

## عنوان مقاله:

Happiness Training Effectiveness for Increasing of Marital Sexual Satisfaction of Female Staff

## محل انتشار:

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## خلاصه مقاله:

Sexual satisfaction is affected by a variety of factors. Happiness tends to be a pivotal factor in sexual satisfaction. Unique in its own, in this paper we seek how happiness relates to sexual satisfaction among Iranians. The present research is a semi-experimental research using pre-test, post-test and follow-up design. The research statistical population comprised all the female working staff of Farhangiyan University of Pardis-e Amir Kabir located in Karaj. Individuals whose sexual satisfaction was not related to any types of sexual disorder were selected, out of which ۳۰ individuals were randomly selected and assigned into the experimental and control groups and received eight ۹۰-minute sessions of Fordyce Happiness training (Fordyce, ۱۹۸۳). Sexual satisfaction questionnaire (Divband, ۲۰۰۸) was used to collect the required data and covariance analysis was used for data analysis. results indicated that, the difference between the means of pre-test, post-test and follow-up is significant in the factors of training and group. Put it differently, Fordyce happiness group training was effective in the increase of the score of sexual satisfaction and was significant in the comparison of two groups. With regard to the results it can be concluded that, happiness can be easily considered as a component of life-enhancing quality and introduced as an effective and appropriate method to .increase the sexual satisfaction

## کلمات کلیدی:

Sexual Satisfaction, Happiness Training, Female Working Staff

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