Prediction of Psychological well-being based on the Orientation of Life and Optimism

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Abstract
The studies indicate that life orientation and optimism are the supporting factors leading to adaptation in predicaments, and eventually subjective well-being. The purpose of this study is to predict the direction of subjective well-being through life orientation and optimism. For this purpose, 300 (140 males and 160 females) students were selected using multi-stage cluster sampling. Their mental well-being questionnaires Molavi et al. (2009), the meaning of life Maholick (1964), for the life of the Scheier et al (1994) have responded. The results showed that the orientation of life and optimism can predict their mental well-being. In other words, life orientation and optimism can be increased happiness and life satisfaction and depression. Based on the findings it can be stated that the orientation of the mental health and well-being of people living and optimistic impact.