

An Investigation of Resilience Mediation Role in Relationship between Personality Traits and Welfare in Students of Islamic Azad University, Ilam Branch

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Abstract

The present study was done with the goal of investigating the role of resilience mediation in relationship between personality traits and welfare in students of Islamic Azad University, Ilam branch. Research descriptive method was correlation type. The research statistical population included all the students of Islamic Azad University, Ilam branch, in 2017-2018, that were about 4200 people, by which 351 people were selected using Morgan table as sample size, with multi-stage cluster random sampling method. Five Personality Traits Assessment Questionnaires (NEO), Connor - David resilience scale, Oxford Welfare Questionnaire, were the means used in the research. Data analysis conducted by Pearson correlation coefficient and Multivariate regression test; and resilience as a mediator variable and personality merits (Psychosis, extroversion, agreement, openness to experience, having moral sense) with welfare of the findings shows, when the resilience variable adds to personality merits as a predictable variable, it makes the regression coefficient of the first variable (personality merits) meaningless. This status confirms resilience mediator in this regard, then providing necessary educations about this must be prepared by relevant organizations for students.

Keywords: resilience, personality merits, welfare, students

INTRODUCTION

Psychology scope have observed the emergence of a new approach, however with and ancient experience, in recent years, with the name of positive psychology which pays attention to talents, abilities, skills and generally positive dimensions is individuals nature instead damages or psychological disorders. In the meantime, welfare is considered as a fundamental concept of this approach^[1]. That is why, a great mass of the theatrical and empirical researches in in contemporary years, have dealt with this structure. In welfare analysis concept, theorists have mostly pointed to two cognitive and emotional components; the cognitive component mostly indicates life satisfaction and emotional component greatly indicates the status such as laughing, playfulness, and also the balance between positive and negative emotions. Welfare, refers to individuals' assessment of their life. Individuals can evaluate and investigate their life like a general judgment such as life satisfaction or feeling happiness (or like an assessment of specific areas of their life) like marriage or job, educational performance (or their recent emotional feelings in consistence with what has happened for them) pleasant emotions, which results from positive evaluations of individual experiences and the low levels of unpleasant feelings which results from negative evaluations of individual experiences. Welfare is defined as a set of emotions and cognitive evaluation and is considered as degree of individuals' life quality^[2]. Different factors play a

role in the welfare level of individuals including personality merits in students. One of the most important merits of students is their personality. Personality merit refers to ways conceptually which one chooses in order to deal with new issues. These properties are usually fix and unchangeable. Generally, in modern psychology, there are different views about personality. One of the approaches that has a relative acceptance among experts, is the personality 5-factor theory. Using with factor analysis, Costa and MC Crae found that can separate five major dimensions from each other, among individual differences in personality factors. Neuroticism refers to one's intend to experience anxiety, tension, hostility, impulsivity, depression and inferiority complex. Extroversion, refers to one's intend to being positive, courage demanding, being energetic and intimate. Openness to experience⁴ refers to individual's intend for curiosity, interest

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to art, artistry, flexibility and wisdom, while agreeableness⁵ is depend on individual's intend for forgiveness, kindness, generosity, sympathy and consultation, altruism and trustworthiness. Conscientious-ness also refers to being regular, being efficient, having the ability of trust and reliance, self-regulation, orbital progress, being logical and calm^[3].

In addition to personality merits, another effective factor on students is resilience which has paid to individual and interpersonal abilities that causes improvement and resistance in hard situations. In a simple word, resilience means positive adaptation in response to unpleasant conditions, unpleasant condition are mostly determined by two groups of risky factors: the challenging conditions of life (like racism, using drug by parents), impact (e.g. violence experience in the family or society, dears' death), resilience is defined as skills, characteristics, and abilities that enables one to adopt to difficulties, problems and challenges. However, some merits linked with resilience are specified biologically and genetically, the skill related to resilience can be taught and strengthened. Family and school can provide approaches to increase protective factors and increase resilience (Waler, 2001; quoted from Recharadson, 2002)^[4].

