

Testing the Model of Psychological Well-Being Based on Moral Identity and Tolerance of Disturbance with the Mediation of Resilience in Female Students

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Introduction

The coronavirus has become a serious threat to public health and well-being. The spread of the virus, especially among children and teenagers, has caused great concern and anxiety. Given the pandemic's impact on important social, economic, and political aspects, it is crucial to explore the psychological effects of the disease on individuals at different levels of society. For instance, the psychological well-being of teenagers is of utmost importance, and factors such as moral identity, tolerance of disturbance, and resilience are believed to play a significant role. This study aims to examine the relationship between psychological well-being, moral identity, tolerance of disturbance, and resilience in female high school students.

Method

This study utilized a structural equation correlation design and included all female high school students in Ahvaz during the academic year 1401-1400. A total of 253 participants were selected through multi-stage cluster sampling. District 1 of Ahvaz was randomly chosen, and five secondary schools were randomly selected from this district. After coordinating with school principals and teachers, students were asked to respond to questionnaires through WhatsApp and student groups. The Psychological well-being of Ryffs (2002), Moral identity of Aquino & Reed (2002), Distress Tolerance of Simmons & Gahr (2005), and Resilience of Connor & Davidson (2003) were used to collect data. Descriptive and inferential

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statistics were used to analyze data, including Pearson correlation coefficient, structural equation modeling, and Cronbach's alpha method to calculate the reliability coefficients.

Results

The study found that all direct paths, except for the relationship between moral identity and psychological well-being, were significant ($p > 0.05$). There was also an indirect relationship between moral identity and psychological well-being through resilience, as well as between distress tolerance and psychological well-being through resilience.

Discussion

The study's findings can help improve the psychological well-being of students. The coronavirus pandemic has become a global health emergency, causing psychosocial stress, job closures, and increased mortality rates. These factors can reduce psychological well-being, but individuals with high resilience can maintain their mental health during these challenging times. Therefore, improving the psychological well-being of individuals should be a priority. It is suggested that educational workshops be held to help individuals control their behavior, improve their psychological tolerance, and enhance their psychological well-being.

Keywords: Distress tolerance, Moral identity, Psychological well-being, Resilience

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