

The relationship between optimism, hope and resiliency with psychological well-being in third grade high school students in secondary school

Tayebeh Rezaost Chahardeh*,

Abstract This study aimed to investigate the relationship between the components of optimism, hope and resiliency with psychological well-being in third year high school female students. The Statistical population of this research is all Rasht city third year high school female students that are busy studying in schools of this city in 94-95 academic year that about 1400 persons. Sample of this research consisted of 300 persons that to have been chosen cluster randomly method second of secondary girls schools in Rasht District 1 and 2. This study was correlational and the information needed for this research was collected through 4 questionnaires: Reef Psychological well-being Scale (SPWB) 1989, Life Orientation Test (LOT), Connor-Davidson Resilience Scale (CD-RISC) and Snyder Hope Scale (1991). Results illustrated that there was significant correlation between optimism with psychological well-being ($P < 0.01$, $r=0.32$), hope with psychological well-being ($P < 0.01$, $r=0.27$), resiliency with psychological well-being ($P < 0.01$, $r=0.047$). According to the regression results, it can be concluded that optimism, hope and resiliency are able to predict psychological well-being separately.

Keywords : **Keywords:** Optimism, Hope, Resiliency, Psychological Well-Being

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