

**KINGDOM OF SAUDI ARABIA  
MINISTRY OF HIGHER EDUCATION  
AL-IMAM MUHAMMAD IBN SAUD ISLAMIC  
UNIVERSITY  
FACULTY OF SOCIAL SCIENCES  
DEPARTMENT OF PSYCHOLOGY**



**FEELING OF HAPPINESS & ITS RELATION WITH LIFE-  
SATISFACTION, OPTIMISM & ORIENTATION ADJUSTMENT ON  
MARRIED AND UNMARRIED WOMEN IN THE LIGHT OF SOME  
DEMOGRAPHIC CHANGES**

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THE REQUIREMENTS FOR THE MASTERS DEGREE IN PSYCHOLOGY**

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## **THESIS ABSTRACT**

THIS STUDY COMPRISE FIVE CHAPTERS IN ADDITION TO REFERENCES AND ANNEXES.

THE FIRST CHAPTER COVERS PROBLEM OF STUDY, ITS IMPORTANCE, OBJECTIVES AND QUESTIONS REPLIED. IT ALSO INCLUDES THE MOST IMPORTANT TERMINOLOGIES USED BY RESEARCHER IN HER STUDY.

IN THIS CHAPTER, THE RESEARCHER DISCUSSES THE CONCEPTS OF STUDY PARTICULARLY THE CONCEPT OF HAPPINESS, LIFE-SATISFACTION, OPTIMISM AND ORIENTATION ADJUSTMENT.

THE STUDY AIMED TO IDENTIFY THE IMPACT OF DEMOGRAPHIC VARIABLES (MARITAL STATUS, AGE, EDUCATION LEVEL AND NUMBER OF CHILDREN) ON VARIABLES OF STUDY (A FEELING LEVEL OF HAPPINESS, SATISFACTION WITH LIFE, OPTIMISM AND ORIENTATION ADJUSTMENT)

THE STUDY ALSO AIM THROUGH RESULTS TO UNCOVER NEW WAYS TO INCREASE FEELINGS OF SAUDI WOMEN'S FEELING OF HAPPINESS, BY KNOWING THE MOST FACTORS CONTRIBUTING TO A SENSE OF HAPPINESS AND HENCE EMPHASIS ON THESE WAYS, WHICH ARE EXPLAINED IN THE RECOMMENDATIONS OF STUDY,

THE STUDY SOUGHT TO ACHIEVE ITS OBJECTIVES BY ANSWERING THE FOLLOWING QUESTIONS:

**FIRST:** IS THERE A STATISTICALLY SIGNIFICANT RELATIONSHIP BETWEEN THE DEGREE OF SENSE OF HAPPINESS AND SATISFACTION WITH LIFE?

**SECONDLY:** IS THERE A STATISTICALLY SIGNIFICANT RELATIONSHIP BETWEEN THE DEGREE OF SENSE OF HAPPINESS AND OPTIMISM?

**THIRDLY,** IS THERE A RELATIONSHIP BETWEEN THE DEGREE OF SENSE OF HAPPINESS AND TERM OF ADJUSTMENT?

**FOURTH:** IS THERE A STATISTICALLY SIGNIFICANT DIFFERENCES IN THE DEGREE OF FEELINGS OF HAPPINESS DUE TO DIFFERENT DEMOGRAPHIC VARIABLES: (MARITAL STATUS, AGE, EDUCATIONAL LEVEL ,NUMBER OF CHILDREN)?

**FIFTHLY:** ARE THERE SIGNIFICANT DIFFERENCES IN THE LEVEL OF OPTIMISM DUE TO DIFFERENT DEMOGRAPHIC VARIABLES: (MARITAL

SITUATION, AGE, EDUCATION LEVEL, NUMBER OF CHILDREN)?