Resilience refers to skills and abilities that makes one able to adopt with difficulties, problems and challenges. However, some of the resilience merits can be taught, resilience includes followings with a general summary: keep calm under pressure, flexibility dealing with obstacles, avoid from erosion strategies, keep optimism and positive feelings when difficulties and getting rid of internal obstacles. The resilience one is able to think creatively and flexible about solving the problems, normally. The resilience ones show the degrees of health and independence. They can think and do it by themselves. They can convey their critical ideas to others. They have good feelings toward people around believe in their abilities to change their environment^[5].

In this line, the research findings of Tarviridi, Saberi, and Sharifi Pasha (2017) titled as educational resilience prediction based on personality merits with mediating of emotional intelligence, showed that neurosis and conscientious-ness predict a manner positively and negatively, respectively^[6]. There is also a direct correlation between emotional intelligence and students' educational resilience. Also, Gholipoor, et al. (2014) former research titled as resilience as a mediator of the relation of five great factors of personality and welfare showed that the suggested model is relatively fit with data that improved by some corrections^[7]. Generally, results indicated that four merits of neurosis, contentious-ness, openness to experience and extroversion have a direct relation with resilience. And, also the agreeableness personality merit has a negative, reverse, and meaningful relation with welfare through resilience. However, these merits showed a meaningful indirect relation with welfare through resilience. Campbel, et al. with the aim of examining resilience with personality merits, confrontation

styles and psychosis signs was done in a group of students, results showed the relationship of resilience with the dimensions of personality and confrontation style.

So, in this research we are seeking to answer these questions whether there is a relationship between the role of resilience mediation and personal merits and welfare in the students of Islamic Azad University of Ilam branch.

Research hypothesis

- 1- There is a relationship between resilience as a mediator variable and the personality merit of neurosis and welfare in Islamic Azad University of Ilam branch.
- 2- There is a relationship between resilience as a mediator variable and the personality merit of extroversion and welfare in Islamic Azad University of Ilam branch.
- 3- There is a relationship between resilience as a mediator variable and the personality merit of agreeableness and welfare in Islamic Azad University of Ilam branch.
- 4- There is a relationship between resilience as a mediator variable and the personality merit of openness to experience and welfare in Islamic Azad University of Ilam branch.
- 5- There is a relationship between resilience as a mediator variable and the personality merit of conscientious-ness and welfare in Islamic Azad University of Ilam branch.
- 6- There is a relationship between resilience as a mediator variable and the personality merit and welfare in Islamic Azad University of Ilam branch.

RESEARCH METHOD

The present research method is a descriptive research from correlation type. In this research, the statistical population includes all the students of Islamic Azad University of Ilam in 2014-2015 who are 4200 people. Multi-step random method used as sampling method.

Research tools

A) Assessment of quintuplet personality merits questionnaire (NEO):

NEO questionnaire is one of the most interesting questionnaire related to evaluation of personality building based on factor analysis view. Today, this test is considered as a comprehensive model based on factor analysis because of reflection of 5 main factors and it can broadly use to evaluate the personality of healthy people and also is one of the most appropriate tools of clinical issues in personality evaluation. This test can be one of the most comprehensive tests in the field of evaluation because of various investigations in age groups and in different cultures. This test had been the subject of researches during past 15 years about clinical samples and healthy adults. Therefore, its benefit has evaluated in both clinical and research streams. NEO test is replaced with Personality questionnaire of NEOPI-R in which prepared by MC Carry and Costa in 1985. This questionnaire evaluates 5 main factors of personality and 6 merits in each factor or in other words 30 merits. And on

this basis provides a comprehensive evaluation of personality. This questionnaire contains 2 forms (S) for private reports and includes 240 5-degree questions from completely agree to completely disagree that is graded by the subject and is suitable for men and women in all ages. And the other form is (R) or revised form and is observer based on rankings. This form also contains the same 240 questions but it begins with the 3rd person pronoun. Form (R) either can be used independently for evaluating the personality or as a compliment for private reports of the form or its reliability [8].

Short form of NEO test (NEO-FFI) is used in order to evaluate personal merits. 5 main personality factors is used for evaluating, if the test running time is really limited and the general information of person is enough this questionnaire would be used. On the other hand, running this test is economical from expense and time point of view, its scales have a high validity and there is a high correlation among scales and the most important despite of other personality tests, this test received less critics [8].

