



The Effectiveness of Fordyce's Happiness Training Method on Mental Well-Being, Resilience and Social Self-Efficacy at the Cultural Background of Martyrs' Wives

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Abstract

The aim of this research was to study the effectiveness of Fordyce's happiness training method on mental well-being, resilience and social self-efficacy at the cultural background of martyrs' wives. The statistical population of this research included all the wives of the martyrs of Isfahan city in May 2024. Thirty participants were selected by purposeful sampling procedure and randomly assigned in two experimental and control groups (15 individuals in each group). The current research was applied one in terms of purpose and semi-experimental method with a pre-test-post-test design was processed. Connor and Davidson (2003) Resilience Questionnaire, Keyes & Magyarmo (2003) Mental Well-being Scale, and Smith & Betz (2007) Self-efficacy Questionnaire were used to collect data. Fordyce's happiness training sessions were conducted on the experimental group during 10 sessions with 60-minutes duration. The obtained data were analyzed via multivariate and univariate covariance analysis. The results showed that there was a significant difference between the two experimental and control groups ($p \leq 0.05$); In other words, teaching happiness in Fordyce's way improved the mental well-being, resilience and social self-efficacy of martyrs' wives. Thus, the dominant culture of the society could also influence the psychological issues of the spouses of the martyrs, in such a way that the emergence and continuation of social phenomena, including martyrdom and being an epitome might depend on it.



Extended abstract

Introduction: As the most important element of every family and society, women play an essential role in maintaining the mental health of the family and society, therefore, increasing their psychological empowerment, especially the wives of martyrs, who bear a heavy responsibility and must deliver happy and dynamic children to the society, has a special place. But despite the importance of happiness in women, limited researches in this field have been conducted on women in different cultural contexts and there is a research gap in this field. On the other hand, the family members of a martyr, especially his wife, who is faced with special pressure factors from the society and others and is forced to play different roles at the same time, have lower levels of well-being, and in the meantime, they alone have to cope with the loss of their spouse. adapt, while the wives of the martyrs should be a epitome for a woman and a dignified and honorable life in the culture of our country; Because their spouses dedicated themselves in the way of God and the sake of religion and they alone bear the important responsibility of raising their children, therefore, in this way, they need to receive effective psychological interventions in order to have a happy life and improve their mental health and of course their children in the same way. Therefore, the present research has been conducted with the aim of investigating the effect of Fordyce's happiness training on mental well-being, resilience and social self-efficacy at the cultural background of martyrs' wives.

Method: The statistical population of this research included all the wives of the martyrs of Isfahan city in May 2024. Thirty participants were selected by purposeful sampling procedure and randomly assigned in two experimental and control groups (15 individuals in each group). The current research was applied one in terms of purpose and semi-experimental method with a pre-test-post-test design was processed. Connor and Davidson (2003) Resilience Questionnaire, Keyes and Magyarmo (2003) Mental Well-being Scale, and Smith and Betz (2007) Self-efficacy Questionnaire were used to collect data. Fordyce's happiness training sessions were conducted on the experimental group during 10 sessions with 60-minutes duration. The obtained data were analyzed via multivariate and univariate covariance analysis.

Results: The results showed that there was a significant difference between the two experimental and control groups ($p \leq 0.05$); In other words, teaching happiness in Fordyce's way improved the mental well-being, resilience and social self-efficacy of martyrs' wives. Therefore, teaching happiness in Fordyce's way has a significant effect on the mental well-being, resilience and social self-efficacy of martyrs' wives. In other words, teaching happiness in Fordyce's way has caused mental well-being, resilience and social self-efficacy in the wives of martyrs. Based on the eta coefficient, it can be said that happiness training in the Fordyce method had the greatest impact on mental well-being (30%) and the least impact on social self-efficacy (24%).

Conclusions: In general, women are the main pillars of the family and the basic axis of health, growth, dynamism and advancement of the family and society and need psychosocial support with the loss of a spouse. Also, considering the importance of happiness in life, attention should be paid to trying to increase happiness in a sustainable manner so that as a personality trait in dealing with problems, it will help better adaptation of people,



especially the wives of martyrs, in the cultural context of our society. Thus, the dominant culture of the society could also influence the psychological issues of the spouses of the martyrs, in such a way that the emergence and continuation of social phenomena, including martyrdom and being an epitome might depend on it.

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