



Examining Quality of Life Casual Model Based on Personality Traits Via Mediating Role of Resilience in Home Keeper Women Culture During the Corona Era

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Abstract

The present study was conducted with the aim of examining quality of life casual model based on personality traits via mediating role of resilience in home keeper women culture during the corona era in Tabriz city. The statistical population included all housewives living in Tabriz city. The sample embraced 175 participants whom were selected by convenient sampling procedure. The research method was descriptive of correlational one. To collect data, the World Health Organization Quality of Life Questionnaire (1996), the Short Form of the Five-Factor Personality Questionnaire (NEO) of Costa and McCrae (1970) and Connor and Davidson's Resilience Scale (2003) were implemented. The subjects responded to the questionnaires online. The data were analyzed by applying path analysis utilizing AMOS and SPSS software. The results revealed that the personality factors of neuroticism and extroversion had a direct effect and an indirect effect on quality of life through resilience. Also, the indirect effects of conscientiousness and agreeableness were significant. In total, personality traits with the mediating role of resilience explained 42% of the variance in the quality of life of housewives during the Corona pandemic. The results also indicated a proper goodness of fit of the examined model. Finally concerning the findings and considering the life culture of Tabriz housewives; promoting resilience and strengthening positive personality traits were effective on improving the quality of life of the studied group.



Extended abstract

Introduction: Women, as the most effective members of the society who are responsible for the biggest contribution in managing the home and family, have not been spared from social development. A group of women enter the labor market in parallel with these changes, and on the other hand, the culture of another group's life is such that it only deals with household affairs, which is considered useless and unpaid in today's world. Research showed that employment could be effective in women's quality of life due to the creation of social bonds, participation in social activities and the flourishing of women's talents and abilities. However, most of the women's life relationships in the housewife culture are based on the tasks of mother and wife and in line with the tasks related to these two roles; Also, prioritizing family needs, financial dependence and internal challenges make it more challenging for them. Environmental conditions such as the spread of epidemic diseases in this case, Corona could affect the quality of life of all groups and challenge the personal standards, expectations, experience of independence and competence of people in normal daily life. Therefore the present study was conducted with the aim of examining quality of life casual model based on personality traits via mediating role of resilience in home keeper women culture during the corona era in Tabriz city.

Method: The statistical population included all housewives living in Tabriz city. The sample embraced 175 participants whom were selected by convenient sampling procedure. The research method was descriptive of correlational one. To collect data, the World Health Organization Quality of Life Questionnaire (1996), the Short Form of the Five-Factor Personality Questionnaire (NEO) of Costa and McCrae (1970) and Connor and Davidson's Resilience Scale (2003) were implemented. The subjects responded to the questionnaires online. The data were analyzed by applying path analysis utilizing AMOS and SPSS software.

Results: The results revealed that the personality factors of neuroticism and extroversion had a direct effect and an indirect effect on quality of life through resilience. Also, the indirect effects of conscientiousness and agreeableness were significant. In total, personality traits with the mediating role of resilience explained 42% of the variance in the quality of life of housewives during the Corona pandemic. The results also indicated a proper goodness of fit of the examined model. Finally concerning the findings and considering the life culture of Tabriz housewives; promoting resilience and strengthening positive personality traits were effective on improving the quality of life of the studied group.

Conclusions: The results indicated that all five major personality factors had a significant correlation with resilience and quality of life of the study group; In this way, with the exception of the neuroticism variable, the relationship of other factors was positive. On the other hand, the results of the path analysis showed that the characteristics of neuroticism and extroversion directly and indirectly through resilience are effective in the quality of life of housewives. In explaining this finding, it can be said that resilient people are better able to overcome adverse experiences due to having characteristics such as good social functioning, high ability to solve problems, independence and purpose in life. On the other hand, being warm in social relations, being sociable, expressing oneself, being



active and seeking excitement and the desire to experience positive emotions are the determining traits of extroversion, possessing such qualities helps housewives to be more successful in everyday life and challenging situations such as quarantine days. These two personality traits, with a negative and positive effect on resilience, respectively, cause a decrease or increase in the quality of life. In the end, according to the research findings, it is necessary to pay more attention to the group of women with a homemaking culture, and implementing preventive programs in order to strengthen positive personality traits and resilience helps to improve the quality of life of this group, especially in the difficulties of life.

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