Scoring

This test is used to evaluate 5 main factors of personality which are: Psychosis (definitions 1:6:11:16:21:26:31:36:41:46:51:56), extroversion (definitions 2,7,12,17,22,27,32,37,42,47,52,57), flexibility (openness) (definitions 4,9,14,19,24,29,34,39,44,49,54,59) to be pleasant (adoption) (definitions 4:9:14:19:24:29:34:39:44:49:54:59) conscientious-ness (definitions 5:10:15:20:25:30:35:40:45:50:55:60) the questionnaire answer sheet is set out based on Likert scale (completely disagree, disagree, neutral, agree, completely agree). Short form scoring of this questionnaire means NEO-FFI is not equal in all the subjects. That is in scoring of some short form subjects, score 4 goes to completely disagree, score 3 to disagree, score 2 to neutral, score 1 to agree, and score 0 to completely agree (definitions No.6:41:51:56:2:7:17:22:32:37:47:53:58:4:19:34:49:59:5:10:20:25:35:40:50:6) and other definitions are scored reversely (completely disagree 0, disagree 1, neutral 2, agree 3, completely agree 4) Garoosi Farshi. Validity and reliability of personality merits (NEO) are 0/83 and 0/79 [1].

B) Oxford welfare questionnaire:

Oxford welfare questionnaire (OHI) edited by Argyl & Lu in 1990 [9]. This questionnaire includes 23 items which is scored from zero to 3 in a four-degree Likert scale. The score range is from 0 to 87. The high score shows the high welfare and the low one shows the low welfare.

Psychometrics properties

In Fransis & Robbins (2003) study, the questionnaire's stability is achieved 92% by using Cronbach's alpha. Argyl, et al reported the stability of Oxford questionnaire 90% with the help of Cronbach's alpha coefficient and the stability of its retest 78% during one week. The simultaneous reliability of this questionnaire was calculated 43% with the help of

individuals' friends' evaluation about them. Also, since welfare includes three parts: positive emotion, is considered as the absence of negative emotion, the questionnaire correlation is equal with the scale of positive emotion (0/32), which is calculated (0/57) with indication of life satisfaction and (-0/52) with Beck depression questionnaire.

In a research done by Alipoor & Harris (2007) in order to investigate the validity and reliability of Oxford welfare list [9], 3 samples including 142 men and 227 women were selected out of employees and students who are resident of Tehran with age average of 24 years and 11 months and age range of 18-53 years from 2, 5, 11, 18 districts of Tehran (based on four parts of west, center, south and north) and Karaj, Shahriar, and Islam Shahr counties. Selected people of Oxford welfare list, filled Eisenk personality questionnaire and Beck depression list. Investigation of internal similarity of Oxford welfare list showed that all 29 proposition of this list had a high correlation with total score. Cronbach's alpha was equal 0/91 for all the list. Pearson correlation between Oxford welfare list with Beck depression list and introversion and extroversion sub-scales of Eisenk personality questionnaire were equal with -0/48, 0/45 and -0/39, respectively that have been confirming convergent and divergent reliability of Oxford Welfare List. Results of factor analysis by extracting 5 factors: life satisfaction, self-respect, active welfare, satisfaction and positive mood could explain overall 49/7% of whole variance with a specific value bigger than 1. The average score of 111 Iranian subjects in Oxford welfare list (42/07) were different from research's findings of Argyl (M=35/6).

The findings of research showed that Argyl has a suitable reliability for evaluating welfare in Iranian society in a research which has done by Poorali & Noorbala (1997) with a sample of 101 students from Tehran universities. Internal matching coefficient for men and women's of the group were 0/94 and 0/90 respectively, and retest reliability was 0/78 after 7 weeks and the reliability of retest with a three-week time interval in a 25-people sample was 0/79. But, since just Tehran universities' students with a low volume sample (101) people were used for Argyl investigation in Poorali & Noorbala (1997) research, therefore, another research was done by Dr. Alipoor & agah Harris (2007) to investigate the reliability and validity of Argyl 29-proposition revised form using more sample volume and wider statistical sample, in addition to reviewing the validity and reliability of the Argyl revised form, determine the relationship between the scores resulted from the list and the personality traits of Eisenk and Beck's depression scores.