**SIXTH:** ARE THERE SIGNIFICANT DIFFERENCES IN THE LEVEL OF LIFE SATISFACTION ATTRIBUTABLE TO DIFFERENT DEMOGRAPHIC VARIABLES: (MARITAL STATUS, AGE, EDUCATIONAL LEVEL, NUMBER OF CHILDREN)

**SEVENTH:** IS STATISTICALLY SIGNIFICANT DIFFERENCES TERM OF ADJUSTMENT ATTRIBUTABLE TO DIFFERENT DEMOGRAPHIC VARIABLES: (MARITAL STATUS, AGE, EDUCATIONAL LEVEL, THE NUMBER OF CHILDREN)

SECOND CHAPTER DISCUSSED THEORETICAL FRAMEWORK OF STUDY COVERING STUDY TERMS IN TERMS OF DEFINITION AND EXPLANATORY THEORIES AND MEASURING. IT ALSO INCLUDED PREVIOUS STUDIES AND THE RESEARCHER COMMENTED ON THEM, PLUS ASSUMPTIONS OF STUDY.

CHAPTER III STUDIES METHODOLOGY AND PROCEDURES. RESEARCHER HAVE USED A DESCRIPTIVE APPROACH AND EXPLAINED TARGETED POPULATION OF STUDY COMPOSED OF ALL THE LADIES IN AL-IMAM MOHAMMAD IBN SAUD ISLAMIC UNIVERSITY, AND AGED BETWEEN 25 YEARS AND 60 YEARS. THEY ALL OBTAINED AND THE SECONDARY CERTIFICATE & ABOVE. THE ORIGINAL POPULATION OF STUDY 813 AND THE RESEARCHER HAS TAKEN A SIMPLE RANDOM SAMPLE OF 25% OF THE POPULATION AND THUS NUMBER ODF SAMPLE INDIVIDUALS BECOME 204.

IN THIS CHAPTER THE RESEARCHER EXPLAINED HOW TOOLS OF STUDY ARE PREPARED> THE RESEARCHER USED THE FOLLOWING TOOLS IN THE FORM OF QUESTIONNAIRE:

FIRST: FEELING OF HAPPINESS MEASUREMENT PREPARED BY RESEARCHER.

SECOND: DENER & OTHERS MEASURING TOOL FOR LIFE SATISFACTION.

THIRD: OPTIMISM MEASUREMENT BY ABDUL-KHALIG 1996.

4<sup>TH</sup>: ADJUSTMENT TERM MEASUREMENT PREPARED BY ROTER AND TRANSLATED BY KAFABI AND LEGISLATED BY IBN SEDIA.

LATER ON THE RESEARCHER EXPLAINED PROCEDURES FOR TRUTH AND CONSISTENCY OF STUDY TOOLS PUTTING IT FORTH IN ITS PRIMARY FORM TO A NUMBER OF ARBITRATORS WHO ARE THE PEOPLE OF SCIENCE, EXPERIENCE AND KNOWLEDGE IN THE FIELD OF SCIENTIFIC RESEARCH WHO ARE QUALIFIED FOR JUDGMENTS. THEN CALCULATING INTERNAL COEFFICIENT FOR HOMOGENEITY BETWEEN EXPRESSIONS AND FULL SCALE OF MEASUREMENT. VERIFYING APPROXIMATE TRUTHFULNESS AND CALCULATING CONSISTENCY COEFFICIENT USING ALPHA KRONPAKH APPROACH. SPEARMAN BROWN AND JOTMAN.

THE RESEARCHER ALSO EXPLAINED HOW STUDY CAN BE APPLIED PRACTICALLY. SHE DETERMINED STATISTICAL PROCEDURES UTILIZED FOR ANALYSIS OF DATA. THE CHAPTER WAS INCLUDED DISCUSSING STUDY LIMITATIONS THAT FACED RESEARCHER DURING STUDY.

THE FORTH CHAPTER DISCUSSES PRESENTATION AND ANALYSIS OF STUDY RESULTS HANDLING STUDY HYPOTHESIS TO CONFIRM ACCEPTANCE OR REJECTION. IT HAS BEEN FOUND THAT THERE'S POSITIVE CORRELATION BETWEEN FEELING OF HAPPINESS AND BOTH LIFE SATISFACTION AND OPTIMISM. NO CORRELATION HAS BEEN FOUND BETWEEN SENSE OF HAPPINESS AND TERM OF ADJUSTMENT.

