

## Resilience, Mental Health, and Life Satisfaction

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**Abstract :** The current research was an attempt to investigate the effect of resilience on mental health and life satisfaction. In one Cross Sectional research, 287 (173 females and 114 males) students of Tehran University were participated their average age was 23.17 years old (SD=4.9). The instruments used for assessing the research variables included: Cutter and Davidson resilience scale (CD-RISC), the short form of the depression-anxiety-stress scale, and life satisfaction scale. The data analysis was done in the form of structural equation model. The results of Simultaneous Hierarchical Multiple Regression Analysis indicated that there was a significant mediating role of the negative emotions (depression, anxiety, and stress), in the relationship between the family resilience ( $p < 0.001$ ) and satisfaction with life ( $p < 0.001$ ). Resilience results in life satisfaction by reducing the emotional problems (or increasing the mental health level). The effect of the resilience variable on life satisfaction was indirect.

**Keywords :** resilience, negative emotion, mental health, life satisfaction

**Conference Title :** ICPLDI 2014 : International Conference on Programming Language Design and Implementation

**Conference Location :** Kuala Lumpur, Malaysia

**Conference Dates :** February 13-14, 2014