C) Resilience scale questionnaire:

Conner resilience scale- Connor Davidson's questionnaire of this scale includes 25 questions and is prepared by Conner Davidson (2003) with pressure and threaten to evaluate the resistance strength, Conner – Davidson measures resilience structure in a size of 5-degree Likert from zero to four. The least resilience score of participants in zero scale and the most

score of them is 100. The results of primary study is related to psychometric property, has verified its validity and reliability (Conner Davidson, 2003). Internal matching, retest reliability and convergent and divergent reliability have been reported on a sufficient scale. Validity in the way of factor analysis and convergent and divergent validity and reliability by retesting and Alpha Cronbach's method has been established by test makers in various groups (normal at risk). To use this test in Iran, translating to English was done first and its use was obtained after confirmation of license scale producers. Then Cronbach alpha was used for reliability authentication and factor analysis method applied to determine the validity. Reliability of the scale obtained 93% that was quietly in consistence with reported reliability by scale makers. Factor analysis results by main components method indicated the presence of a general factor in the scale. The criterion for extracting the slope factors of the curve was Escari and the specific value was higher than one. KMO indicator was 91% and Batlet Corvit coefficient was 2174 and in meaningful level was 0/0001 that showed the adequacy sampling of questions and correlation matrix. The current research result are in consistence with other research findings which have investigated the validity and reliability of this scale.

FINDINGS

Descriptive statistics

Table 1: data related to subjects' resilience explanation

Variable	Frequency	The least	The most	Average	Standard deviation
Resilience	351	59	100	91/492	13/607

According to table 1 the findings related to resilience show that the least score of resilience in the sample under study is 59 and the most score is 100 also resilience average among subjects 91/492 and its satandard deviation is 13/607.

Table 2: descriptive data related to welfare

Variable	Frequency	The least	The most	Average	Standard deviation
welfare	351	35	87	58/532	16/60

Table 2 shows descriptive findings related to welfare. Based on these data the least score in the sample under study is 35 and the most is 87 and also welfare average among subjects 58/532 and standard deviation is 16/60.

Table 3: descriptive data is related to personality trait and its components

Variable	Frequency	The least	The most	Average	Standard deviation
neurosis	351	20	60	39/504	10/428
Extroversion	351	18	58	42/849	10/190

Agreeableness	351	20	60	40/230	10/836
Conscientiousness	351	18	58	43/148	9/601
Openness to experience	351	18	58	43/262	9/798

Table 3 shows the findings related to personality trait and its components. As you can see the least and most average and standard deviation is related to neurosis personality trait with the least average of 39/504 and the personality property of openness to experience and the most average of 42/849 and the personality property of conscientiousness with 9/601 was the lest standard deviation and the personal property of agreeableness with 10/836.

Analysis findings related to research hypothesis: Data normality

To investigate being normality or not being not normality in this research, research variables use Kolmogorov-Smirnov test. As the table below shows the meaning level of varieties is bigger than 0/05; therefore Pearson test is used.

Table 4: the results of Kolmogorov-Smirnov test to investigate distribution normality.

Meaningful number	Kolmogorov-Smirnov statistics	Sample	Variable
351	0.146	351	Neurosis
0.144	0.102	351	Extroversion
0.156	0.081	351	Agreeableness
0.079	0.093	351	Conscientious-ness
0.082	0.184	351	Openness to experience
0.069	0.138	351	Neurosis
0.071	0.119	351	Resilience
0.091	0.098	351	Welfare

The findings related to mediator relations of variables:

The results of hypothesis test related to indirect directions and mediator impacts are provided in this section.

- **First hypothesis:** there is a meaningful relationship between resilience as a mediator variable and neurosis personality trait and welfare among Islamic Azad university of Ilam branch students.

This hypothesis can be determined as following graph:

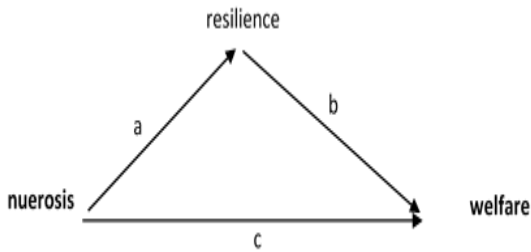


Table 5: resilience regression coefficient and welfare and neurosis trait personality

meaningful	t	Standard coefficients		Non- standard coefficient	Model
		Ceta	Standard deviation		
0.000	29.461		3.035	89.403	Fix 1
0.000	-10.520	-0.491	0.074	-0.781	neurosis
0.000	32.745		4.240	13.8558	Fix 2
0.064	-6.039	-0.247	0.065	-0.394	Neurosis
0.000	-14.197	-0.581	0.050	0.708	Resilience

