



The Relationship between Family Problem Solving Skills and Life Orientation with the Quality of Life and Happiness of the Head of the Family

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Email: mabehboudi@gmail.com | Received: 11.11.2022 | Acceptance: 04.11.2023

Journal of Applied Family Therapy

eISSN: 2717-2430
http://Aftj.ir

Vol. 4, No. 4, Pp: 266-284
Fall 2023

Original research article

How to Cite This Article:

Anvarian, E. S., & Behboudi, M. (2023). The Relationship between Family Problem Solving Skills and Life Orientation with the Quality of Life and Happiness of the Head of the Family Under the Welfare of East Tehran. *aftj*. 4(4), 266-284.



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Abstract

Aim: The purpose of the present study was the relationship between family problem solving skills and life orientation with the quality of life and happiness of the head of the family under the welfare of East Tehran. **Methods:** The statistical population of this research includes all heads of families covered by welfare in East Tehran, whose number was 3500. The sample size was estimated to be 346 people based on the size of the statistical population and using the Krejcie and Morgan table, taking into account the dropout of subjects. Also, the statistical sample size was selected by simple random sampling method. Data collection tools include Ahmadi et al.'s Family Problem Solving Questionnaire (2003), Shier and Carver's Life Orientation (1985), World Health Organization's Quality of Life (1995) and Happiness Oxford (1990). The analysis of the collected data was done in two descriptive and inferential methods through SPSS21 software, in which inferential statistics were Pearson's correlation test and multivariate regression method, and in descriptive statistics, mean and the standard deviation was used. **Results:** The results showed that family problem solving skills and life orientation are able to predict the quality of life and happiness in the head of a family covered by the welfare of East Tehran. **Conclusion:** It can be concluded that family problem solving skills, a greater contribution in It predicts the quality of life and happiness in the head of the family.

Keywords: family problem solving, life orientation, quality of life, happiness.

Introduction

The presence of potential problems for the head of the household can have an undesirable effect on the overall family life. However, with the advancement of today's world and the mechanized lifestyle and the reduction of interpersonal communication, the incidence and prevalence of depression are increasing (Chang, Chir and Chao, 2018). According to sociologists and psychologists, in recent years, the sense of security and intimate peace of men and women has declined, and the family is increasingly facing destructive forces (Shokouhi Yekta, Akbari Zardkhaneh, and Mahmoudi, 2015). If the problems and conflicts arising from family conflicts intensify in a society, it jeopardizes the stability of the family, and this poses a threat to the stability of society and the social system (Matin & Hayati, 2017). The consequences of family problems are not limited to family members and affect other social and even economic institutions. Since children from separated families who have had various conflicts before complete separation are likely to complete their education and enter university, and since education is a key and determining factor in economic success, given the importance of this issue in the long run, this phenomenon leads to social imbalance. Therefore, the need for studies in various regions of the country to investigate the increasing trend of this phenomenon and its role in causing damage is felt (Akbari, 2017).

In this regard, researchers have found that individuals with more life problems and struggling parents exhibit less positive problem-solving behaviors and more negative problem-solving behaviors. Ahmadi and colleagues (2010) showed that family problem-solving is an effective method for reducing family members' dissatisfaction. Since women who are heads of households and without spouses face loneliness, isolation, rejection, and lack of understanding from others, and the lack of social support is the most important factor in predicting negative outcomes for these women (Khan Ahmadi, Etfaghi, and Ghadri Bajgan, 2016). The present study aims to answer the question of whether there is a relationship between family problem-solving skills and the quality of life and happiness of the head of the family under the coverage of the East Tehran Welfare.

Method

The statistical population of this research includes all heads of families covered by welfare in East Tehran, whose number was 3500. The sample size was estimated to be 346 people based on the size of the statistical population and using the Krejcie and Morgan table, taking into account the dropout of subjects. Also, the statistical sample size was selected by simple random sampling method. Data collection tools include Ahmadi et al.'s Family Problem Solving Questionnaire (2003), Shier and Carver's Life Orientation (1985), World Health Organization's Quality of Life (1995) and Happiness Oxford (1990). The analysis of the collected data was done in two descriptive and inferential methods through SPSS21 software, in which inferential statistics were Pearson's correlation test and multivariate regression method, and in descriptive statistics, mean and the standard deviation was used.

Results

The results showed that family problem solving skills and life orientation are able to predict the quality of life and happiness in the head of a family covered by the welfare of East Tehran.

Conclusion

It can be concluded that family problem solving skills, a greater contribution in It predicts the quality of life and happiness in the head of the family. The research faced some limitations. The research tool was a questionnaire, and there is a possibility of incorrect responses from some of the participants. Lack of follow-up was another limitation of the research. The participants' responses were collected during the COVID-19 pandemic, and some of the questionnaires were collected online. Based on the results, it is suggested that families can choose a specific time to solve their problems and select the best and most suitable solution among the available options to experience a higher quality of life. Psychologists from the Welfare Organization can provide free weekly classes and teach problem-solving skills to family caregivers so that they can share their thoughts with each other and work together to find a solution when a problem arises, and try to avoid ending the conversation in tension, leading to happiness for family members. Welfare organization experts can provide classes to increase positive attitudes among family caregivers, such as being optimistic about the future, being busy with life affairs, and similar topics. Psychologists from the Welfare Organization can also provide brochures and introduce books to family caregivers to increase their happiness. In the classes held, they can teach family caregivers phrases such as not easily becoming sad, not giving up in the face of bad events, expecting good things to happen, and being optimistic. It is recommended that other researchers investigate this topic with a larger sample size. Future researchers are also advised to conduct this research in other cities and on a larger scale. Creating a positive attitude among researchers and the idea that the findings of the research can be useful and effective is essential.

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