

## **THE COMPARISON BETWEEN CHARACTER STRENGTHS AND VIRTUES, RESILIENCY AND LIFESTYLE IN HOUSEHOLDS HEADED FEMALES AND ORDINARY WOMEN IN THE CITY OF TEHRAN**

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### **ABSTRACT**

This study was done with the purpose of having comparison between the relation of character strengths and virtues, resiliency and lifestyle in Households headed females and ordinary women. The population of present study included all Households headed females and ordinary women in the city of Tehran who were selected by cluster sampling method. Sample size consisted of 150 Households headed females and 150 ordinary women that totally sample size reach 300 examinees. The research tools consisted of character strengths and virtues questionnaire (VIA-IS), Connor-Davidson resilience scale (CD-RISC) and lifestyle inventory (BASIS-A). The results were analyzed with the Mann-Whitney U test and Kolmogorov-Smirnov statistical analysis. The main hypothesis of this study showed that there is significant difference between character strengths and virtues of Households headed females and ordinary women in virtues strengths of self controlling  $\alpha=0/05$ ; spirituality and religiosity  $\alpha=0/01$ ; desire / passion /appetency  $\alpha=0/00$ , so first hypothesis was confirmed. There was no significant difference between two groups in the resiliency variable, so second hypothesis was refused. Also there is significant differences between the lifestyle variable in the components such as dealing lifestyle  $\alpha=0/05$ ; responsibility lifestyle  $\alpha=0/00$  and tough lifestyle  $\alpha=0/02$ , so third hypothesis was confirmed.

**Keywords:** *Character Strengths and Virtues, Resiliency, Lifestyle, Female-Headed Households*

### **INTRODUCTION**

Nowadays the numbers of female who are –headed of family (female-headed) are increasing all around the world because of various reasons including divorce, spouse addiction, migration and death of spouse etc. Most of these families have many problems in the way that these high numbers of Households headed females are consider as a social problem right now. This group of women often is facing with problems such as financial problem, employment, cultural discrimination, illiteracy or low literacy, lack of a regular source of income, lack of social support and prejudice social view to them and their concerns about their children's future, role confliction and mental and psychological problems. Such issues that Households headed females are vulnerable and needy absorb the attention of various research, government and welfare policies to itself (Alahyary Kashkoly, 2013).

Green and Parker (1999) with reviewing the literature of their research found that all studies which were methodologically appropriate significantly show the harmful effect of lacking father on the children in the family.

They observed that the absence of the father in the family in addition to its harmful effects on children's cognitive functions also impact their personal and social adjustment. The most important adjustment and psychological problem of the children with single parent are due to financial and economic problems, high anxiety and low levels of interaction between the child and parent. Households headed females because of various role and role contradictions will lose their metal peace.

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The experiences show that this group of women see themselves different from others and they have inferiority, helplessness, loneliness and nostalgia feeling (Menk and Wagner, 1997).

Positive psychology is scientific study of human optimal functions and its aim is applying these factors for the success and prosperity of individuals and communities (Linley and Joseph, 2006). Positive psychology is the study of the conditions and processes which has role in the success or optimal functioning of people, groups and institutions (Gable and Haidt, 2005). Recent investigations in the positive psychology blow new power and passion to the research path of psychotherapy and optimal performance of human. Research in the field of positive psychology shows that how our strength and virtues leads to good performance (Sheldon and King, 2001).

Positive psychologists only don't view the world behind unrealistic glasses which ignores all the life problems and they also don't focus on the life positives points. The psychologists also help people who have no particular problem in order to have a good life (Seligman and Csikszentmihalyi, 2000). As a metaphor, psychology description in the past was "how individuals move from minus 8 to zero," but it hasn't good description about "how individuals move from zero to positive 8. Positive Psychologists are interested in the promotion of human potential and reject the disease model of human nature, they insisted that human strengths are not secondary, derivative, illusory, epiphenomenal and parasitic (Seligman, 2004). Mental health is not merely the absence of mental illness. Positive Psychology investigates the route that lead to happiness, satisfaction and blossoming. These noble objectives provide a different understanding of psychotherapy that is especially helpful for families (Conoley and Conoley, 2004; quoted by Bayrami, Qaredaq and ChamaniVash, 2013).