It is seen according to above table, in the first model, neurosis is applied as prediction of welfare. The coefficient of neurosis direction to welfare (c direction) is meaningful with meaningful level of 0/000. The second model shows a position that both resilience and neurosis, are placed as welfare prediction variables in regression equation. As the table findings show, when resilience variable is added to neurosis variable as second prediction variable, the value of the regression coefficient of the first variable (neurosis) becomes meaningless. This status emphasis the resilience impact in this relationship.

Second hypothesis: there is a meaningful relationship between resilience as a mediator variable and extroversion and welfare personality trait in Islamic Azad university of Ilam branch students.

This hypothesis can be identified as bellow graph:

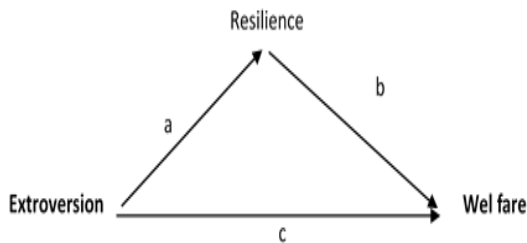


Table 6: the coefficient of resilience regression and extroversion and welfare personality trait

meaningful	t	Standard coefficients		Non- standard coefficient	Model
		Ceta	Standard deviation		
0.000	30.337		3.202	97.135	Fix 1
0.000	12.392	-0.553	0.073	-0.901	extroversion
0.000	33.956		4.154	14.050	Fix 2
0.087	-7.640	-0.309	0.066	-0.503	Extroversion
0.000	13.539	-0.547	0.049	0.666	Resilience

According to above table, in the first model, extroversion is applied as welfare prediction. The coefficient of extroversion direction to welfare (direction c) is meaningful with meaningful level of 0/000.

Second model shows a position that both extroversion and resilience, are placed as welfare prediction variables in regression equation. As the findings of the table show, when resilience variable is added to extroversion variable as second prediction variable, the regression coefficient of the first variable (extroversion) becomes meaningless. This status emphasis the impact of resilience mediator in this relationship.

Third hypothesis: there is a meaningful relationship between resilience as mediator variable and agreeableness personality trait with welfare in students of Islamic Azad university of Ilam branch.

This hypothesis can be identified as following graph:

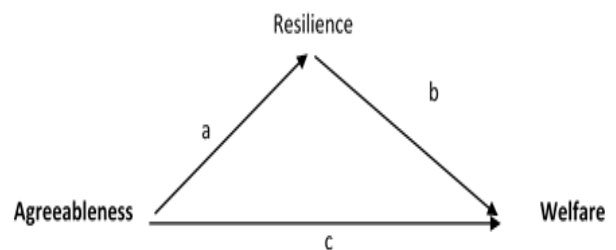


Table 7: the coefficient of resilience regression and welfare and agreeableness personality trait.

meaningful	t	Standard coefficients		Non- standard coefficient	Model
		Ceta	Standard deviation		
0.000	28.576		3.239	92.562	Fix 1
0.000	10.814	-0.501	0.078	-0.846	Agreeableness
0.000	32.981		4.255	14.323	Fix 2

0.147	-6.362	-0.259	0.069	-0.438	Agreeableness
0.000	-14.135	-0.576	0.050	0.702	Resilience

According to the table above it can be seen, in the first model, agreeableness is applied as welfare prediction. The coefficient direction of agreeableness to welfare (direction c) is meaningful with meaningful level. The second model shows a position that both agreeableness and resilience, are placed in regression equation as prediction variables, simultaneously. As table findings show, when resilience variable is added to agreeableness as second prediction variable, the value of regression coefficient of the first variable (agreeableness) becomes meaningless. This status emphasis mediator resilience in this relationship.

Fourth hypothesis: there is a meaningful relationship between resilience as a mediator variable and openness to experience and welfare personality trait in students of Islamic Azad university of Ilam branch.

