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**EXAMINE THE RELATIONSHIP BETWEEN HAPPINESS AND SELF-ESTEEM  
WITH LIFE SATISFACTION IN CONFLICT COUPLES IN KERMAN CITY**

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**ABSTRACT**

This study aimed to investigate the relationship between happiness and self-esteem and life satisfaction in conflict couples in Kerman city. Co relational method and voluntary use of sampling and the sample size was 144. Data collection two questionnaires Happiness and Self-Esteem Questionnaire scores and academic achievement scores was used as the final exam. Questionnaire data using regression analysis using SPSS software was used for statistical analysis. The results showed a significant relationship between happiness and self-esteem and life satisfaction there. Between happiness and self-esteem scales (general, family, social, and academic), and there was a significant relationship with life satisfaction.

**Keywords: Life satisfaction, happiness, self-esteem**

**INTRODUCTION**

The relationship between life satisfaction and self-esteem and happiness is a two-way relationship, In addition to the self-esteem and happiness, life satisfaction. Because of their belief and positive self-image and a sense of joy in learning, motivation to life satisfaction will improve. Life satisfaction

success in reaching the peak of training work, increase the self-esteem and happiness. People can judge their lives in general (Such as life satisfaction and feeling of satisfaction) or in the evaluation of specific areas of their lives (such as marriage or work) or a recent emotional feelings about what happened to

them (both positive emotions, the positive evaluation of the personal experiences), Assess and evaluate (Dayner, 2005). What is this feeling stronger, couples, are more valuable for their own, and they will be healthier. In fact, one of the major factors that cause less and youth social and especially AIDS, drug abuse, violence and aggression, (paezi, 2007). Many psychologists believe that the relationship between these two variables (self-esteem and life satisfaction) is intimately related. So that we can increase or decrease in one of them, the other variable will change. Self-esteem, a sense of joy and satisfaction for couples, is critically important. The mental qualities which gradually formed the basis of mental health, fitness, and healthy relationships and social adjustment, life satisfaction and career aspirations, The importance of the effect on life satisfaction, mental health, to the extent that many experts, it at least until the second half of couples, Criteria for diagnosis have healthy performance (Barkhori, 2009).

**Statement of Problem:**

In many researches the relationship between concepts such as self-esteem, depression, loneliness and anxiety as negative factors. Concepts such as feelings of efficiency, competence and life satisfaction variables was positive sense of self-esteem have used

as a predictor of a good life success. Several studies have noted the factors affecting their self-esteem. Han and Kim findings on the 1155 Korean couples and Showed that, those self-factors including depression, social support, body image, behavior problems, compliance with family balance. Most researchers are speculating on other personality variables such as life satisfaction, self-esteem and affect individual activities. Due to the extent of the failure of the good life system is one of the criterion of efficiency, the discovery and study of factors affecting the life satisfaction performance, to better understand and predict variable itself. According to this study, the variables that are related to life satisfaction in different subjects, one of the major research topics in the life system (Farahani, 1994, quoted by Shahriary). Therefore, given the above, this study investigated the relationship between happiness and self-esteem and life satisfaction of couples.

**Explaining the purpose:**

All persons, regardless of age, gender, cultural background, and the type of work to do in life, need Self-esteem. Self-esteem really touches on all areas of life. In fact, many psychological studies show that if you do not satisfy the need for self-esteem, more extensive requirements such as the need to

create, develop and understand the potential, remains limited. Remember, when someone admires your work, or if you know the best way to plan done, what gives you the feeling of joy. People who feel good about themselves, they usually feel good in life. They can make a face and handle their problems and life outcomes (Harris Kolmz translation Alipoor, 2007). Therefore, with respect to the foregoing, life satisfaction of couples and the factors which determine the priorities for research and have a good life with each other?

#### **The purpose of this study:**

- Examine the relationship between happiness and overall self-esteem and, life satisfaction among couples in Kerman.
- Examine the relationship between happiness and self-esteem and, life satisfaction among couples of Kerman.
- Examine the relationship between happiness and self-esteem, family, and, life satisfaction among couples of Kerman.
- Examine the relationship between happiness and social self-esteem and life satisfaction among couples of Kerman.

#### **Research hypotheses:**

##### **The main hypothesis of this study:**

- Happiness and overall self-esteem and life satisfaction are related.
- Secondary research hypotheses:
- Between happiness and self-esteem (public) life satisfaction there.