Usually every person in his/her everyday life has unique abilities that use them with practical methods. 6 major categories of these abilities include: knowledge, courage, love, justice, moderation and sublimity which were listed have been investigated; but these various aspects are considered as unique abilities, because everyone behave base on his/her internal unique abilities (Limon and McMahon, 2009; quoted by Davaei and Kohpaye, 2013).

The purpose of positive psychology is to focus on abilities and advantages that enable individuals and communities to progress. In psychotherapy the goal of clinicians is recognizing the strengths and advantages of their patients (Peterson and Seligman, 2004). Seligman believes that resiliency; positive thinking and optimism bases are rooted from the way of individuals thinking about the causes.

Originally Seligman like Beck, Ellis and cognitive theory followers believes that individuals' perspective and interpretation about the events particularly unpleasant ones impact most of their life areas (Kordmirza, 2013). Duckworth *et al.*, (2005) in a comprehensive article in the first Journal of Clinical Psychology, define positive psychology as the scientific study of positive experiences, positive individual traits and institutions that facilitate the growth of these features.

Our belief is that people who endure extreme psychological pressures seek something far more than relief from pain and suffering. They instead of reducing their sorrow and concerns, seek more happiness, more fun and satisfaction. They seek to reinforce their positive points not to correct their weaknesses; they are looking for a meaningful life with intention. So obviously these condition are not simply solve with decreasing pain and sadness (Duckworth *et al.*, 2005). The nature of resiliency is the ability to effectively ignoring the stress and gets a good performance despite existing of problem (Arehart, 2005; Kasaeipoor *et al.*, 2015). The concept of resiliency is the ability to keep function against damaging potential event or annoying condition which is a challenge for individual's emotional balance (Bonanno and Coifman, 2010). Zimmerman (1994) defines resiliency as skills, characters and strengths that enable one to be adapted with the hardships, problems and challenges. Although some characters which associated with resiliency are determined with biological and genetic traits, but resiliency skills can be taught and reinforced. Resiliency is the opposite dimension of vulnerability. In all of these theoretical models various dimensions of human development (psychosocial, moral, spiritual and cognitive) is emphasized and central core of all these approaches is this assumption that biological nature is existed in all human for growth and perfection (for example, the nature of self-reform of the human organism), that it can be revealed naturally and under

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certain environmental conditions. As Masten says: "When disaster is so abundant and basic human needs are met, probably resiliency will come out" (Kordmirza, 2013).

Alfred Adler believed that individual creates his/her lifestyle. We, ourselves create our personality and our character. These are the terms that Adler considers them as lifestyle synonyms. Our childhood experiences don't form us passively. These experiences are not important as our conscious attitude.

Adler believes that heredity and environment do not provide a full explanation for our personality growth. Instead, the way we interpret these influences form our attitude creative structure base towards life (Schultz and Schultz, 2012; quoted by Sayyed Mohamadi, 2013, p. 200). The major principles of Adler theory and following list have been adapted from final statement of Adler's individual's psychology (Adler, 1964):

1. Dynamic force behind people's behavior is trying to success and excellence.
2. Mental interpretation of individuals forms their behavior and personality.
3. Personality is unique and integrated.
4. The value of all human activity should be considered from the social interest view.
5. Unique personality structure creates a person's lifestyle.
6. Creative force shape people's lifestyle (Fist and Fist, 2002; quoted by Sayyed Mohamadi, 2009).

Snow, Ritter and Kern (2002), investigated the intense impact of sexual abuse on 16 girls living in a special juvenile dormitory. The results showed that these girls had earned low score on the dealing and need to be confirmed scales and had earned high score on caution scale. Therefore, these findings clearly indicate that Adler has rightly commented that "the development of cooperation and social interest is a key factor in the development of a healthy lifestyle".

Lifestyle is like a composer who has a certain style that produces songs. No matter what time the composer composed the songs, when he/she is 10 years old or in the youth time, all of them have same style, though some methods modified and improved, but the style is identifiable (Kurt, quoted by Stein, 2003).

Dadashzadeh (2009), in a study titled "investigation the relationship between lifestyle and parents' resiliency with children who have or haven't conduct disorder aged 14 to 18 in the city of Tehran" acquired following results: there is significant relation between the level of resiliency and various kind of lifestyle include "striving for perfection "" eligibility "and" tough ".

