

Effectiveness of Positive Thinking Skills on Resilience and Life Satisfaction of Divorced Women-headed Households under tehran Welfare Support

fatemeh Maghsoodloo*,

The main purpose of this research is to study the effects of positive thinking training on life satisfaction and resiliency divorced women-headed households, is protected by the Welfare Organization. The current study was a semi experimental study with pre-test and post-test in two experimental and control groups. All of the samples were ed by multistage sampling including stratified, purposive, and random sampling. They were randomly divided into two groups of experimental and control. Each group consists of 20 students. Positive thinking skills were trained to experimental groups during eight sessions. Data were gathered by using Ryff subjective wellbeing and demographic characteristics questionnaires. Using analysis of covariance showed that positive thinking skills training had meaningful and positive effect on increasing subjective wellbeing, in the experimental group. Also the results showed average scores of subjective well-being in experimental group were significantly increased in post-test. Positive thinking skills training increases the subjective well-being scores of students. So, the approach taken in this study can be considered as an appropriate method for psychological-education interventions, counseling and treatment in student.

Keywords : Keywords: Resiliency, Life Satisfaction, Optimism, Divorced Women-headed Households

[Islamic Azad University, Rasht Branch - Thesis Database](#)
[دانشگاه آزاد اسلامی، واحد رشت - سامانه بانک اطلاعات پایان نامه ها](#)