



Compilation of the structural model of psychological well-being based on optimism, vitality and positive thinking with mediation of emotional regulation

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Abstract

Background and objectives: The purpose of this study was to develop a structural model of psychological well-being based on optimism, resilience and positive thinking through mediation of emotional regulation.

Methods: The research method was descriptive-correlational. The population under study was a graduate students of the Faculty of Humanities and Social Sciences of Islamic Azad University, Science and Research Branch of Tehran. 358 of them were selected by stratified random sampling, proportional to the number of undergraduate and postgraduate students. Participated in the research. Data analysis was performed using Pearson correlation coefficient and Structural Equation Modeling with Emo software.

Results: The results showed that the effect of optimism on emotional regulation and psychological well-being was positive and significant. All questions has factor loadings above 0.3 and are significant, while the p-value was less than 0.05. The effect of resilience on emotional regulation and psychological well-being is positive and significant. The positive effect of thinking on emotional regulation and psychological well-being is positive and significant. The effect of emotional regulation on psychological well-being is positive and significant. Optimism through emotional regulation has a positive and significant indirect effect on psychological well-being. Exposure through emotional regulation has a positive and significant indirect effect on psychological well-being. Positive thinking through emotional regulation has a positive and significant indirect effect on psychological well-being.

Conclusion: It can be concluded that variables of optimism, resilience, positive thinking and emotional regulation can predict psychological well-being and the tested model has a suitable fit.

Keywords: Optimism, Positive psychology, Resilience, Emotional Regulation

Background and objectives

The concept of psychological well-being, as an approach that has been posited by mental health psychologists in recent years, has emphasized positive traits and the development of individual abilities and in fact signifies positive mental health^{1,2}. Psychological well-being requires understanding the existential challenges of life. The psychological well-being approach examines the growth and transformation observed against the existential challenges of life and strongly emphasizes human development, for example pursuing meaningful goals, developing as a person, and establishing quality relationships with others. An extensive body of research literature in the 1950s and 1960s has analyzed the underlying challenges and problems of life³⁻⁵.

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Psychological well-being means being able to find all of one's talents and has the following components: 1- Self-determination (sense of competence and ability to manage the environment around the individual, etc.) 2- Personal growth (having continuous growth, etc.) 3- Positive relationships with others (having Warm relationships. 4) Purposefulness in life (having purpose in life) 5. Self-acceptance (having a positive attitude towards oneself, etc.) 6. Mastery of the environment (ability to choose and create the right environment, etc.)⁶. the feeling of well-being has both emotional and cognitive components. People with high levels of well-being generally experience positive emotions and have a positive evaluation of events and events around them, while those with low levels of well-being rate events and their life situation as unfavorable. They experience negative emotions such as anxiety, depression, and anger⁷. There is ample research evidence showing that adverse life events can affect and disrupt psychological well-being and lead to psychological problems such as depression and anxiety and lead to a decrease in psychological well-being. Therefore, considering the importance of psychological well-being in the psychological health of individuals, identifying the factors affecting it is very important. Consequently, in the present study, we develop a structural model of psychological well-being based on optimism, resilience, and positive thinking with the role of mediating emotional regulation.

More recently, the positive psychology approach, which has focused on human talents and abilities rather than abnormalities and abnormalities, has attracted the attention of psychologists. The ultimate goal of this approach is to identify the structures and practices that lead to human well-being and happiness. Therefore, the most important

research constructs of this approach are the factors that make people more adaptable to life's needs and threats. Among these structures resilience has a special place⁸. Conner et al, argue that resilience is one's ability to strike a psychological-psychological balance in dangerous situations⁹. Resilience is also the return to basic equilibrium or reaching a higher level of equilibrium (under threatening conditions) and hence provides successful adaptation to life¹⁰. In fact, the resilience of an active and productive company in its environment is also considered. In addition, resilience is a kind of self-healing with positive emotional, emotional, and cognitive consequences that lead to psychological well-being¹¹. Resilience by increasing individuals' ability to cope with stress and distress causes one's return to normal functioning and thus psychological well-being. The results of studies that have investigated the relationship between resilience and psychological well-being indicate a positive and significant relationship between these variables^{12, 13}. Optimism is another of the variables studied in this study that affects psychological well-being. Seligman defines optimism as an explanatory style rather than a broad personality trait. According to this view, optimists explain negative events or experiences by attributing their cause to transient and specific external factors¹⁴. Optimism arises from positive attitude toward one's self and can be considered as a positive or positive attitude that relates to what one expects to emerge in the near or distant future¹⁵. Optimists are more social than pessimists, exercise more, have better interpersonal skills, socialize, have a more positive outlook on life, and thus have higher psychological well-being. The results of the research also show a positive and significant relationship between optimism and psychological well-being^{16,17}.