This study was done with the purpose of having comparison between the relation of character strengths and virtues and resiliency with lifestyle in Households headed females and ordinary women. Research hypotheses are:

- 1) There is a difference between character strengths and virtues of Households headed females and ordinary women.
- 2) There is a difference between resiliency of Households headed females and ordinary women.
- 3) There is a difference between lifestyle of Households headed females and ordinary women.

## **MATERIALS AND METHODS**

### **Method**

The research method, population and sample: present study is causal-comparative and sectional-survey which means comparison method was used for data investigation and Kolmogorov- Smirnov statistical analysis was used because the sample was not normal and finally non-parametric Mann-Whitney U test was used.

Inclusion criteria for both groups: Being head of household (due to divorce, death, spouse paralysis, addiction, migration, disability), having head at ordinary women, having at least 25 years old and maximum 65 years, at least third degree in z.

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**Table 1: The Mean and Standard Deviation of Examinees' Age for Each Group (Households Headed Female and Ordinary Women) Separately.**

	Mean	Standard Deviation
Households Headed Female	41.95	8.59
Ordinary Women	39.68	9.77
Total	40.81	9.26

**Table 2: The Frequency and Frequency Percentage of Examinees (Households Headed Female and Ordinary Women) Separately.**

	Households Headed Female		Ordinary Women		Total Sample	
	Frequency	Frequency Percentage	Frequency	Frequency Percentage	Frequency	Frequency Percentage
Third degree	35	23.5%	13	8.6%	48	16%
Diploma	73	49.0%	48	31.8%	121	40.3%
Post Diploma	17	11.4%	21	13.9%	38	12.7%
BA	20	13.4%	55	36.4%	75	25%
MA	4	2.7%	14	9.3%	18	6%

Table 2 shows the frequency and frequency percentage of examinees' education for each group (households headed female and ordinary women) separately.

As can be seen in the households headed female 35 ones have third degree (secondary school) (2.35%), 73 have diploma (49%), 17 have post diploma (11.4%), 20 BA degree (13.4%) and 4 have MA degree (2.7%). In the ordinary women 13 ones have third degree (secondary school) (8.6%), 48 have diploma (31.8%), 21 have post diploma (13.9%), 55 BA degree (36.4%) and 14 have MA degree (9.3%).

Table 3 shows the frequency and frequency percentage of examinees' job statue for each group (households headed female and ordinary women) separately. As can be seen in the households headed female 57 ones are house keeper (38%), 14 ones are employed in the governmental parts (9.33%) and 78 are free workers

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(52.66%). Among the ordinary women 97 are housekeeper (65%), 24 are employed in the governmental parts (16%) and 29 are free workers (19%).

**Table 3 The Frequency and Frequency Percentage of Examinees' Job Statue for Each Group (Households Headed Female and Normal Ones) Separately.**

	Households Headed Female		Ordinary women		Total Sample	
	Frequency	Frequency Percentage	Frequency	Frequency	Frequency Percentage	Frequency
Housekeeper	57	38%	97	65%	154	51.33%
Governmental Employee	14	9.33%	24	16%	38	12.66%
Free Worker	78	52.66%	29	19%	107	35.66%

Table 4 the frequency and frequency percentage of households headed female and the causes of their present statue (being head of family). As can be seen 12 ones have good financial statue (8.1%), 79 have average financial statue (53%), 58 have weak financial statue (38.9%). Also 44 ones have been head of family because of their spouse death (29.5%), 9ones have been head of family because of their spouse paralysis (6%), 56 ones have been head of family because of divorce (37.6%) and 40 ones have been head because of their spouse addiction (26.8%).

**Table 4: The Frequency and Frequency Percentage of Examinees' Financial Statue (Households Headed Female and Ordinary Women) Separately.**

	Frequency	Frequency Percentage
Good financial statue	12	8.1%
Average financial statue	79	53%
Weak financial statue	58	38.9%
Being because of spouse death	44	29.5%
Being because of spouse paralysis	9	6%
Being because of divorce	56	37.6%
Being because of spouse addiction	40	26.8%

First hypothesis: There is a difference between character strengths and virtues of Households headed females and ordinary women.

For evaluating this hypothesis, non parametric Mann-Whitney U test was used for identifying the mean difference of two independent groups. As you can see none of six character virtues show significant differences and just in the self control character strength ( $z = -1 / 94$ ,  $\alpha = 0.05$ ), spirituality ( $Z = -2.39$ ,  $\alpha = 0.0101$ ) and desire ( $Z = -2.98$ ,  $\alpha = 0.00$ ) significant differences are seen. So hypothesis is confirmed about mentioned cases.

