

## Relationship between Dimensions of Psychological Capital and Psychological Well-Being

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**Abstract :** The present study aimed to determine the relationship between dimensions of psychological capital and psychological well-being. This research was conducted with a correlative method. The study population included the students of Sulaymaniyah, Garmian, and Halabja Universities in the Kurdistan region of Iraq. Therefore, using the one-stage cluster method, 300 subjects were selected and completed Riff's psychological well-being scale, and Luthans' psychological capital questionnaire. Data were analyzed using the multiple regression method. Results showed that self-efficacy, optimism, hope, and resilience had a positive relationship with psychological well-being. Hence, it can be concluded the four dimensions of psychological capital are able, in addition to modulating the effects of stress sources, to set the stage for the motivational use of life's stressors in order to develop new challenges and help the individual to continuous effort in order to develop new goals and expand happiness.

**Keywords :** psychological well-being, self-efficacy, optimism, hope, resilience

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