This hypothesis can be identified as following graph:

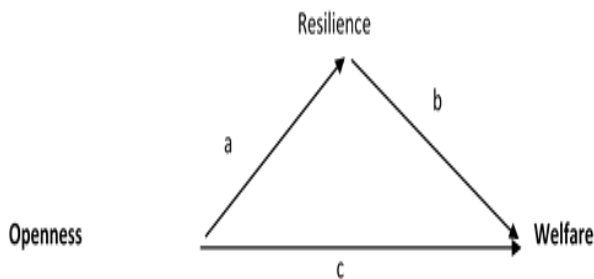


Table 8: the regression resilience coefficient and openness to experience and welfare personality trait

meaningful	t	Standard coefficients		Non- standard coefficient	Model
		Ceta	Standard deviation		
0.000	30.337		3.202	97.135	Fix
0.000	-12.392	-0.553	0.073	-0.901	Openness to experience
0.000	33.826		4.203	14.1552	Fix
0.092	-7.467	-0.302	0.068	-0.511	Openness to experience
0.000	-13.658	-0.552	0.049	0672	Resilience

As it shown in the table above, in the first model openness to experience is applied as prediction of welfare. The coefficient direction of openness to experience to welfare (direction c) is meaningful with meaningful level 0/000. Second model shows a position that both openness to experience and resilience, are placed as welfare prediction variables in

regression equation, simultaneously. As table findings show, when resilience variable is added to openness to experience as second prediction variable, the value of regression coefficient of the first variable (openness to experience) becomes meaningless. This status emphasis mediator resilience in this relationship.

Fifth hypothesis: there is a meaningful relationship between resilience as a mediator variable and conscientious welfare personality trait in students of Islamic Azad university of Ilam branch.

This hypothesis can be identified as following graph:

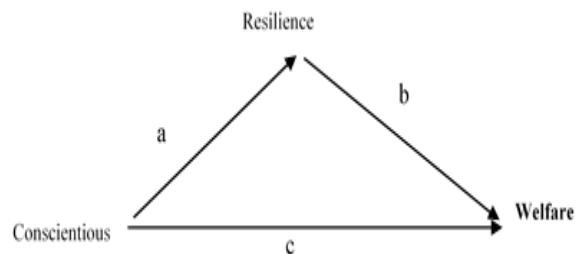


Table 9: the regression resilience coefficient and conscientious and welfare personality trait.

meaningful	t	Standard coefficients		Non- standard coefficient	Model
		Ceta	Standard deviation		
0.000	29.301		3.408	99.854	Fix
0.000	-	-0.554	0.077	-0.958	Conscientiousness
0.000	33.912		4.197	14.3162	Fix
0.079	-7.572	-0.307	0.070	-0.531	Conscientiousness
0.000	-	-0.546	0.049	0.665	Resilience

As it shown in the table above, in the first model conscientious is applied as prediction of welfare. The coefficient direction of conscientious to welfare (direction c) is meaningful with meaningful level 0/000. Second model shows a position that both conscientious and resilience, are placed as welfare prediction variables in regression equation, simultaneously. As table findings show, when resilience variable is added to conscientious as second prediction variable, the value of regression coefficient of the first variable (openness to experience) becomes meaningless. This status emphasis mediator resilience in this relationship.

Sixth hypothesis: there is a meaningful relationship between resilience as a mediator variable and personality traits and welfare in students of Islamic Azad university of Ilam branch.

This hypothesis can be identified as following graph:

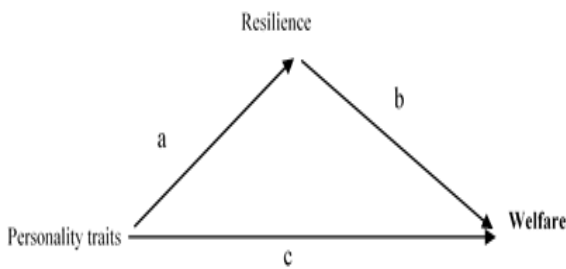


Table 10: the regression resilience coefficient and personality trait and welfare.

meaningful	t	Standard coefficients		Non- standard coefficient		Model
		Ceta	Standard deviation	B		
0.000	30.095		3.404	10.4302	Fix	1
0.000	-13.201	-0.577	0.016	-0.210	Personality traits	
0.000	34.237		4.158	14.3432	Fix	2
0.115	-7.955	-0.325	0.015	-0.118	Personality traits	
0.000	-12.979	-0.530	0.050	0.646	Resilience	

As it shown in the table above, in the first model personality trait is applied as prediction of welfare. The coefficient direction of personality traits to welfare (direction c) is meaningful with meaningful level 0/000. Second model shows a position that both personality trait and resilience, are placed as welfare prediction variables in regression equation, simultaneously. As table findings show, when resilience variable is added to personality trait as second prediction variable, the value of regression coefficient of the first variable (personality trait) becomes meaningless. This status emphasis mediator resilience in this relationship.