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**Table 5 The Test Results of Character Strength and Virtues Mean Differences Between Two Groups of Women.**

		Z Mann-Whitney U	$\alpha$	Mean Rank	
Row				Households Head Female	Ordinary women
1	Rationality and knowledge	- 1.28	0.20	144.05	156.87
2	Courage	- 0.95	0.34	155.28	145.78
3	Love and humanity	- 0.67	0.50	153.87	147.18
4	Justice	-0.34	0.73	148.79	152.19
5	Moderation	- 0.22	0.82	149.38	151.60
6	Spirituality and sublimity	- 1.72	0.08	141.83	159.05
7	Curiosity / interest in the world	- 0.38	0.69	152.42	148.60
8	Love of learning	- 1.74	0.08	141.88	159.00
9	Judgment/ critical thinking/ without bias	- 0.33	0.73	148.85	152.13
10	Creativity / originality / operational intelligence / slyness	- 0.84	0.40	146.36	154.58
11	Social Intelligence/ Personal intelligence/ emotional intelligence	-0.89	0.37	146.06	154.88
12	View points	- 1.10	0.27	145.05	155.86
13	Bravery and courage	- 0.82	0.41	154.59	146.47
14	Persistence/ diligent/ continues effort	- 1.01	0.30	155.48	145.58
15	Accuracy / honesty / truth	- 0.82	0.40	154.57	146.48
16	Kindness / generosity	- 1.36	0.17	157.26	143.83
17	Love and allowing oneself to be loved	- 0.54	0.58	147.79	153.18
18	Citizenship / task / group working / loyalty	- 1.49	0.13	143.15	157.75
19	Impartiality and fairness	- 1.85	0.06	159.72	141.40
20	Leadership	- 1.69	0.09	142.08	158.81
21	Self-control	- 1.94	0.05	160.17	140.95
22	Caution / discretion / awareness	- 1.72	0.08	141.94	158.95
23	Humbleness / chastity	- 0.46	0.64	148.19	152.78
24	Respecting beauty and excellence	- 0.75	0.45	146.76	154.20
25	Appreciation	- 0.13	0.89	151.15	149.85
26	Hope/ optimism/ Having knowledge about the future	-0.70	0.48	153.98	147.07
27	Spirituality / Sense of purpose / faith / religiosity	- 2.39	0.01	138.64	162.21
28	Forgiveness and mercy	- 0.10	0.91	151.01	150.00
29	Humor and happiness	- 1.25	0.21	144031	156.61
30	Desire / lust / passion	- 2.98	0.00	135.69	165.11



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The second hypothesis: There is a difference between resiliency of Households headed females and ordinary women.

For evaluating this hypothesis Mann-Whitney U test was used. The results are shown on the table 6. As you can see resiliency in the Households headed females and ordinary women ( $Z = -0.55$ ,  $\alpha = 0.58$ ) has no significant differences, so second hypothesis was not confirmed.

**Table 6: The Test Results of Resiliency Mean Differences Between Two Groups of Women**

	Z Mann-Whitney U	$\alpha$	Mean Rank	
			households head females	Ordinary women
Resiliency	- 0.55	0.58	147.72	153.025

The third hypothesis: There is a difference between lifestyle of Households headed females and ordinary women.

For evaluating this hypothesis Mann-Whitney U test was used. The results are shown on the table 7. As you can see lifestyle in the Households headed females and for ordinary women dealing lifestyle ( $Z = -1.88$ ,  $\alpha = 0.05$ ), responsibility lifestyle ( $Z = -4.33$ ,  $\alpha = 0.00$ ) and rough lifestyle ( $Z = -2.19$ ,  $\alpha = 0.02$ ) have significant difference. So the hypothesis is confirmed.

