



# Providing a structural model of psychological well-being prediction based on family functioning, optimism, and resilience mediated by social adequacy

Sima. Lotfnejadafshar <sup>1</sup>

Reza. Khakpour <sup>2\*</sup>

Farideh. Dokanehi Fard <sup>3</sup>

1. PhD Student in Counseling Department, Roudehen Branch, Islamic Azad University, Roudehen, Iran.
2. Assistant Professor, Department of Counseling, Roudehen Branch, Islamic Azad University, Roudehen, Iran.
3. Associate Professor, Counseling Department, Roudehen Branch, Islamic Azad University, Roudehen, Iran.

*Journal of Applied Family Therapy*

eISSN: 2717-2430  
http://Aftj.ir

Vol. 3, No. 1, Pp: 20-25  
Spring 2022

**Original research article**

### How to Cite This Article:

Lotfnejadafshar, S., Khakpour, R., & Dokanehi Fard, F. (2022). Providing a structural model of psychological well-being prediction based on family functioning, optimism, and resilience mediated by social adequacy, *aftj*, 3(1): 20-25



© 2022 by the authors. Licensee Iranian Association of Women's Studies, Tehran, Iran. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution-NonCommercial 4.0 International (CC BY-NC 4.0 license) (<http://creativecommons.org/licenses/by-nc/4.0/>)

Email: rezakhakpour43@gmail.com | Received: 04.08.2021 | Acceptance: 27.12.2021

### Abstract

**Aim:** This study was conducted to provide a structural model of psychological well-being prediction based on family functioning, optimism, and resilience mediated by social adequacy. **Methods:** This was a descriptive correlational study with structural equation modeling (SEM). The statistical population included students of Allameh Tabatabaei Campus in Urmia (for sisters) and Shahid Rajaei Campus in Urmia (for brothers) from which 250 people were selected as the sample by convenient sampling method. The study tools were Ryff's (1989) Psychological Well-Being Scales (PWB), McMaster's (1950) Family Assessment Device (FAD), Scheier and Carver's (1985) Life Orientation Test (LOT), Connor-Davidson (2003) Resilience scale (CD-RISC), and Flanner et al.'s (1990) Social Adequacy Scale. **Results:** The findings suggested that there was a positive relationship between resilience and psychological well-being ( $p < 0.01$ ,  $\beta = 0.240$ ). The total path coefficient between optimism and psychological well-being was positive and significant at the level of 0.01 ( $p < 0.01$ ,  $\beta = 0.317$ ). Besides, the total path coefficient between family functioning and psychological well-being was negative ( $p < 0.01$ ,  $\beta = -0.225$ ). The path coefficient between social adequacy and psychological well-being was positive and significant at the level of 0.01 ( $p < 0.01$ ,  $\beta = 0.225$ ). Indirect path coefficient between resilience ( $p < 0.01$ ,  $\beta = 0.089$ ), optimism ( $p < 0.01$ ,  $\beta = 0.094$ ), and psychological well-being was positive, and indirect path coefficient between family functioning and psychological well-being ( $p < 0.01$ ,  $\beta = -0.101$ ) was negative and significant at the level of 0.01. **Conclusion:** According to the results, resilience and optimism predicted psychological well-being positively and significantly, family functioning predicted psychological well-being negatively and significantly, and social adequacy mediated the relationship between resilience and optimism positively and significantly and the relationship between family functioning and psychological well-being positively and significantly.