Another positive variable is positive thinking. In defining this new vital word, it is said to be "positive thinking to think about others, to treat positively with others, to be suspicious of them, to have proper inner balance, and to maintain calm and calm in the face of difficulties." That one can maintain one's own motivation and take appropriate action. Positive thinking and optimism about life are the most important factors for human growth and achievement¹⁸. That is why psychologists and therapists always order people to abandon their negative and pessimistic thoughts¹⁹ Positive thinking for individuals to improve positive relationships with themselves and others, to have good feelings, valued and positive relationships with others. And it is very useful to control emotions and emotions. In addition, positive thinking leads to psychological well-being through appropriate strategies for coping with problems and generating positive thoughts²⁰. Hanssen et al, found in their research that there is a positive and significant relationship between positive thinking and psychological well-being. Emotions are an essential part of human life, so it is difficult to imagine life without emotions²¹. Hernandez and Bassett of emotions, how they relate emotionally, and how they perceive and interpret the emotions of others play an important role in the development and organization of personality, moral development and social relationships, the formation of one's identity and concept²²⁻²⁶.

In general, the relationship between variables has been investigated in previous research, but in this study we try to use a research model to have a declining approach in predicting psychological well-being. The important role that modeling plays is that it inactivates variables in favor of the superior variable. For example, although the relationship between positive thinking and

well-being has been previously confirmed, it may be neglected in modeling, because of structural relationships with other variables, such as optimism and resilience²⁷. Therefore, according to what has been stated, the purpose of this study is to investigate the relationship between optimism, resilience, and positive-thinking with psychological well-being through mediating emotional adjustment to determine whether the structural model of psychological well-being is based on happiness. Can nose, resilience and positivity be explained by the mediating role of emotional regulation?

Method

The method of this study is descriptive survey and correlation design is structural equation modeling. The statistical population of the study is all postgraduate students (MSc and PhD) of Faculty of Humanities and Social Sciences, Islamic Azad University, Science and Research Branch of Tehran. The total population of the study was 5353 (3732 senior and 1621 doctoral). According to the statistical population size, Cochran formula was used to determine the sample size. Therefore, 358 postgraduate students (MA and PhD) of Faculty of Humanities and Social Sciences of Islamic Azad University, Science and Research Branch of Tehran were selected as sample. The sampling method in this study was stratified random according to the number of students in master's and doctoral degree. Reliability was measured using Cronbach's alpha method and SPSS 21 software. The data were analyzed using SPSS software and Cronbach's alpha coefficient. The p-value is the probability that the null hypothesis is true which considered $p < 0.05$. In this study, inferential statistics method is used. The Kolmogorov-Smirnov test was used to identify the data

normality, confirmatory factor analysis was used to test the validity of the research instruments and Pearson correlation coefficient and structural equation modeling were used to test the research hypotheses. SPSS and AMOS software were used for data analysis.

Resilience has five components that can act as markers of this construct, so second-order factor analysis in order to test the measurement model as well as the validity of the components of resilience are investigated. As can be seen in (Figure 1), the output of the standardized coefficients of the emus for the resilience variable is reported. All questions have factor loadings above 0.3 and are significant.

Result

Confirmatory factor analysis of resilience

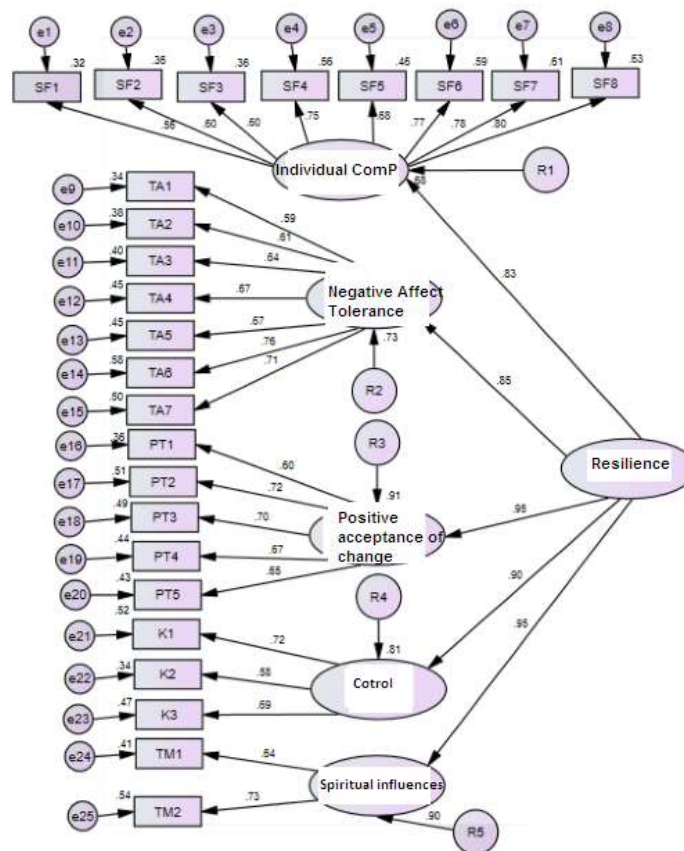


Figure 1. The output of the standardized coefficients of the emus for the resilience variable

According to the output of AMOUS in (Table 1), the calculated $df / 2x$ value is 2.44, the existence of $df / 2x$ smaller than 3 indicates the appropriate fit of the model. So in the model presented, this value is 0.064. The GFI, AGFI, CFI and NFI indices should

also be higher than 0.9, which is higher than the values in the model under study. Therefore, the data of this study are well-fitted with the factor structure of this scale, indicating that the questions are related to the variables of resilience components.