**Table 7: The Test Results of Lifestyle Mean Differences Between Two Groups of Women**

		Z Mann-Whitney U	$\alpha$	Mean Rank	
Row				Households Head Females	Normal Women
1	Belonging- social interest	-0.28	0.77	151.91	149.11
2	Dealing	-1.88	0.05	159.98	141.15
3	Responsibility	-4.33	0.00	128.67	172.04
4	Need to be confirmed	-1.22	0.22	144.38	156.54
5	Cautious	-1.26	0.20	144.13	156.78
6	Rough	-2.19	0.02	139.52	161.33
7	Eligibility	-1.16	0.24	144.66	156.26
8	Being everybody's favorite	-1.04	0.29	145.34	155.59
9	Striving for perfection	-1.00	0.31	155.47	145.59
10	Amenity	-1.82	0.06	141.40	159.48

### Discussion and Conclusion

According to table 1, the results of the first character strength feature with "self controlling" title showed that Households headed females ( $r = 140/95$ ) who had reported significant difference at level of  $\alpha = 0/05$  and assurance coefficient  $0/95$  show high score in the self controlling features (self regulation) compare to ordinary women. The research results was consistent with Peterson and Park (2004) study which reported the score of correlation coefficient in the self regulation (self controlling) features and persistence with

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consciousness 0/55 and 0/13. Also in the second component of character strength: spirituality / sense of purpose / faith / religiosity, the Households headed females ( $r=138/64$ ) and normal women ( $r=162/21$ ) had reported significant differences at level of  $\alpha=0/05$  and assurance coefficient 0/95, thus the results show that ordinary women have high score in this feature compare to households head females.

Park (2009) research which showed that African Americans and Asian-Americans are more religious than European Americans is consistent with the results of the present study. Also Kordmirza (2009) research showed that short period of positive psychotherapy training in the features such as spirituality / sense of purpose / faith / religiosity are effective on experimental group, so his findings was consistent with the results of present study.

Also in the third component of character strength: spirituality / sense of purpose / faith / religiosity, the Households headed females ( $r=138/64$ ) and ordinary women ( $r=162/21$ ) had reported significant differences at level of  $\alpha=0/01$  and assurance coefficient 0/99, thus the results show that ordinary women have high score in this feature compare to households head females.

Jourabchi (2012) in his research on 200 women showed that there is positive relationship between the components of religiosity (spirituality), vitality and passion (desire / lust) with lack of depression, so the findings of present study which revealed significant differences of features such as spirituality and religiosity - desire / passion / lust is consistent with mentioned finding of Jourabchi.

Seligman and Rashid (2006) believes that positive psychotherapy not only decrease negative symptom but it also directly and effectively can through creating positive emotion, character strength and meaning change vulnerability to resiliency. Positive psychotherapy can create positive source and have interact impact on negative symptom and created barrier against their recurrence.

Present study reported that three characters have significant relationship with Seligman's 24 character strength (self control / self-regulation; spirituality / religiosity; passion / lust) and 21 ones have no significant relation. Character strength in the positive psychology was formed based on Peterson and Seligman (2004) works. In the studies of these psychologists the effect of training intervention was evaluated in the improving these strengths. These evaluations showed that there are significant differences between the groups in the accuracy, honesty and truth strengths, so the results are not consistent with present study's characters.

The research findings were not consistent with Park survey (2009). Elderly and adults have acquired high score compare to young ones in the foresight and caution strengths. Individuals with high education have got high score in the love of learning strength compared to individuals with low education. Married individuals have acquired high score in the generosity strengths compared to single ones and also women have got high score in the interpersonal, thanks giving, love and friendship strengths compare to the men. Also Kordmirza (2009), in his other research showed that there is significant differences in the components of curiosity, love of learning, accuracy / honesty and leadership of caution / discretion / awareness, respecting beauty and excellence in the experimental and control group, so mentioned findings are not consistent with present study findings.

A study that has been done by Chang (2008) with the title of "resiliency and character strengths"(love, appreciation, humbleness, beauty and perfection perception) showed that students who have resiliency, have higher level of beauty perception, perfection and appreciation compare to those who have low resiliency. Chang findings are not consistent with the results of present study.

The second hypothesis of the study:

There is a difference between resiliency of Households headed females and ordinary women.

According to table 2 no significant difference was observed so the hypothesis is not confirmed. It should be noted that resiliency scores were high in the both groups, thus significant differences was not reported.

