

The Relationship Between The Meaning Of Life, Subjective Well-Being And Hardiness And Optimism Among Students

Omlibanin buzari*,

Abstract This research was conducted with the aim of the relationship between the meaning of life, subjective well-being and hardiness and optimism among students. This research is a correlation type. The statistical population of this study included all students of Azad University of Rasht in the second semester of the academic year of 1391-97 There were 18000 people. Of these, 310 people were ed according to the Morgan table using the available sampling method. The Keys and Maghremou Subjective Well Being Questionnaire (2003), Sturge's Meaning of Life Questionnaire (MLQ) and Associates (2006), Shiro and Caro's Optimism-Pessimistic Inventory (1985), and Hardcore Questionnaire Kobasa et al. (1979) The results of using the Pearson correlation coefficient and stepwise regression were analyzed in spss 20. The results of correlation analysis showed that there is a positive and significant relationship between the total hardiness score and its subscales with the meaning of life (P

Keywords : meaning of life, mental well-being, hardiness, optimism.

[Islamic Azad University, Rasht Branch - Thesis Database](#)
[دانشگاه آزاد اسلامی، واحد رشت - سامانه بانک اطلاعات پایان نامه ها](#)