

عنوان مقاله:

Effectiveness of group training of psychological capital on happiness due to the moderating effect of social relationships

محل انتشار:

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خلاصه مقاله:

Aim: The aim of the present study is to investigate the effectiveness of group training of psychological capital on happiness due to the moderating effect of social relationships. **Methods:** Research method was semi-experimental with the control group. The sample was vulnerable women in the city Khomeini Shahr. Among them, 15 women were selected as a control group and 15 women in the experimental group. The sampling was cluster random. Fifteen sessions of group psychological capital were conducted for the experimental group. Pretest and posttest was performed by Psychological Capital Questionnaire 24 questions, statistics of CFI, RMSEA are respectively 0/97 and 0/08, in the model and also the reliability of the questionnaire obtained 0/85. Oxford happiness, 29 questions, the correlation between the oral hygiene index with the Beck's depression inventory and the scale and Eysenck Personality Questionnaire was respectively 48/0, 45/0 and 39/0. Cronbach's alpha for the inventory was equal to 0/91 and adult attachment, 18 questions, in Iran using the test-retest reliability and the correlation between the two performances show that the test is reliable in the level of 0/95. The data were analyzed using analysis of covariance. **Result:** The results showed that the Group training of psychological capital has a positive impact on happiness and increases happiness in both groups with high and low social relations. **Conclusions:** The results showed that increasing of psychological capital increase happiness and increase the quality of life and reduced social and psychological injuries.

کلمات کلیدی:

Group training, psychological capital, social relations, stress, women

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