

The Mediation Role of Family Endurance in the relation of Islamic Lifestyle to the Satisfaction with Life

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Aims and Background: satisfaction with life plays a major role in the prevention of mental disorders. Some researches have proved the positive and meaningful ties between lifestyle and satisfaction with life. In what follows, the author goes to study the mediational role of family endurance in the relation between Islamic lifestyle and the satisfaction with life.

Method and materials: samples of statistics have been chosen from among the university student of Firdous city. For that matter, 133 students (98 males and 35 females) were chosen who filled out the questionnaire of satisfaction with life (Diener 1985), endurance family (Sixsbey 2005) and Islamic lifestyle (Kaviani 2009). Solidarity methods have been used in the course of analyzing the data, and the analysis of the course has been carried out according to Baron and Kenny's model and software of spss24 and Amos24.

Findings: the findings suggested that the satisfaction with life through the Islamic lifestyle (0/335), and through family endurance (0/437) have a meaningful and positive relation ($P < 0/001$), and family endurance, and the relation of Islamic lifestyle and satisfaction with life are (0/207).

Conclusion: through the increase of family endurance, Islamic lifestyle may have a good bearing upon the satisfaction with life. Strengthening the Islamic lifestyle in a family through the increase of family endurance against hardship increases the satisfaction with life for the members of that family.

Keywords: satisfaction with life, Islamic lifestyle, mediation of family endurance.

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