Table 1. Resiliency Fit Indices

Ref	Estimate	Indices
$3 < \chi^2/df$	2.24) χ^2/df (
$0.08 < RMSEA$	0.64) RMSEA(
$0.9 > GFI$	0.93) GFI(
$0.9 > AGFI$	0.91) AGFI(
$0.9 > CFI$	0.97) CFI(
$0.9 > NFI$	0.96) NFI(

Confirmatory Factor Analysis of Positive Thinking

Since positive thinking has five components that can act as markers of this construct, therefore, second-order factor analysis in order to test the measurement model as well

as the validity of positive-thinking construct components has been investigated. As can be seen in (Figure 2), the output of the standardized coefficients of the emus for the psychological ownership variable is reported. All questions have factor loadings above 0.3 and are significant.

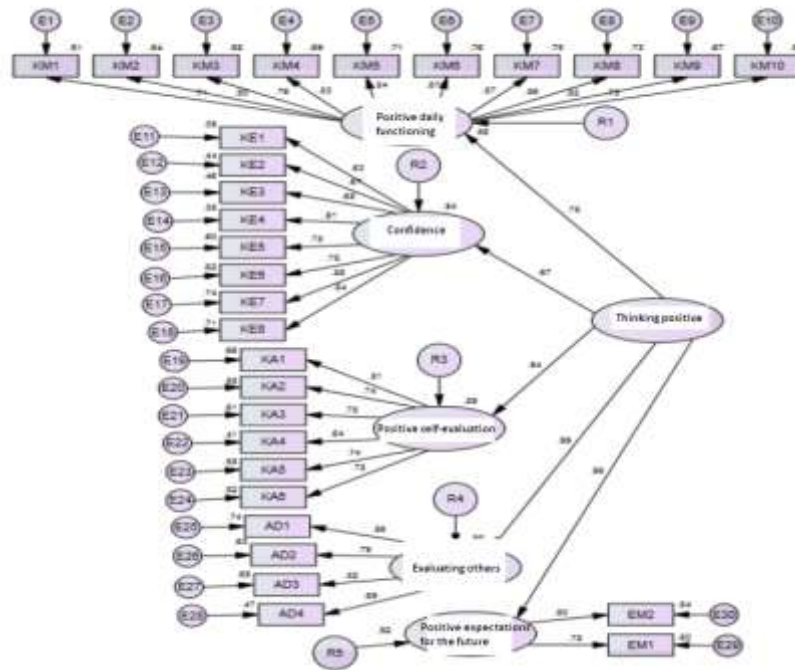


Figure. 2. The output of the standardized coefficients of the emus for the psychological ownership variable

According to the emus output in (Table 2), the calculated $df / 2x$ value is 2.57. The values of GFI, AGFI, CFI and NFI indices

in the model under study were higher than the set values, respectively. Therefore, the data of this study fit the factor structure of this scale well, indicating that the questions are positively correlated.

Table 2. Positive Thinking Fit Indices

Ref	Estimate	Indices
3 < χ^2/df	2.57	(χ^2/df)
0.08 < RMSEA	0.066	(RMSEA)
0.9 > GFI	0.93	(GFI)
0.9 > AGFI	0.90	(AGFI)
0.9 > CFI	0.97	(CFI)
0.9 > NFI	0.97	(NFI)

Confirmatory Factor Analysis of Optimism

As can be seen in (Figure 3), the output of the standardized coefficients of emus for the optimism variable is reported. All questions have factor loadings above 0.3 and are significant.

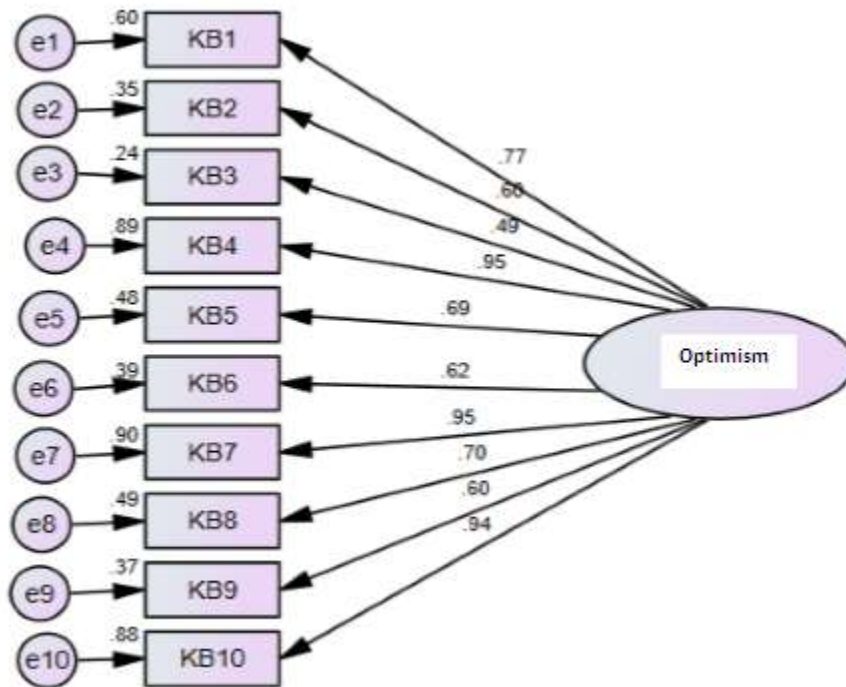


Figure. 3. The output of the standardized coefficients of emus for the optimism variable