DISCUSSION AND CONCLUSION:

First hypothesis: there is a meaningful relationship between resilience as a mediator variable and neurosis personality trait and welfare in students of Islamic Azad university of Ilam branch.

The investigation of the relationship between resilience as a mediator variable and neurosis personality trait and welfare is conducted in this research, the results showed that in the first model, neurosis is applied as a prediction of welfare. The coefficient direction of neurosis is meaningful with meaningful level of 0/000. The second model shows a situation that both neurosis and resilience, are placed in regression equation as prediction variables of welfare, simultaneously. When resilience variable is added to neurosis variable as second prediction variable, the value of regression coefficient of the first variable (neurosis) becomes meaningless. This status emphasis mediator resilience in this relationship.

Findings of this research are in compliance with former research studies of Gholipour et al. (2016), Niazi Azari research, Safari (2012) [10], and are not in compliance with Mirzaei, Hatami (2010), Maleki akbarzade, Naqi Aqdasi's (2013) [11] studies.

Another goal of the present research, is investigation of indirect impact of neurosis personality trait on welfare through resilience. Results explanation indicates that neurosis personality trait is the indirect predictor of welfare. In the meantime, there is a negative indirect relationship between neurosis and welfare; that is neurosis results welfare decrease by reducing resilience in individuals. It can be said in explanation of this finding that neurosis use exciting-base problem solving strategies [12] as a result, they show a more resilience against problems and they can overcome problems more calmly, this creates self-efficacy and control in them that leads to welfare in individuals.

Second hypothesis: there is a meaningful relationship between resilience as a mediator variable and extroversion personality trait and welfare in students of Islamic Azad university of Ilam branch.

The investigation of the relationship between resilience as a mediator variable and extroversion trait and welfare is conducted in this research, the results showed that in the first model, extroversion is applied as a prediction of welfare. The coefficient direction of extroversion is meaningful with meaningful level of 0/000. The second model shows a situation that both extroversion and resilience, are placed in regression equation as prediction variables of welfare, simultaneously. When resilience variable is added to extroversion variable as second prediction variable, the value of regression coefficient of the first variable (extroversion) becomes meaningless. This status emphasis mediator resilience in this relationship.

Findings of this research are in compliance with Mirzaei, Hatami (2010), Maleki akbarzade, Naqi Aqdasi's (2013) studies.

Results show that extroversion has an indirect relationship with welfare through resilience. It can be said in explanation of this finding that extroverts involve characteristics such as hardworking, intimate relationships and high social activities that causes to use better confrontation methods and social supports in the face of difficulties. Therefore, they would not get upset and perish against problems and more likely can experience welfare. In addition, extroverts, has a higher positive affection and experience more positive emotions and excitement; they do more active strive in the face of problems for confronting with tensions and pressures. This is why they can be stronger against problems and don't lose their composure and as a result experience more welfare.

Third hypothesis: there is a meaningful relationship between resilience as a mediator variable and

agreeableness personality trait and welfare in students of Islamic Azad university of Ilam branch.

The investigation of the relationship between resilience as a mediator variable and agreeableness trait and welfare is conducted in this research, the results showed that in the first model, agreeableness is applied as a prediction of welfare. The coefficient direction of agreeableness is meaningful with meaningful level of 0/000. The second model shows a situation that both agreeableness and resilience, are placed in regression equation as prediction variables of welfare, simultaneously. When resilience variable is added to agreeableness variable as second prediction variable, the value of regression coefficient of the first variable (agreeableness) becomes meaningless. This status emphasis mediator resilience in this relationship.

