

The role of perceived Mindfulness and Social Support in predicting the Resilience and Emotional Adjustment of female headed households

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Abstract Female head of household is more likely to face stress and psychological problems than men because of different roles at the same time in house management, childcare and low-paid work at a low wage. The purpose of this study was to determine the role of perceived mindfulness and social support in predicting resilience and emotional adjustment of female headed households. The present research is descriptive correlational. The research sample consisted of 252 female headed households under the austennya Ashrafieh Relief Committee, which were ed according to the Morgan table and available sampling method and Completed Freiburg Mindfulness Form (2006), perceived social support questionnaire, Zimit et al. (1998) completed the Conner and Davidson Psychological Resilience Questionnaire (2003) and Emotional Inventory Gross & John's (2003) and Data were analyzed using Pearson correlation coefficient and stepwise regression. The results of regression analysis showed that the support of significant individuals (30%) and mindfulness significantly predicted 4% of the changes in the emotional adjustment of female headed households. Also, Mindfulness 47%, Family support 14%, and Friend support 1% Significantly predicted female resignation changes. Based on the results of this study, it can be concluded that perceived consciousness and social support are good predictors of resilience and emotional regulation. **Key Words:** Mindfulness, perceived social support, resiliency, emotion regulation, female head of household

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