According to the output of emus in (Table 3), the calculated $df / 2x$ value is 2.26, also the root of the estimation of the variance of the approximate error in the proposed model is 0.059. The values of GFI, AGFI, CFI and

NFI indices in the model under study were higher than the set values, respectively. Therefore, the data of this study are well-fitted with the factor structure of this scale, indicating that the questions are optimistic.

Table 3. Optimism Fit Indices

Ref	Estimate	Indices
3 < χ^2/df	2.26	(χ^2/df)
0.08 < RMSEA	0.059	(RMSEA)
0.9 > GFI	0.94	(GFI)
0.9 > AGFI	0.92	(AGFI)
0.9 > CFI	0.99	(CFI)
0.9 > NFI	0.97	(NFI)

Confirmatory factor analysis of emotion regulation

regulation is reported. All questions have factor loadings above 0.3 and are significant.

As can be seen in (Figure 4), the output of standardized coefficients of emotion

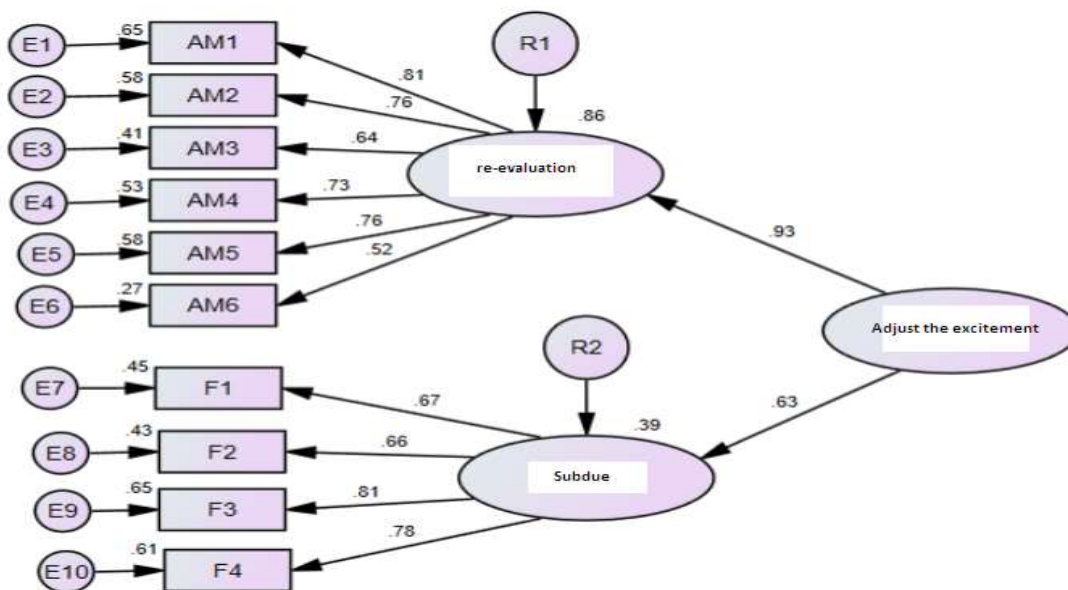


Fig. 4. The output of standardized coefficients of emotion regulation

According to the emus output in (Table 4), the calculated $df / 2x$ value is 1.99, also the square root of the estimation of the variance of the approximation error in the proposed model is 0.053. The values of GFI, AGFI, CFI and NFI indices in the model under

study were higher than the set values, respectively. Therefore, the data of this study are well-suited to the factor structure of this scale, indicating that questions with variable dimensions of emotion regulation are consistent.

Table 4. Emotion regulation Fit Indices

Ref	Estimate	Indices
3 < χ^2/df	1.99	(χ^2/df)
0.08 < RMSEA	0.053	(RMSEA)
0.9 > GFI	0.95	(GFI)
0.9 > AGFI	0.93	(AGFI)
0.9 > CFI	0.99	(CFI)
0.9 > NFI	0.98	(NFI)

Confirmatory factor analysis of psychological well-being

As can be seen in (Figure 5), the standardized coefficients of output are

reported as dimensions of psychological well-being. All questions have factor loadings above 0.3 and are significant.

