
Prediction of Psychological Wellbeing and happiness in the Light of Islamic Lifestyle through the Management of Personality Traits

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The Islamic lifestyle and personality traits play a major role in the psychological wellbeing and happiness. In his research here, the author has studied the role of Islamic lifestyle and five key personality traits in the psychological wellbeing and happiness. His method is descriptive-solidarity. The society of research comprises both seminary and university students of Qom city who as the sample of 911 students filled out the forms of Islamic lifestyle questionnaires (ILST-75), five key personality traits (Goldberg, 1999), psychological wellbeing (Ryff 1995), depression-happiness (Joseph and McGreal, 1995). The research findings proved that the Islamic lifestyle and its minor standards including society, beliefs, acts of worship, morality, finance, family, health, knowledge and thinking, security and punctuality have a positive and meaningful relation to psychological wellbeing and happiness. The five personality traits have a positive and meaningful relation to psychological wellbeing and happiness, too. Another finding shows that through the Islamic lifestyle along with the controlling factors of personality, one can predict one's psychological wellbeing and happiness. As a result, strengthening the Islamic lifestyle may go to strengthen and intensify the happiness and psychological wellbeing of every individual.

Keywords: the Islamic lifestyle, personality traits, psychological wellbeing, happiness.

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