

Relation between forgiveness, happiness and lifestyle in women with marital conflict in Rasht

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This study aimed to investigate the relationship between forgiveness, happiness and lifestyle in women with marital conflict in Rasht. The research method was descriptive correlational. The study population included all women with conflicts in Rasht who referred to family court counseling units during the quarter June to September 2016. The research sample consisted of 120 patients, that were ed by convenience sampling method according to research type and predictor variables and responded Interpersonal forgiveness assessment questionnaires (2011), the questionnaire of Happiness Inventory Argaylulo (1989) and Life Style questionnaire by Miler & Smith (1988). Data obtained by regression and correlation analysis was performed with SPSS software. The results showed that there was a significant relationship between forgiveness, happiness and lifestyle of women with conflicts in Rasht and reconnect, realistic understanding and happiness in reverse predict the lifestyle of women with conflicts. There was a significant relationship between forgiveness and lifestyle of women with conflicts in Rasht (P

Keywords : forgiveness , happiness, lifestyle, marital conflict

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