**Keywords:** *psychological well-being, family functioning, optimism resilience, social adequacy*

### References

- Ajmal, S, Javed, S, & Javed, H. (2016). Relationship study between level of psychological well-being and social support among depressed and nondepressed women. *International Journal of Humanities and Social Science*, 6(5), 161-164.
- Amini, F. (2000). Comparison of family performance in independent and dependent students. *Master's degree in counseling*. Tehran Teacher Training University (Persian).
- Anari, N. & Pakdaman, B. (2016). Investigating the relationship of self-efficacy and social adequacy with happiness in Mohaghegh Ardabili students, the fourth international conference on recent innovations in psychology, counseling and behavioral sciences, Tehran (Persian).
- Arjamandania, A., Watani, S. and Hassanzadeh, S. (2015). Investigating the effect of teaching optimism on increasing happiness and reducing irrational beliefs of blind students. *Journal of positive psychology*. 2 (3): 21-34 (Persian).
- Asadian, S. & Piri, M. (2011). The relationship between family functioning and social adequacy of Islamic Azad University students, Salamas branch. *Behavioral Sciences (Abhar)*, 3(9): 25-42 (Persian).
- Ashuri, J. (2015). Predicting nurses' burnout based on social capital, perceived social support and organizational citizenship behavior. *Research Journal*, 15(2): 13-19 (Persian).
- Aydin, A, Kahraman, N, & Hicdurmaz, D. (2017). Determining the perceived social support and psychological well-being levels of nursing students. *Journal of Psychiatric Nursing*, 8(1), 40-47.
- Backmann, J. (2019). Personality factors, student resiliency, and the moderating role of achievement values in study progress, *Learning and Individual Differences*, Vol, 72, Pp.39-48.
- Bayani, AA, Kochaki, AM & Bayani, A. (2008). Reliability and validity of Riff's psychological well-being scale. *Iranian Journal of Clinical Psychology*, 14(2): 151-146 (Persian).
- Birami, M., Hashemi Nusratabad, T., Badri Gregari, R. and Dabiri, S. (2015). The effectiveness of social competence training based on Flanner's model on the social adjustment of students who are victims of bullying according to the type of orientation of social goals. *Clinical psychology studies*. 23(1): 1-24 (Persian).
- Botha, F & Booyesen, F. (2018). Family Functioning and Life Satisfaction and Happiness in South African Households. *Economic Research Southern Africa, working paper* 363.
- Carver CS, Scheier MF. (1992). Effects of optimism on psychological and physical wellbeing, Theoretical perview and empirical update. *J Cognitive Ther Res*, 16: 201-28.
- Carver, S. C, Scheier, M. F, & Segerstrom, S. C. (2020). *Optimism. Clinical Psychology Review*, 30, 879-889.
- Chan, T & Koo, A. (2019). Parenting Style and Youth Outcomes in the UK, A paper were presented at the conference of the British Sociological Association, and a research seminar at the University of Oxford.
- Connor, K. M; Davidson, J. R. T. & Lee, L-C. (2003). Spirituality, resilience, and anger in survivors of violent trauma: A community survey. *Journal of Traumatic Stress*, 16, 487-494

- Dabiri, S., Delawar, A. & Sarami, Ghar R. (2019). The predictive role of parenting styles and self-respect in students' happiness. *Educational Psychology, 20*(7): 1-16(Persian).
- Daukantaitė, D. & Zukauskienė, R. (2017). Optimism and subjective well-being: Affectivity plays a secondary role in the relationship between optimism and global life satisfaction in the middle-aged women. Longitudinal and cross-cultural findings. *Journal of Happiness Studies, 13*(1), 1–16.
- Demrehani, N., Behzadipour, S. & Tahmasabi, P. (2016). The relationship between perceived social support and psychological well-being and marital adjustment in women with breast cancer after mastectomy. *Journal of Iranian Surgery, 25*(1): 69-61 (Persian).
- Emadpour, L. & Gholamali Lavasani, M. (2015). The relationship between perceived social support and psychological well-being in students. *Psychology Quarterly, 20*(1): 75-85 (Persian).
- Epestein, N.B, Baldwin, L.M, & Bishop, D.S. (2001). The McMaster Family Assessment Device. *Journal of Marital and Family Therapy, 9*:171-180.
- Erozkan, A, Dogan, U & Adiguzel, A (2016). Self-efficacy, self-esteem and subjective happiness of teacher candidates at the pedagogical formation certificate program. *Journal of Education and Training Studies, 4*(8), 72-82.
- Farhadian, F. & Moradi, A. (2019). Contribution of spiritual health, optimism and forgiveness in predicting psychological well-being of university students. *Quarterly journal of knowledge and research in applied psychology, 80* in a row (Persian).
- Felner RD, Lease AM, Philips RSc. (2019). Social competence and the language of Adequacy as a subject matter for psychology: A Quadripartite Tri-level framework. In TP. gullotta GR. Adams R Montemayor (Eds), *The Development of social competence in Adolescence* . Beverly hills, CA: Sage.245-64.
- Felner, R. D. Laase, A. M. Philip, S. R. S.C. (1990). *Social Competence and the language of adequacy matter for psychology*
- Freed, R. D, Rubenstein, L. M, Daryanani, I, Obino, T. M & Alloy, L. B. (2016). The relationship between family functioning and adolescent depressive symptoms: the role of emotional clarity. *Journal of Youth and Adolescence, 45*, 505-519.
- Fridell M, Edwin S, Von Schreeb J, Saulnier DD. (2020). Health system resilience: what are we talking about? A scoping review mapping characteristics and keywords. *International Journal of Health Policy and Management, 9*: 6-16.
- Haji Jafari, Y., Nasr, A. & Esmaili, L. (2018). Comparison of psychological well-being and social adequacy of working and non-working students, *Second International Conference on Psychology, Educational Sciences and Humanities* (Persian).
- Hassanshahi, M. (2001). Investigating the relationship between optimism and stress coping strategies in university students. *Principles of mental health, 15* and *16*: 98-86 (Persian).
- Hijazi, F., Shaheswari Shirazi, A., Ali Hosseini, M. & Shamaa, M. (2014). The role of Islamic lifestyle in predicting dysfunctional attitudes and social competence of female students. The second international conference of psychology, educational sciences and lifestyle. *8th of Bahman, Mashhad, Torbat-Haidaria University* (Persian).
- Hosseinifar, J., Razzaghi Yingjah, A., Zadiones, S., Marafet Ajarlo, M. & Babaei Hefzabad, S. (2018). Predicting students' psychological resilience based on attachment styles and social support. *Roish Psychology Journal, 7* (series 40): 13-28(Persian).

