotiadou, Barlow, Powell, & Langton, 2008; Scheier & Carver, 1992; Scheier, Carver, & Bridges, 2001). Many studies have demonstrated the role of optimism in reducing depression. Pessimism and cynical commentary style has close relationship with depression. People optimism, less depression and less suppress his anger. There is a negative relationship between innate optimism, with depression during pregnancy and postpartum. Optimism and well-being are two related concepts that communicate with each other from different angles. The concept of the same areas of the brain is stimulated in the behavior of interacting involved with others. In addition, the optimized and non-optimized performance affects psychopathology, social isolation and physical symptoms. Overall, it seems the optimism of resources that can be modify levels of stress, inability to harsh conditions and the negative effects of stress factors, in this study are look to show whether optimism plays a role or not in psychological well-being of women?

METHODOLOGY

The method of study is applied and to the data collection is descriptive and correlational. The study population consisted of all married women in Bandar Abbas those 257 individuals. In the sampling stage of the three metropolitan area chose then randomized into two groups (women with children and women without children), participants to the following questionnaire responded.

Emotion regulation scale: Shier and Carver (1985) to assess the nature of optimism, Life Orientation Test (LOT) has developed a summary report and later it was revised (Scheier & Carver, 1988). The test consisted of 6 Article (3 article represent considered optimistic, and 3 of article represents considered cynical). Studies have shown that natural optimism and pessimism with a wide range of related structures such as self-esteem, hopelessness and neuroticism are related that it indicates convergent validity of the questionnaire.

Psychological Well-Being Scale: This scale was created in 1989 by Carol Reef. The test is 84 questions and 6 factors (self-acceptance, positive relations with others, autonomy, environmental mastery and personal growth). Participants in the 6-degree scale (from strongly disagree to strongly agree) respond to questions. Forty-seven questions directly and 37 questions are scored reverse.

Cronbach's alpha obtained in the study Ryff (1989) for the subscales of self-

acceptance (0.93), positive relationships with others (0.91), autonomy (0.86), environmental mastery (0.90) purposeful life (0.73) and personal development (0.87) have been reported (Ryff & Singer, 1998). Results for control of the environment (0.77), personal growth (0.78), positive relationships with others (0.77), purpose in life (0.70), acceptance (0.71), and total score (0.82) and the validity of this scale has been estimated. To test the hypotheses, Pearson correlation coefficient using the software SPSS version 18 was used at a significance level of 0.01.

RESULTS

257 women participated in the study. The average age of study participants was equal to 28.16. In study participants aged 24 to 42 years old. Table 1 reports descriptive information of psychological well-being.

Table 1. Mean and standard deviation of variables

Variable	Mean	SD
Psychological Well-Being	256.25	44.64
re-evaluation	20.68	5.93
Suppression	9.45	2.61

Table 2. Pearson correlation coefficients between the variables

Variable	Psychological well-being	Optimism
Psychological well-being	1	**0.329
Optimism	**0.329	1

The results show that there is a significant positive correlation between optimism with psychological wellbeing and a correlation coefficient is 0.329. This means that with increasing optimism in women also increases the psychological well-being.

CONCLUSION

The findings show that there is a positive and significant relationship between optimism with psychological well-being. That result of (Blackwell et al., 2013; He, Cao, Feng, Guan, & Peng, 2013; Ju, Shin, Kim, Hyun, & Park, 2013) is consistent. In explaining these findings, we can say that optimism is improving emotion regulation in people. As a result, it is likely that people with reduction and

The Role of Optimism to Improve the Psychological Well-Being in Women

increasing emotions, self-regulate negative and positive emotions. (Gross et al., 2006). This implicit emotion regulation is social nature and people do not regulate positive emotions, but report fewer negative emotions. The primary elements of emotion regulation are conscious. It is thought that the activity substantially deliberate of emotion regulation occurs, but next time occurs without consciousness. Previous to this, there is no default, whether of emotion regulation is necessarily good or bad. In view of Gross and John (2003) the process of optimism may be based on social context to create activities very good and very bad for the activities to be applied (Gross & John, 2003). So optimism may be by reducing the negative and increase the positive attitude and adjustment experience stressful events, can increase psychological well-being.

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