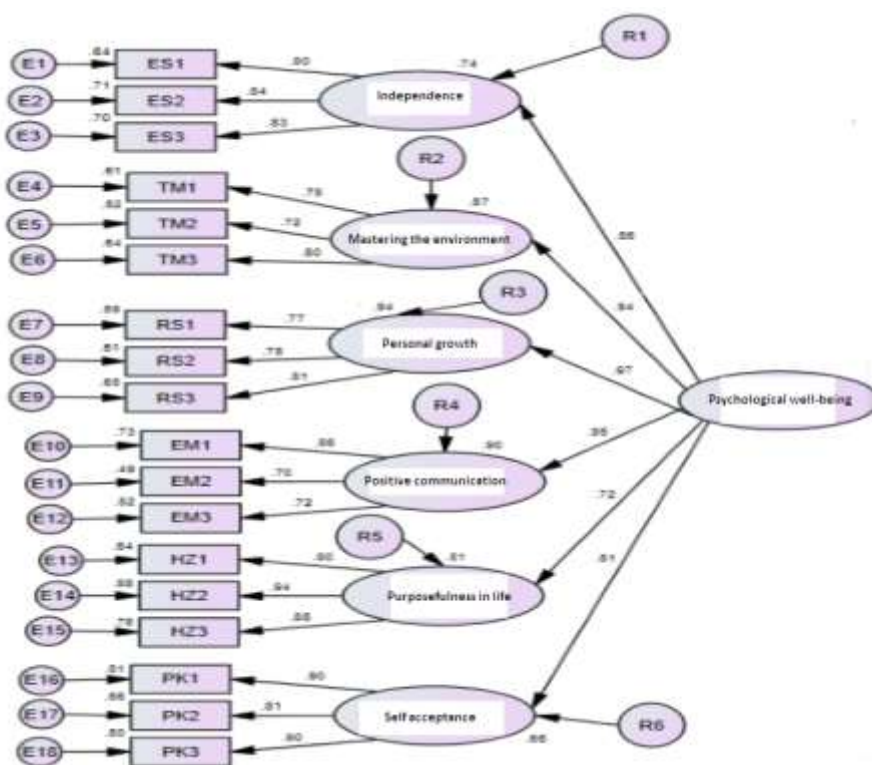


Figure 5. The standardized coefficients of output are reported as dimensions of psychological well-being

According to the output of emus in (Table 5), the calculated $df / 2x$ value is 2.64, also the root of the estimation of the variance of the approximate error in the proposed model is 0.086. The values of GFI, AGFI, CFI and NFI indices in the model under study were

higher than the set values, respectively. Therefore, the data of this study are well-suited to the factor structure of this scale, indicating that the questions are related to the variables of psychological well-being.

Table 5. Psychological well-being Fit Indices

Ref	Estimate	Indices
$3 < \chi^2/df$	2.64	(χ^2/df)
$0.08 < RMSEA$	0.68	(RMSEA)
$0.9 > GFI$	0.93	(GFI)
$0.9 > AGFI$	0.90	(AGFI)
$0.9 > CFI$	0.97	(CFI)
$0.9 > NFI$	0.95	(NFI)

Correlation coefficient between variables

After determining the validity of the measurement tools, identifying the relationship between the variables is the next step to enter the structural equation discussion. Pearson correlation coefficient was used to identify the relationship between the variables present in the model. The results of the correlation coefficient between the research variables are presented in (Table 6). Results showed that optimism correlation coefficient with resilience ($r = 0.50$), positive thinking ($r = 0.51$), emotion

regulation ($r = 0.49$), and psychological well-being ($r = 0.48$). At the 0.01 level is positive and significant. Correlation coefficients of resilience with positive thinking ($r = 0.58$), emotion regulation ($r = 0.53$) and psychological well-being ($r = 0.51$) were positive and significant at the 0.01 level. Positive correlation coefficient with emotion regulation ($r = 0.55$) and psychological well-being ($r = 0.59$) was positive and significant at the 0.01 level. Correlation coefficient of emotion regulation and psychological well-being ($r = 0.54$) was positive and significant at 0.01 level.

Table 6. Correlation coefficient between variables

		Optimism	Resilience	Thinking positive	Adjust the excitement	Psychological well-being
khoshbini	Pearson Correlation	1	0.499**	0.509**	0.494**	0.481**
	Sig. (2-tailed)		0.000	0.000	0.000	0.000
	N	358	358	358	358	358
tabavari	Pearson Correlation	0.499**	1	0.583**	0.531**	0.514**
	Sig. (2-tailed)	0.000		0.000	0.000	0.000
	N	358	358	358	358	358
mosbatand	Pearson Correlation	0.509**	0.583**	1	0.550**	0.595**
	Sig. (2-tailed)	0.000	0.000		0.000	0.000
	N	358	358	358	358	358
tanzimhay	Pearson Correlation	0.494**	0.531**	0.550**	1	0.541**
	Sig. (2-tailed)	0.000	0.000	0.000		0.000
	N	358	358	358	358	358
behzisti	Pearson Correlation	0.481**	0.514**	0.595**	0.541**	1
	Sig. (2-tailed)	0.000	0.000	0.000	0.000	

		Optimism	Resilience	Thinking positive	Adjust the excitement	Psychological well-being
	N	358	358	358	358	358

(Figure 6) shows the model tested for the research hypotheses with standardized values on each path. The findings show that the relationship between optimism and emotion regulation and psychological well-being is positive and significant. Positive thinking has a positive and significant

relationship with emotion regulation and psychological well-being. The relationship between resilience and emotion regulation and psychological well-being is positive and significant. The relationship between emotion regulation and psychological well-being is positive and significant.