- Jamali Zavareh, N. (2017). Investigating the relationship between family functioning and optimism and mental health in male students of Zavareh Islamic Azad University, master's thesis in psychology, *Faculty of Educational Sciences and Psychology* (Persian).
- Javadi Bora, b. (2018). Examining the relationship between resilience and self-belief with the psychological well-being of Payam Noor University students, Babol Center, *National Conference on Professional Research in Psychology and Counseling with the approach of new achievements in educational and behavioral sciences "from the eyes of a teacher"*, Minab (Persian).
- Kang, X; Fang, Y; Li, S; Liu, Y; Zhao, D; Feng, X; Wang, Y & Li, P (2018). The benefits of indirect exposure to trauma: The relationships among vicarious posttraumatic growth, social support, and resilience in ambulance
- Kelley, N. J, Glazer, J. E, Pornpattananankul, N, & Nusslock, R. (2019). Reappraisal and suppression emotion-regulation tendencies differentially predict reward-responsivity and psychological well-being. *Biological Psychology*, 140, 35–47.
- Lau, S, Kubiak, T, Burchert, S, Goering, M, Oberlinder, N, Vonsab, S, Selle, M & Hiemisch, A. (2018). Disentangling the effects of optimism and attributions on feelings of success. *Personality and Individual Differences*, 56, 78–82.
- Lazarus, A. (2018). Relationships among indicators of child and family resilience and adjustment following the September 11, 2001 tragedy. The Emory center for myth and ritual in American life. Available on: [www.marila.emory.edu/faculty/Lazarus.htm](http://www.marila.emory.edu/faculty/Lazarus.htm).
- Mathew, J, Dunning, C, Coats, C. H & Whelan, T. (2018). The mediating influence of hope on multidimensional perfectionism and depression. *Personality and Individual Differences*, 70, 66–71.
- May Jones, S (2019). *Social support and high resilient coping in carers of people with dementia*, *Geriatric Nursing*, in press.
- Meyer, E. C, Kotte, A, Kimbrel, N. A, DeBeer, B. B, Elliott, T. R, Gulliver, S. B, & Morissette, S. B. (2019). Predictors of lower-than-expected posttraumatic symptom severity in war veterans: The influence of personality, self-reported trait resilience, and psychological flexibility. *Behaviour Research and Therapy*, 113, 1–8.
- Mohammadi, Mes. (2004). *Investigating factors affecting resilience in people at risk of substance abuse*, PhD thesis, *University of Welfare and Rehabilitation Sciences*, Tehran (Persian).
- Moradi, S. & Abdi, A. (2015). The relationship between psychological well-being and resilience with self-efficacy of students of Payam Noor University, Paveh Center, the first national conference on the future of engineering and technology, Tehran.
- Nuzzo JB, Meyer D, Snyder M, Ravi SJ, Lapascu A, Souleles J, et al. (2019). What makes health systems resilient against infectious disease outbreaks and natural hazards? Results from a scoping review. *BMC Public Health*. 2019; 19: 1310.
- Pakofte, N. & Kazmin Jasmi, S.S. (2017). The relationship between resilience and psychological well-being in students, *the fourth national conference of applied researches in educational sciences and behavioral studies of Iran*, Tehran (Persian).
- Rafati, F., Shafiei, N., Sharif, F. & Ahmadi, J. (2018). The effect of students' mental health status on their academic progress. *Journal of Shahid Sadougi University of Medical Sciences and Healthcare Services*, Yazd. 3 (Nursing and Midwifery Special 2): 80-86 (Persian).

