

Investigating the relationship between the meaning of life, pessimistic optimism and cognitive adjustment of emotion with mental well-being in delinquent adolescents in Rasht

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Abstract Purpose: The purpose of this study was to investigate the relationship between the meaning of life, pessimistic optimism and emotional cognitive adjustment with subjective well-being in delinquent adolescents in Rasht. **Method:** The research is descriptive-cross-sectional type correlation. The statistical population included all the statistical population of this research, the delinquent adolescents of the Rehabilitation and Training Center of Rasht city in the age range of 15 to 18 years old in 1395. A sample of 150 adolescents was ed according to Krejcie and Morgan (1970) tables by available sampling method. In order to gather data the scale of optimism Shir et al. (1994), psychological well-being (1998), the meaningfulness of the life of Krumbach and Mahulik (1964), Garnovskii's emotional ordering excitement (1999) was used. SPSS-18 software was used to analyze the data and the results were analyzed using descriptive and inferential statistics using correlation and regression tests. **Results:** The results of correlation analysis showed that between the components of cognitive adjustment of emotion, meaning of life and optimism There is a positive and significant relationship with mental well-being at the level of P

Keywords : Keywords: meaning of life, pessimistic optimism, cognitive emotion regulation, mental well-being, delinquency.

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