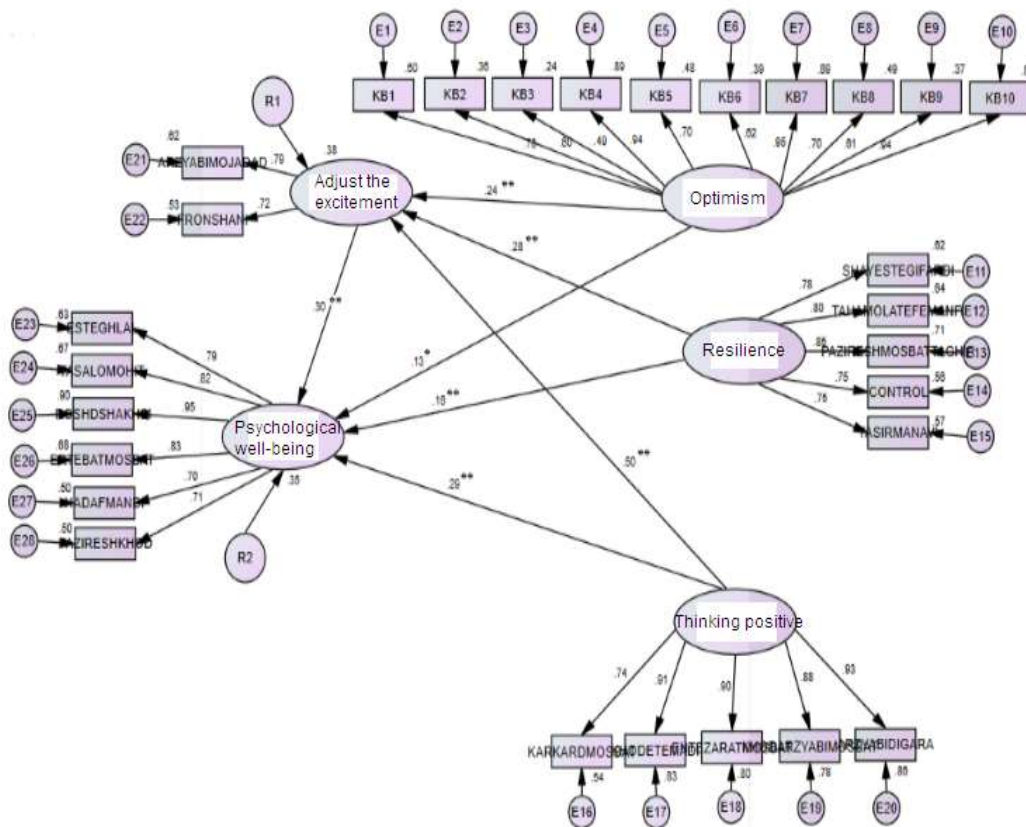


Figure 6. The model tested for the research hypotheses with standardized values on each path

The results show that optimism has a positive and significant effect on emotion regulation and psychological well-being. Positive-thinking influence on emotion regulation and psychological well-being is

positive and significant. The effect of resilience on emotion regulation and psychological well-being is positive and significant. The effect of emotion regulation on psychological well-being is positive and significant. As can be seen in (Table 7), 38%

of the variance of emotion regulation and 35% of the variance in psychological well-being are explained by the variables in the present research model. The fitting indices for the model tested in (Table 7) show that the RMSEA index has an acceptable level in the model estimated with 0.057 and other

fitting indices such as CFI, GFI, NFI, and AGFI are respectively With 0.98, 0.93, 0.96, 0.91 all are in good level, and these goodness of fit data show that the data of this study fit the factor structure of this model.

Table 7. Fit features of the fitted model

Ref	Estimate	Indices
3 < χ^2 /df	2.67	(χ^2 /df)
0.08 < RMSEA	0.68	(RMSEA)
0.9 > GFI	0.93	(GFI)
0.9 > AGFI	0.91	(AGFI)
0.9 > CFI	0.98	(CFI)
0.9 > NFI	0.96	(NFI)

Discussion

Hypothesis 1: There is a relationship between optimism and emotion regulation: Optimists use problem-solving strategies more effectively and better when dealing with problems and have better emotional regulation. Optimists are less likely to use the denial mechanism when confronted with pessimists and to avoid the problem but to try to deal with the problem more rationally and adjust their emotions to the problem. In addition, optimists try to solve problems and problems in a better and more optimistic way, and typically tackle some strategies (such as positively re-evaluating loss). Problems or seeking social support, and distracting from entertainment and sports) and thus have more emotion regulation^{28,29}.

