Original

The Effectiveness of Positive Psychology Interventions on Increasing Exhilaration and Life Satisfaction in Art University Students

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Abstract

Background: The aim of the present study was to determine the effectiveness of positive psychology interventions on increasing vitality and life satisfaction in art university students. The current research design was semi-experimental. The statistical population of the current research was all students of the University of Arts in 2019.

Methods: From this community, 60 people were selected in an accessible way and were assigned to two experimental groups of 30 people (an emotion-oriented treatment intervention group) and control in a simple random way. To collect data, Diener's Life Satisfaction Questionnaire and Oxford Vitality Questionnaire were used. For data analysis, univariate covariance analysis was used using Spss26 software.

Results: According to the results of the research, the mean and standard deviation of the vitality variable after the intervention in the experimental and control groups were 58.50, 1.59 and 52.99, 1.73 respectively, and the mean and standard deviation of the life satisfaction variable after the intervention in the experimental and control groups were respectively. 29.08, 1.26 and 24.14, 1.16 were calculated. Also, the results of covariance analysis showed that positive psychology interventions were effective on the variables of vitality and life satisfaction of male and female students ($p<0.05$).

Conclusion: Therefore, counselors and psychologists can improve students' vitality and life satisfaction by using positive psychology interventions.

Keywords: positive psychology interventions, vitality, life satisfaction

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