



The Effect of Training Hope Therapy on Increase the Happiness of Married Women

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ABSTRACT

Happiness enable people evaluate themselves and their action. This evaluation can be cognitive aspects such judgments made regarding life satisfaction and emotional aspects including the excitement that appear in response to life events. Overall life satisfaction, positive emotions and good mood, lack of mood and negative emotions and other factors such as optimism, self-esteem, hope and a sense of prosperity, happiness components make up that can keep a great impact on the durability and the effectiveness of their married life. For this reason, the effect of therapeutic hope increase the happiness of married women examined. The population of the research, married women with marital discord referred to counseling centers in the city of Isfahan in 2014. Of these, 30 subjects divided into two experimental and control groups. The results of analysis of covariance showed that the observed difference of grades on reducing mental fatigue married women is significant. In other words, education, health hope to increase the happiness of married women had an impact.

Keyword:

Hope therapy, women, marriage, happiness

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