Hypothesis 2: There is a relationship between resilience and emotional regulation: The results showed that the effect of resilience on positive emotional adjustment was significant and significant. Thus resilience leads to increased emotional regulation. In explaining this finding - it can be said that resilience makes it possible for

people to adapt to it when a change occurs, to believe that they can work for whatever comes their way. They think, are confident that they can handle the challenges and challenges that lie ahead, do not despair of desperate affairs, know in times of stress and crisis where to turn for help, when They are under pressure, lose their concentration and think right, if they fail, they are not easily discouraged, facing the challenges and problems of their lives. A capable person knows they can control unpleasant emotions like sadness, fear and anger and control life. Thus, such individuals have a greater ability to regulate emotion in different situations and pressures in life. Therefore, it can be said that resilience through increasing levels of positive emotions enhances self-esteem and successfully copes with negative experiences. Accordingly, resilience leads to positive adaptation through enhancing self-esteem as a mediating mechanism. . On the other hand, the more power a person has in resiliency, coping with life's problems and stresses, the less they are exposed to psychological and emotional disturbances and the higher their mental health and thus the higher their emotional adjustment. In addition to resilience, it is a return to basic

equilibrium or to a higher level of equilibrium and hence provides a successful adaptation to life. Therefore, resiliency through adjustment and balance in life leads to greater emotion regulation in individuals³⁰.

Hypothesis 3: There is a relationship between positive thinking and emotional regulation: The results showed a positive and significant effect on positive emotion regulation. Therefore, positive thinking leads to increased emotional regulation. In explaining this finding, it can be said that positive people believe that all their emotions and emotions will be perfect if they grow in proportion and moderation. What poses a threat to ordinary people can be a golden opportunity for development and self-improvement for positive people. Their core experiences are different from their own abilities and their interpretations and interpretations of environmental events and events. Not only is he hopeful about his ability to do something in the future, but he is even more positive in his interpretation of past failures in life and thus more emotionally adjusted. In addition, positive people tend to focus on their abilities rather than focusing on failures and focusing on the disasters they have had in the past. These people attribute their successes to their abilities. In difficult times of life they rely on their inner resources and activate their positive and constructive confrontations in dealing with problems and try to adjust their emotions in these situations. In addition, positive people believe that all of their emotions and emotions will be perfect if they grow in proportion and moderation. What poses a threat to ordinary people can be a golden opportunity for self-improvement. Their core experiences are different from their own abilities and their interpretations and interpretations of environmental events and events. Not only are they hopeful about their ability to do

something in the future, but they have a positive interpretation of even their past failures in life, and as a result, positive individuals are more emotionally tuned through these traits³¹.

Hypothesis 4: There is a relationship between optimism and psychological well-being: The results showed that optimism has a positive and significant effect on psychological well-being. So optimism leads to increased psychological well-being. In explaining this finding, it can be said that optimists usually expect the best in uncertain times, can easily relax, try to think of positive things, always optimistic about the future. Are enjoying life with friends, often expecting things to fit in, are often happy, often accountable for good things happening, and overall expecting more good things to happen to them. Bad things and these traits make for more psychological well-being. In addition, optimists explain negative events or experiences by attributing their cause to transient and specific external factors, and optimists pay more attention to clear aspects of things even in catastrophic situations. In addition, optimists use more effective and appropriate problem-solving strategies when dealing with problems. For example, evidence suggests that optimists use problem-focused strategies and social support when faced with problems and thus have higher psychological well-being. Pessimists, on the other hand, disengage when faced with difficult situations, cut off communication with others, abandon pursuit of purpose, and use the mechanism of denial, and thus have lower psychological well-being^{32,33}.

Hypothesis 5: There is a relationship between resilience and psychological well-being: The results showed that the effect of resilience on psychological well-being was positive and significant. Therefore, resiliency leads to increased psychological

well-being. In explaining this finding, it can be said that resilience makes people recognize and control their emotions. It also helps people cope with coping strategies and better defense mechanisms to cope with life's stresses. Thus, individuals are able to assess situations and problems and this can have a significant impact on increasing psychological well-being. It also seems that resilient individuals look at issues creatively, flexibly, plan and solve them and do not hesitate to ask for help if needed and resources. They are perfect for coping with the problems that make these individuals have high psychological well-being. In fact, resilience enables individuals to be aware of the strengths and weaknesses of their lives at any given moment, and to create a constantly dynamic and flexible environment in their lives, that dynamic and flexible environment prevents chronic conflicts and psychological distances and Emotions last for a long time, resulting in an increase in people's psychological well-being. In addition, people with high resilience are emotionally calm and capable of coping with adverse conditions. Many researchers have reported a significant and negative relationship between resilience and psychological problems, suggesting that this construct can be a mediating factor between mental health and many other variables, and by promoting resilience, individuals can They can resist and overcome stressful, anxiety-inducing factors, as well as factors that cause many of their psychological problems, and thus have higher psychological well-being³⁴.

