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Predictive Model of Happiness on the Basis of Positive Psychology Constructs

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Abstract

The purpose of the present study was to offer predictive model of happiness on the basis of positive psychology constructs. It is among correlational studies through applying causal modeling. The statistical population of the study included BA students at the University of Isfahan and Industrial University. A sample of 420 individuals was selected via multi-stage clustered random sampling method. The measurement instruments included Oxford's happiness questionnaire (Argyle, 1989), psychological well-being (Ryff, 1989), quality of life (Cummins, 1997), Polotzin and Elison's spiritual Well-Being (1982) and Bar-On's Emotional Intelligence (2000). The data were analyzed through Amos22 software. Results showed that the model with supposed indexes owned an appropriate goodness of fit. The results implied that the greatest amount of variance of happiness is explained by the direct effect of quality of life and indirect effect of emotional intelligence with mediating of quality of life. The direct effect of emotional intelligence with mediating psychological wellbeing and indirect effect of emotional intelligence on happiness with mediating spiritual wellbeing explains the variable of happiness at medium level. Finally the role of positive psychology constructs especially quality of life and emotional intelligence is confirmed in happiness and the results state the importance of positive psychology constructs in happiness.

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