

# Investigating the prediction of happiness based on lifestyle and cognitive emotion regulation in female students of Qazvin Azad University

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## Abstract

The aim of this study was to determine whether happiness could predict lifestyle and cognitive emotion regulation of female students of Qazvin Azad University. The research method was descriptive-correlational. The statistical population included all female students of Qazvin Azad University (6500 people) in 1397-1397. To select the sample, multi-stage cluster sampling was used, leading to 250 people. Tools used to collect data included the Kern Lifestyle Questionnaire (1975); Cognitive Emotion Regulation Questionnaire (Granfsky et al., 2001) and Argyle & Crossland (1989) Happiness Questionnaire. Data were analyzed using Pearson correlation coefficient and regression analysis. The results showed that there was a direct relationship between lifestyle and happiness in female students. A direct relationship was also seen between emotional cognitive regulation and happiness in female students. Lifestyle and cognitive emotion regulation predicted 47% of happiness changes in female students. Cognitive emotion regulation and lifestyle play important roles in predicting people's quality of life and happiness, so in designing programs based on improving quality of life and happiness, special attention should be paid to people's lifestyle.

**Keywords:** lifestyle, cognitive emotion regulation, happiness, university students.

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