- Rashidzadeh, A., Birami, Mansour Hashemi, Nusratabad, To Mirnasab, M. (2018). The effectiveness of teaching positivity based on religious teachings in the psychological health and resilience of mothers with autistic children. *Women and Family Studies*, 12(43): 83-59 (Persian).
- Rezapour, M, Qeysari, F, Rezapour, N & Aalimahmudi, P. (2014). A study on the relationship between happiness, interpersonal skills, responsibility and hope and mental health of students. *International journal of Management and humanity Sciences*, 3(4), 1744-1750.
- Rockhill CM, Vander Stoep, A, McCauley, E, Katon, WJ. (2009). Social competence and social support as mediators between comorbid depressive and conduct problems and functional outcomes in middle school children. *Journal of Adolescence*, 32(3), 535-53.
- Rodin J. (2018). *The resilience dividend: being strong in a world where things go wrong*. Nigeria: Public Affairs.
- Ryff, C.D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, 57, 1069–1081.
- Santos, M. C.J, Magramo, C. S, Qguan, F & Paat, J. J. (201<sup>9</sup>). Establishing the relationship between general self-efficacy and subjective well-being among college students. *Asian Journal of Management Sciences & Education*, 3(1), 1-12.
- Saqi, M. H. & Rajaei, A. R. (2018). Investigating the relationship between teenagers' perception of family functioning and their adaptation. *Journal of Thought and Behavior*, 3(10): 71-77 (Persian).
- Sarafino EP, Smith TW. (2019). *Health psychology*. 7th Ed. New York: John wily and sons; 80-110.
- Sarvestan, N. (2018). Exploring the concepts of psychological well-being. *Journal of New Developments in Psychology, Educational Sciences and Education*, 2(14): 80-96 (Persian).
- Sattler, K. (2019). Thresholds of resilience and within- and cross-domain academic achievement among children in poverty. *Early Childhood Research Quarterly*. 46(1), 87-96
- Scheier, M. F, & Carver, C. S. (1985). Optimism, coping, and health: Assessment and implications of generalized outcome expectancies. *Health Psychology*, 4(3), 219-247.
- Seligman M. (2017). *Authentic happiness: using the new positive psychology to realize your potential for lasting fulfillment*. NewYork: Free Press.
- Shakrinia, A., Khoshrosh, & Aghaei Magaladi, M. (2019). Examining the relationship between happiness and life expectancy with psychological well-being in students of Payam Noor University, *the 6th National Conference on Modern Researches in the Humanities, Economics and Accounting of Iran*, Tehran (Persian).
- Stevenson-Hinde, J. & Akister, J. (1995). The McMaster Model of Family Functioning: observer and parental rating in a nonclinical sample. *Family process*, 34, 334- 341.
- Taheri, J. & Maggi, H. R. (2017). A comparative study of progress motivation, mental health and academic self-concept of psychology students in public, free and non-profit universities in the city. *Research in educational systems*, 4(4): 66-79 (Persian).
- Wong, S. S, and Lim, T. (2019). Hope versus optimism in Singaporean adolescents: contributions to depression and life satisfaction. *Pers. Individ. Differ*. 46, 648

- Wu, M; Yang, Y; Zhang, D; Zhao, X; Sun, Y; Xie, H; Jia, J; Su, Y & Li, Y (2018). Association between social support and health-related quality of life among Chinese rural elders in nursing homes: The mediating role of resilience. *Quality of Life Research*, 27(3): 783 -792.
- Yalcin I. (2016). Social support and optimism as predictors of life satisfaction of college student. *Int J Adv Couns*; 33: 79-87.
- Yousefi, N. (2011). Examining the psychometric indices of the McMaster Family Assessment (FAD) scales. *Educational Measurement*, 3(7): 58-69 (Persian).
- Youssef, C. M, Luthans, F. (2017). Positive Organizational Behavior in the Workplace: The Impact of Hope, Optimism, and Resilience. *Journal of Management*, 33 (5), 774-800.
- Zimmer Z, Chen F-F. (2016). [Social support and change in depression among adult in Taiwan]. *J Appl Gerontol*; 1: 19.