

The role of religiosity and optimism in predicting quality of life and strategies for cognitive and emotional adjustment of male teachers in the city of fowman

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Religion with regard to religiosity and optimism plays a role in make the life meaningful and directing the emotions. This study aims to investigate the role of religiosity and optimism in predicting the quality of life and cognitive emotion regulation in Fuman male teachers. The research method is descriptive correlational. A sample contains 150 male high school teachers in the city of Fuman, in 2017, which were ed by convenience sampling, and completed the quality of life, cognitive emotion regulation, and religiosity and optimism questionnaire. Research data analysis has been done by SPSS20 and applying descriptive indexes, Pearson correlation coefficient and stepwise regression. The findings showed that religiosity and optimism play a role in predicting the teachers' quality of life, and explain 360% of changes in quality of life (P

Keywords : Religiosity, Optimism, Quality of Life, Emotional-Cognitive Regulation

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