Findings of this research are not in compliance with Niazi Azari, Safari (2011), Maleki, Akbarzadeh, Naghi Aghdasi (2014), is incompatible with the studies of Gholipour et al. (2015)

Results show that agreeableness has an indirect causative relationship with welfare through resilience. As pointed, people who have agreeableness personality trait are basically altruist, sympathizes with others and intends to help them and believes that others are reciprocally assistant, this kind of personality trait can prepare the context for a better confrontation with problems and higher resilience. Since resistant people can face their problem better, therefore, would experience more welfare as well.

Fourth hypothesis: there is a meaningful relationship between resilience as a mediator variable and openness to experience personality trait and welfare in students of Islamic Azad university of Ilam branch.

The investigation of the relationship between resilience as a mediator variable and openness to experience trait and welfare is conducted in this research, the results showed that in the first model, openness to experience is applied as a prediction of welfare. The coefficient direction of openness to experience is meaningful with meaningful level of 0/000. The second model shows a situation that both openness to experience and resilience, are placed in regression equation as prediction variables of welfare, simultaneously. When resilience variable is added to openness to experience variable as second prediction variable, the value of regression coefficient of the first variable (openness to experience) becomes meaningless. This status emphasis mediator resilience in this relationship.

Findings of this research are in compliance with Niazi Azari, Safari (2011), Maleki, Akbarzadeh, Naghi Aghdasi (2014), and Gholipour et al. (2015)

Results show that openness to experience has an indirect causative relationship with welfare through resilience. As pointed, people who have high openness to experience acquire great information in different fields of routine problems and difficulties. This awareness can provide the context for better problems facing and higher resilience. Since resilient people can face their problem better, therefore, they would experience more welfare, as well.

Fifth hypothesis: there is a meaningful relationship between resilience as a mediator variable and conscientious-ness personality trait and welfare in students of Islamic Azad university of Ilam branch.

The investigation of the relationship between resilience as a mediator variable and conscientious-ness trait and welfare is conducted in this research, the results showed that in the first model, conscientious-ness is applied as a prediction of welfare. The coefficient direction of conscientious-ness is meaningful with meaningful level of 0/000. The second model shows a situation that both conscientious-ness and resilience, are placed in regression equation as prediction variables of welfare, simultaneously. When resilience variable is added to conscientious-ness variable as second prediction variable, the value of regression coefficient of the first variable (conscientious-ness) becomes meaningless. This status emphasis mediator resilience in this relationship.

Findings of this research are in compliance with Niazi Azari, Safari (2011), Maleki, Akbarzadeh, Naghi Aghdasi (2014), and Gholipour et al. (2015)

Results show that conscientious-ness has an indirect meaningful relationship with welfare through resilience. It might be said in explanation of this finding that conscientious-ness has a high accuracy, discipline and programming in doing jobs. Therefore, problem-base confrontation style^[12] is likely used, as a result they will show more resilience and overcome the problems more calmly, and this makes self-efficacy and control feeling in them that leads to welfare.

Fifth hypothesis: there is a meaningful relationship between resilience as a mediator variable and personality traits and welfare in students of Islamic Azad university of Ilam branch.

The investigation of the relationship between resilience as a mediator variable and personality traits and welfare is conducted in this research, the results showed that in the first model, personality trait is applied as a prediction of welfare. The coefficient direction of personality trait is meaningful with meaningful level of 0/000. The second model shows a situation that both personality trait and resilience, are placed in regression equation as prediction variables of welfare, simultaneously. When resilience variable is added to personality trait variable as second prediction variable, the

value of regression coefficient of the first variable (personality trait) becomes meaningless. This status emphasizes mediator resilience in this relationship.

Findings of this research are in compliance with Maleki, Akbarzadeh, Naghi Aghdasi (2014), and Gholipour et al. (2015)

Overall, the explanation of the present research shows that resilience can work as a mediator of relationship between personality traits and welfare and as resilience increases, more happiness will be experienced. Since resilience is a trainable and changeable variable, welfare can be increased by increasing resilience in people. Given the importance of welfare matter and its effects in progress and social and personal excellence, it is needed to consider welfare principles and effective prequels on it in educational media and see it as a national act to all the people especially youth create necessary changes in themselves and the community gains the desired exhilaration.

It is suggested based on the research findings to do this research in other counties of the province in similar future researches and then compare the results of different counties to specify the effect of environmental factor on the relationship between variables. Also, investigate the role of some other variables on the students in future researches.

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