

# The Relationship between Quality of life, Humor and Happiness with Burnout in Psychologists and Counselors

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**Abstract** In formation of job burnout, various variables are involved, in which the effect of quality of life, wit and happiness is considerable. The purpose of this study was to determine the relationship between quality of life, wit and happiness with burnout in psychologists and counselors. The research method was descriptive correlational. The statistical population of the study consisted of all psychologists and counselors in the organization of psychology and counseling system and the welfare office of Rasht city in the first quarter of 2018 with an approximate number of 180 people. Among them, using available sampling method and considering the entry and exit conditions of the study, 110 people were ed and the Maslach burnout inventory (1981), the quality of life of the World Health Organization, Khushooei et al sense of humor (2008) And Oxford Happiness (1989). The data were analyzed using Pearson correlation coefficient and multiple regression. The findings of the study showed that there is a negative and significant relationship between the total score of quality of life and their wit and their subscales and the happiness score with the total score of job burnout and its subscales in psychologists and counselors (P

**Keywords :** Key Words: Quality of life, humor, happiness, burnout.

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