



Structural Equations Modeling to Explain the Psychological Well-Being of Divorced Women based on Public Health, Financial Distress and Social Support with the role of Mediating Positive Thinking According to Maslow's Theory

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Abstract

Aim: The aim of this study was to compare the effectiveness of reality therapy and meaning therapy on forgiveness, mental well-being and marital trust in women affected by marital infidelity seeking divorce. **Methods:** The current research was descriptive of the correlation type using structural equations. The statistical population of the present study included all divorced women (20 to 45 years old) of Arak and Khomein cities in 2021-22. The sample size was 429 people who were selected by non-random sampling method. All sample subjects completed the Goldberg and Hiller (1979) General Health, Pravitz et al. (2006) Financial Crisis, Zimmet et al. (1988) Social Support, Ingram and Wisnicki (1988) Positive Thinking, and Ryff (1989) Psychological Well-Being questionnaires. For data analysis, Pearson correlation methods and structural equation model were used with the help of SPSSV19 and AMOSV20 software. **Results:** The results showed that the variables of public health (0.20 and 0.14), financial crisis (-0.18 and -0.17) and social support (0.33 and 0.20) had direct and significant effects on They have positive thinking and psychological well-being. In addition, positive thinking (0.15) had direct and significant effects on psychological well-being. Also, the results showed that the three variables of public health (0.10), financial crisis (-0.10) and social support (0.11) have an indirect and significant effect on the psychological well-being of divorced women. Based on the results of this research, all three variables of public health, financial crisis and social support have had significant direct and indirect effects on psychological well-being through positive thinking. **Conclusion:** This model can be used to strengthen and improve the psychological well-being of divorced women, and therefore it is important for counselors, psychologists, therapists, social science researchers and other specialists to be aware of these variables in order to improve the psychological well-being of divorced women.

Keywords: *psychological well-being, public health, financial crisis, social support, positive thinking.*

Introduction

Today, positive psychology has emerged as a prominent pillar in the field of psychology, and the assessment of its constructs has become widespread in research models. The model considered for this research was based on Abraham Maslow's theory, which was presented in accordance with his hierarchy of needs. Therefore, the final model of the research is described as follows. As can be seen in the conceptual model, the research variables have been placed in the study in the style of Maslow's hierarchy of needs. Three predictor variables, as basic needs in Maslow's pyramid, an intermediary variable as psychological needs, and a criterion variable as self-actualization needs have been considered. Hence, the aim of the current research is to determine whether the psychological well-being model, based on general health, financial crisis, and social support, enjoys an optimal fit with the mediating role of positive thinking.

Method

The current research was descriptive of the correlation type using structural equations. The statistical population of the present study included all divorced women (20 to 45 years old) of Arak and Khomein cities in 2021-22. The sample size was 429 people who were selected by non-random sampling method. All sample subjects completed the Goldberg and Hiller (1979) General Health, Pravitz et al. (2006) Financial Crisis, Zimmet et al. (1988) Social Support, Ingram and Wisnicki (1988) Positive Thinking, and Ryff (1989) Psychological Well-Being questionnaires. For data analysis, Pearson correlation methods and structural equation model were used with the help of SPSSV19 and AMOSV20 software.

Results

The results showed that the variables of public health (0.20 and 0.14), financial crisis (-0.18 and -0.17) and social support (0.33 and 0.20) had direct and significant effects on They have positive thinking and psychological well-being. In addition, positive thinking (0.15) had direct and significant effects on psychological well-being. Also, the results showed that the three variables of public health (0.10), financial crisis (-0.10) and social support (0.11) have an indirect and significant effect on the psychological well-being of divorced women. Based on the results of this research, all three variables of public health, financial crisis and social support have had significant direct and indirect effects on psychological well-being through positive thinking.

Conclusion

The aim of the current research was to model structural equations to explain the psychological well-being of divorced women based on general health, financial crisis, and social support with the mediating role of positive thinking, according to Maslow's theory. The research findings indicated that general health has a positive, direct, and significant effect on positive thinking and psychological well-being. Additionally, general health has an indirect and significant effect on psychological well-being through the mediation of positive thinking.

Researchers are advised to design future studies that examine the role of general health, financial crisis, social support, positive thinking, and psychological well-being alongside various other variables such as flourishing, personality traits,

emotional and affective factors, vigor, happiness, procrastination, resilience, etc., to thereby acquire a cohesive knowledge regarding the mentioned variables and the relationships of this construct with other constructs that have greater potential in relevant planning. Given the prominent role of psychological well-being among divorced women, it is recommended that programs such as lectures, special training sessions to enhance general health, social supports, and positive thinking, as well as to reduce financial crises and distress, could be effective. It is suggested that this model be used to design and plan a psychological intervention model aimed at enhancing the psychological well-being of divorced women. Therefore, based on the findings from this model, trainings can be provided to strengthen the psychological well-being of divorced women. Moreover, considering the importance of psychological well-being in the health and welfare process of divorced women, it is suggested that educational, social, and communication media address the principles of psychological well-being, types of social support, general health, financial crisis, and positive thinking and its effective precursors, and to view it as a national movement so that the general public, especially divorced women, can make the necessary changes in themselves.

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