

Relationship of Emotion Responsibility Strategy, Optimism with Quality of Life in Married Women Students at Rasht University of Medical Sciences

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The purpose of this study was to investigate the relationship between responsibility, emotion control strategies, optimism and quality of life of married female students at Rasht University of Medical Sciences. This research is correlative and in terms of applied fundamental purpose. The research population consists of all married female students of Rasht University who have 2453 students and studied in the second semester of 96-97. Using the Cochran formula, 265 students were ed. To collect data, Gafat's responsibility questionnaire (1984), cognitive strategies for excitement regulation (Garanovsky et al., 2001), and optimism by Sheaver and Carver (1992) were used. Data analysis was performed using Spss22 software, Pearson statistical tests and multiple regression analysis. In examining the first hypothesis, the results showed that there is a positive and significant correlation between the variables of responsibility and quality of life of students. In examining the second hypothesis, the findings showed that the components of emotional regulation were able to predict the quality of life in students. Generally, beta coefficient of self-denial component and catastrophic, negative and significant, and the beta coefficient of the re-focusing components were positive, reprogramming, positive reassessment, and visualization were negative and significant. Also, the findings showed that the components of blame for others, rumination and acceptance of the ability to predict the quality of life. In the study of the third hypothesis, the research showed that there is a positive and significant relationship between the optimism and quality of life of married female students at Rasht University of Medical Sciences. Considering the high student population as the main capital and future managers of the country, the necessity of

doing research in this regard and using research findings in order to improve the quality of educational planning for the growth and increase of students is important.

Keywords : Keywords: Accountability - Emotion Control Strategies - Optimism - Quality of Life

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