Based on the research literature and the researcher findings, resiliency can guarantee individuals health when facing with various problems and issues and it can lead to their success. Bonano, Papa and O'Neill (2002) investigated the adults who had experienced grief and its consequences; they found that unlike



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improvement process, resiliency is created through facing with unpleasant situation, so individuals can't be born with resiliency character. Boone (2005) in his study investigated the role of resiliency in the women who were experiencing divorce crisis. This research focused on resiliency and its reintegration in the women. Research data was obtained through subjective and personal report of women. The process of resiliency development was discovered and resiliency components were analyzed base of their adaption with divorced. The major dimensions of resiliency were reported by the women who receive social support, "women through social support can deal with divorce", women who have religious spirit, women with personality characteristics such as optimism, courage, competency, they have purpose for future and in their personal environment show their mastery and fluency (fluency is dominating on the thoughts and emotions). Boone (2005) suggests that resiliency through different and considerable ways provide purpose, control and competency and lead to develop experiences and also facilitate the divorce between divorced women. All of the resilient women who experienced the divorced felt that their identity is developed and their independency is grow. In addition to the above findings, Fredriksson *et al.*, (2003) study about emotional response of the American people to the September 11 attacks showed that positive emotions are active ingredients in resiliency.

The third hypothesis of this study:

There is a difference between lifestyle of Households headed females and ordinary women.

Based on the results of table 3, there is significant difference between dealing lifestyle at level of  $\alpha=0/05$  and  $Z=1/88$ , households headed females with score of 159/98 acquire higher score compare to the ordinary women with 141/15. Kordmirza (2009) in his research that compared the addicts and non-addicts lifestyle, found significant differences between the dealing, belonging / social interest and striving for perfection subscales, so his research results is consistent with present study.

Goudarzi Moqdam (2009) in his study about lifestyle and resiliency of drug-dependent and non drug-dependent, showed that these individuals in dealing, rough and social interest scales acquired low scores and they acquired high scores in the cautious and eligibility scales, so his research results was consistent with present study.

Also in the responsibility lifestyle, there is significant difference at level of  $\alpha=0/00$  and  $Z=-4/33$ , ordinary women with score of 172/04 acquire higher score compare to the households headed females with 128/67. Summers *et al.*, (1996) in their research found that those who obtained high scores in the social interest and responsibility scales, have better coping strategies against stress, have better health status and have low rate of depression and illness, so this results are consistent with present study.

Dealing and accepting responsibility significantly was increased in the university samples which were investigated by Karen and Ekstin (2002). Therefore, Adler statement "creating cooperation and social interest is a key for establishing healthy lifestyle". Another study was done in field of acculturation in the adult population of Latin America. The results showed that bicultural Latina Americans obtained higher mean in the social interest –belonging and responsibility scale compare to the participants who have acculturation character (lower or higher). Those who obtained very high score in the responsibility scale while experience high level of stress, will find problem with basic concepts of democratic parenting. Thus, educator can help to leaner to indentify these especial features in the parenting classes in order to prevent this intrinsic obstacle.

The research of Mahmoudi (2008), which investigated the components of sociability, responsibility, coping and need to be confirmed in the employees of Central Insurance of Iran was consistent with ordinary women present study. Rough lifestyle is significant at level of  $\alpha=0/02$  and  $Z=-2/19$ , with score of 161/33 acquire higher score compare to the households headed females with 139/52. According to the results third hypothesis is confirmed. Kashmiri, (2000) in his research found that there is significant relationship between dealing and coping scales. He also reported that there is significant and inverse relationship between coping style and social interest. There is positive and significant relationship between rough scale

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with concern coping style, being reserved and catharsis style. The resiliency degree of individuals directly is proportioned with individual's ability and volition for covering their weakness. Thus, by correcting lifestyle of clients, their resiliency can be increased.

Also lifestyle can increase resiliency through impacting environment perception style, subjective perception, the way of dealing with the major issues of life, problem solving, spiritual components and using spiritual coping style when facing problem, increasing adaptive coping responses. Unique lifestyle of individuals and way of acting in the environment are suitable for achieving the goals.

The investigation in the field of positive psychology is continuing for making comprehensive data base in this field. Appropriate information for applying positive psychology is at hand in the counseling and treatment room. Maybe someday, positive psychology greatly covers all phases of education and treatment somehow that treatment includes all environmental and cultural factors of clients based on the full status mental health (Megyar Moe, 2009; quoted by Foroqi, Aslani and Rafiei, 2013, p. 260).

The study also has some limitations: long questionnaire, lack of trust and cooperation of some subjects, wasting time and cost. Practical suggestions for future researcher: longitudinal studies, having men samples for future studies, use interviews to obtain accurate results. According to the results of present research, the necessity of training in the various fields of psychology with emphasizing on positive psychology is urgent for all social groups.

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