THE SURVEY FOUND NO DIFFERENCES IN THE DEGREE OF SENSE OF HAPPINESS AND LIFE SATISFACTION AND OPTIMISM BETWEEN MARRIED AND UNMARRIED INDIVIDUALS OF STUDY SAMPLE. HOWEVER, IT REVEALED STATISTICAL VARIATIONS IN TERM OF ORIENTATION AS FOR MARITAL STATUS, FOR THE BENEFIT OF MARRIED WOMEN WHO WERE FOUND MORE ORIENTED INTERNALLY.

THE STUDY'S RESULTS CONFIRMED ONE OF THE ASSUMPTIONS SINCE RESULTS CONFIRMED THAT THERE ARE VARIATIONS AMONG INDIVIDUALS OF STUDY SAMPLE IN THE LEVEL OF HAPPINESS FEELING AND LIFE SATISFACTION ATTRIBUTED TO AGE FACTOR. IN OTHER WORDS THE LEVEL INCREASES WITH AGE AS PER MEASUREMENT HAPPINESS FEELING, LIFE-SATISFACTION AND OPTIMISM.

REGARDING ADJUSTMENT ORIENTATION, THE RESULTS HAVE SHOWN THAT VARIATIONS IN ADJUSTMENT ORIENTATION ATTRIBUTING TO AGE FOR THE BENEFIT OF CATEGORIES OF OLDER AGES WHO ARE FOUND MORE ORIENTED INTERNALLY.

RESPECTING EDUCATION FACTOR, RESULTS HAVE SHOWN THAT NO VARIATIONS OF STATISTICAL INDICATION FOR FEELING OF HAPPINESS ATTRIBUTING TO EDUCATIONAL LEVEL. HOWEVER, RESULTS HAVE SHOWN THAT VARIATIONS OF STATISTICAL INDICATION ARE FOUND IN THE LEVEL OF LIFE-SATISFACTION ATTRIBUTABLE TO EDUCATIONAL LEVEL FOR THE INTEREST OF THOSE HAVING HIGHER EDUCATION. NO VARIATIONS IN LEVEL OF OPTIMISM ATTRIBUTING TO LEVEL OF EDUCATION.

THE RESULTS OUTLINED VARIATIONS OF STATISTICAL INDICATION IN THE LEVEL OF LIFE-SATISFACTION ATTRIBUTING TO LEVEL OF EDUCATION AND FOR THE INTEREST OF THOSE HAVING HIGHER EDUCATION. THERE ARE NO VARIATIONS IN THE LEVEL OF OPTIMISM ATTRIBUTING TO LEVEL OF EDUCATION. MEANTIME NO VARIATIONS IN ORIENTATION OF ADJUSTMENT ATTRIBUTING TO LEVEL OF EDUCATION.

REGARDING NUMBER OF CHILDREN VARIABLE, THE RESULTS HAVE SHOWN THAT NO STATISTICAL VARIATIONS IN THE LEVEL OF HAPPINESS FEELING ATTRIBUTING TO NUMBER OF CHILDREN. HOWEVER, THERE ARE INDICATIVE STATISTICAL VARIATIONS IN THE LEVEL OF LIFE SATISFACTION ATTRIBUTING TO NUMBER OF CHILDREN AND FOR THE INTEREST OF MADAMS HAVING ONE OR TWO CHILDREN.

REGARDING LEVEL OF OPTIMISM, THERE ARE NO INDICATIVE STATISTICAL VARIATIONS IN THE LEVEL OF OPTIMISM ATTRIBUTING TO NUMBER OF CHILDREN. THE SAME RESULT IS APPLICABLE TO ORIENTATION OF ADJUSTMENT AND NUMBER OF CHILDREN.

THE 4<sup>TH</sup> CHAPTER WAS CONCLUDED BY DISCUSSING THE MOST IMPORTANT RESULTS OF STUDY AND LINKING IT WITH RESULTS OF PREVIOUS STUDIES.

THE 5<sup>TH</sup> CHAPTER OF THIS STUDY THE RESEARCHER PRESENTED SUMMARY AND RECOMMENDATIONS OF STUDY AND SUGGESTED STUDIES IN THE LIGHT OF STUDY'S RESULTS.