- Happiness and self-esteem between life satisfaction and family are there.
- Between happiness and social self-esteem and life satisfaction are related.
- Between happiness and self-esteem and life satisfaction of couples there.

#### **LITERATURE**

Part (1993), a study entitled "Investigating the relationship between self-esteem and life satisfaction in men and women" conducted, showed that self-esteem and life satisfaction are important in common life. Close and Tenis studies (2005), Sew Ji-min, et al (2007), Gamvn and Morgan (2005), and Kinray Kits Worth (2006), Alms and colleagues (2005) showed that the effects of the experimental intervention (social skills training and the effect of treatment group shadkami) can have a powerful effect on people's self-esteem. Lane and Watson (2007), showed that the positive mood states, 20% of the variance to predict life satisfaction performance. Lang and colleagues (1995; translated Fathi, 1999), concluded that self-esteem (positive evaluation of itself) with happiness and function relationship of mutual benefit. Myers et al (1995) reported the results of research are one of the main characteristics of happy people self-esteem is.), the study found that self-esteem is one of the strongest predictors of happiness.

**RESEARCH METHODOLOGY**

The methodology used in this study is the correlation method. Based on the relationship between happiness and self-esteem variables as predictor variables and the criterion variable was examined life satisfaction.

**RESEARCH TOOLS**

**Oxford Happiness Questionnaire:**

The questionnaire was developed in 1990 by Lou Also, papules and 29 of its final form. Also, papules and colleagues alpha coefficient of 0.90 with 347 participants and we Affairs (1990) alpha = 0.87. As a study with 101 participants found Noorbala Francis (1998), Cronbach's alpha of 0.92 was obtained. Farmer (2000), using Cronbach's alpha reliability coefficient of 0.82 was achieved. 0.80Hjm allowable error in a sample of 144 is considered. The sample population consisted of individuals who voluntarily choose. Both quoted ALIPOUR and Noorbala (1998).

**Questionnaire Self-esteem Cooper Smith:**

To assess the subjects' self-esteem, Self-Esteem Inventory (1967) was used. The

validity of the test is low, and the subject has tried his best to give them something that is magnificent. The coefficients obtained for men 0.69 and for women 0.71 that significant 0.0001 level. Also retest reliability coefficient test method for men and women were 90 and 92 is reported. Pourfaraj study (2000), with a Cronbach's alpha reliability coefficient scale Cooper Smith Brabr 0.52 that are acceptable psychometric coefficient. (Shokrkon Venice, 1990).

**RESEARCH COMMUNITY**

Methods for direct calling by filling in the questionnaire. In this case, conflict couples of Kerman are on a voluntary basis, those who were willing to participate in this study responded to the questionnaires.

**FINDINGS**

The main hypothesis: there is a relationship between happiness and self-esteem and life satisfaction. The following table shows regression y (life satisfaction) on X1 (happiness) and X2 (self-esteem) and the square of the multiple correlation coefficient.

R <sup>2</sup>	R	Sig	F	MS	d.f	SS	Recourses
0.657	0.811	0.00	135.143	204.652	2	409.304	Regression
				1.514	141	213.522	The remaining
					143	622.826	Total

Analysis of variance and regression of y on X1 and X2 indicates the predictor variables. As can be seen, it can be said with respect to the F-value obtained from the regression of

happiness and self-esteem and life satisfaction is significant, the results of this study based on the hypothesis that there is happiness and self-esteem and life

satisfaction, Confirmed the significant level is 0.01. The value of R<sup>2</sup> Of 0.657 indicates that the linear combination of happiness and self-esteem of both variables simultaneously 65 Percent of the variance in life satisfaction explained.

### **CONCLUSION**

The results showed that the happiness and self-esteem and life satisfaction there, The R<sup>2</sup> value of 0.451 indicates that the variable is a linear combination of happiness and self-esteem of students simultaneously for about 45 percent of the variance in life satisfaction can be explained. We can say that happiness and self-esteem and life satisfaction variables in the regression and prediction can contribute.

### **Limitations:**

1. The only happiness and self-esteem variables were examined in relation to life satisfaction, there may be other variables.
2. The samples, conflict couples of Kerman, Research and the sampling are voluntary. The generalize ability of the results should be made with caution.
3. The tests used were long and time consuming and subjects may not accurately were tested.

### **SUGGESTIONS**

1. Rather than measure happiness and self-esteem, life satisfaction and other related variables are measured and evaluated.
2. in this study, different samples and different sampling method used.
3. Another test used to evaluate variables.

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