Hypothesis 6: There is a relationship between positive thinking and psychological well-being: The results showed a positive and significant effect of positive thinking on psychological well-being. Thus, positive thinking leads to increased psychological well-being. This finding suggests that if people regard their peers and friends as

respectful, joking, imagining a bright future for themselves, successful, happy, and happy, they will have a good mood. Have a high level of perceived social support, have high abilities, have everything they want to start successfully, are well qualified, have a good and comfortable life, have a good relationship with others Be themselves lucky, have friends to support them, have an exciting life Have fun, enjoy the challenge in life, enjoy a good social life, have no worries, be quiet and comfortable, be content with their lifestyle, take good care of themselves, Thinking of the best living conditions, having many useful abilities and talents, not having a frustrating subject in life, expressing beliefs confidently and making yourself a successful person leads to increased psychological well-being. In addition, positive individuals tend to have higher self-esteem and intrinsic value; positive attitude tends to be a positive orientation (consequence of willingness) to interpret and interpret past events, present and future expectations in areas of self-assessment of their abilities. Communication with others, communication with God (supernatural), and the whole universe (nature) are plotted in the biological, psychological, social, and spiritual psychological paradigms and thus lead to higher positive well-being³⁵.

Hypothesis 7: There is a relationship between emotional regulation and psychological well-being: The results showed that the effect of emotional adjustment on psychological well-being was positive and significant. Thus, emotional regulation leads to increased psychological well-being. In explaining this finding, it can be said that in the last two decades there has been increasing interest in understanding how emotion regulation affects one's mental and physical health. Some recent research on emotion regulation has linked some of the other important behavioral

consequences, such as psychological adjustment and appropriate communication. This leads to the regulation of emotion as an important component of human growth and health³⁶. Thus, the research findings suggest that successful emotion regulation is broadly related to mental and physical health³⁷. In addition, emotions can be both the organizer of attention and the barrier to organizing it, can both facilitate and disrupt problem solving, as well as create and destroy relationships. These two-way interactions are a necessity. Helping people learn to regulate their emotions intensifies. Excessive emotions lead people to maladjustment, aggression, anger, hatred and anxiety that uncontrollably threatens the mental and emotional health of individuals. Research results also show that individuals' capacity to effectively regulate emotions has an impact on psychological happiness, physical health, and interpersonal relationships and social interactions and thus on psychological well-being. In addition, emotion regulation is inextricably intertwined with human life, helping humans to manage or regulate emotions and emotions when faced with stressful or threatening events, and Don't be overwhelmed by her emotions and enjoy more psychological well-being³⁸.

Hypothesis Eight: Emotion regulation mediates the relationship between optimism and psychological well-being: The results showed that optimism through emotional regulation had a positive and significant indirect effect on psychological well-being. Thus, emotional regulation plays a significant mediating role in the relationship between optimism and psychological well-being. As a result, it can be said that optimism through the mediating role of emotion regulation leads to increased psychological well-being. In explaining this finding, it can be said that optimism causes people to adjust their emotions to the

problems and thus have a higher psychological well-being. Emotional adjustment strategies help people adjust negative arousals and emotions. Emotion regulation by coordinating mental, biological, and motivational processes helps to stabilize the individual's state of affairs in the environment and equips the individual with appropriate and efficient responses to problems, ultimately leading to physical, social, and psychological well-being of the individual³⁹.

Hypothesis 9: Emotion regulation mediates the relationship between resilience and psychological well-being: The results showed that resilience through emotional regulation had a positive and significant indirect effect on psychological well-being. Thus, emotional regulation plays a significant mediating role in the relationship between resilience and psychological well-being. As a result, it can be said that resilience through the mediating role of emotional regulation leads to increased psychological well-being. In explaining this finding, it can be said that resilience makes positive people realistic and realizing that all their negative thoughts and bad habits are not necessarily going to happen and they do not have to live all their lives. To ruin these thoughts. In addition to resiliency, in addition to increasing the psychological well-being of individuals, their psychological distress is also reduced. Promoting resilience in people makes them more confident and efficient, allowing them to successfully overcome life's challenges. These people feel less hopeless and lonely and have the ability to look at a problem as something that can slow it down, change it, endure it or solve it the other way around. It leads to improved emotion regulation and, consequently, to increased psychological well-being⁴⁰.

Conclusion

The results showed that optimism has a positive and significant effect on emotional regulation. So optimism leads to increased emotional regulation. This finding is consistent with the results of Malkoç and Yalçın, (2015) and Marroquín and colleagues, (2017) In explaining this finding, it can be said that optimists experience more positive emotions and negative emotions than pessimists. Optimists are also more satisfied with their lives. The results showed that positive thinking through emotional regulation had a positive and significant indirect effect on psychological well-being. Thus, emotional regulation plays a significant mediating role in the relationship between positive thinking and psychological well-being. As a result, it can be said that positive thinking through the mediating role of emotional regulation leads to an increase in psychological well-being. In explaining this finding, it can be said that positive thinking causes people to have a positive attitude to the environment and to have proper internal balance and maintain calm and calm in the face of problems and thus have more emotional adjustment and psychological well-being.

Authorship contributions

All the authors wrote, conceived and revised the manuscript.

Conflict of interest

None of the authors of this paper have relationship with the participants that could inappropriately influence the content or direction of the paper.

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