

Original Article

The Relationship between Virtues and Strengths of Character with Components of Happiness and Depression among Nurses in Tehran

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Abstract

Background and Aim: This study aimed to explain the relationship between the virtues and strengths of character, as well as the parameters of happiness level and depression among nurses in Tehran.

Materials and Methods: Based on the Morgan table and through a convenience sampling, 150 nurses in Tehran were selected and their character strengths and virtues, along with happiness and levels of depression were assessed. Data collection was conducted using a character strengths questionnaire and a positive psychotherapy questionnaire.

Results: The statistical analysis indicated a significant correlation of the happiness parameters with the character strengths and virtues in nurses. Furthermore, the character strengths and virtues could significantly predict the happiness parameters (pleasant life was predicted by the character strengths of bravery ($T=3.339$, $\alpha=0.00$) and self-control ($T=-2.012$, $\alpha=0.046$), engaged life was predicted by the character strengths of forgiveness ($T=2.016$, $\alpha=0.046$), and meaningful life was predicted by the character strengths of gratitude ($T=2.210$, $\alpha=.029$)), while happiness/depression parameters can be predicted only by the character virtue of courage. The results confirmed a relationship between them.

Conclusion: It can be concluded that there is a significant correlation between the virtues and strengths of character with components of happiness and depression between nurses.

Keywords: Nurses, Virtues, Character strengths, Happiness parameters, Depression, Positive psychology

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Introduction

Nursing is one of the most important health care professionals, playing a key role in the field. The application for health care increases daily with the growth of the population. Nurses, particularly in critical and complex conditions, are the first active and responsible groups with the supporter and defender role in the society (1). They are very patient, despite all the mental and physical pressures in the workplace, and as one of the main pillars in the medical team, they promote the quality of service (2). This strain may negatively impact the physical and mental status of individuals (3). Therefore, investing in nurses is very important to improve the quality due to the vital need for this group (4). The American Nurses Association termed the year 2017 as the "nurses' health" year due to their constant efforts (5). Nurses are in contact with groups who have difficult conditions and desperately need attention, care, and kindness. They need a high energy level and a sense of altruism to help them in such difficult situations. These are some of the criteria needed to feel happy (6). Happiness is one of the most important and basic goals of humans throughout life, which can have a direct impact on people's ability to make decisions, perseverance, and creativity (7). Humans have an innate ability to grow self-fulfillment and happiness; these feelings play a key role in health (8). The discussion on happiness is an old topic, and people have always been looking for a way to achieve it; however, the studies in this field are very new (9). The momentary and long-term pleasures and satisfaction and the feeling of complete happiness in life have different meanings that can be considered as happiness (10). According to extensive studies, happiness can improve people's performance and communication; thus, it has a very positive effect on nurses' performance in the workplace (11). Researchers have eliminated that people with mild happiness are more likely to be successful in contrast to those who consider themselves at the top of the happiest scale (12). For this reason, positive psychology has been introduced to advance this goal (13), reduce the experience of emotions causing harm to mental health, and increase satisfaction and

happiness (14). These methods have been used as strategies for preventing the recurrence of depression as well as shrinking the symptoms of depression (15). Increasing satisfaction can improve people's function in various occupations, including nursing (16). It can also enhance the level of physical and mental health while reducing unpleasant feelings and increase the level of satisfaction (17). However, constant communication with patients and high work pressure and stress, as well as observing the people suffering from pain, can be very harmful to nurses' health, putting them under high psychological pressure (18). These stressful work conditions can directly reduce their level of self-confidence. Also, difficult work shifts, especially night shifts, can disrupt nurses' sleep, thus lowering their energy level; accordingly, it can have a direct negative impact on the level of happiness and quality of life among them (19). Achieving approaches to promoting positive emotions is one of the most important aspects of positive psychology (20). This field scientifically examines the factors that make life worthwhile; indeed, its main goals are the growth of positive feelings and emotions, as well as behaviors and activities increasing the sense of happiness in life (21). One of the pillars of positive psychology is character abilities that include 24 components known as a perfect life's main components (22). Among them, kindness, perseverance, humility, and hope are all mentioned as the virtues and abilities of character (22). Studies have indicated that virtues and character strengths are associated with happiness and a sense of satisfaction (23). In the psychological literature over the last years, the concept of virtue was considered in rehabilitation studies; however, unfortunately, due to its immeasurability, when empiricism was considered, the use of this concept quickly disappeared and used again with the emergence of positive psychology (24). Character strengths and virtues include six virtues and twenty-four abilities, which are as follows: knowledge, wisdom (creativity, judgment, curiosity, perspective, love of learning); courage (bravery, honesty, perseverance, zest); humanity (kindness, love, social intelligence); justice (teamwork, leadership, fairness); temperance (prudence, forgiveness, humility, self-regulation); and transcendence (hope, appreciation of beauty and excellence, gratitude, spirituality, humor) (24).

This study aims to investigate the relationship between virtues and character strengths and levels of happiness in nurses. It may be used as a reference to improve the health of nurses, especially in their challenging conditions, which has had a significant impact on their health.

Methods

The current research aims to compare the character strengths and virtues, happiness, and depression levels; therefore, it is a correlational study. Also, since it attempts to investigate the predictive power, it is a correlational study. The research sample was selected through convenience sampling, and the study statistical population included all nurses working in Tehran. Thus, in order to conduct the study, a group of nurses working in hospitals (Alghadir Hospital, Resalat hospital, Children's Medical Center, Mofid Hospital, Milad Hospital, Labbafinezhad Hospital, Ayat-allah Taleghani Hospital, Roozbeh Hospital and nurses working in Roghayeh Nursery) was selected randomly based on the Morgan table in a size of 150 individuals. After obtaining the participants' consent, they were studied using the questionnaires applied in this study.

Materials

Measurement

The applied instruments were two-character strengths questionnaires and a positive psychotherapy questionnaire.

Character Strengths Survey: The character strengths questionnaire has been developed and assessed based on a standardized questionnaire of Seligman's Character Strengths Test. It includes 6 parameters of rationality, knowledge, love, humanity, courage, justice, moderation, and spirituality, transcendence, as well as 48 questions based on the 5-point Likert scale. In this study, the validation of the questions concerning the character strengths variables was conducted using the content validity method. However, after collecting the theories, indexing, and selecting the questionnaires, the items and questions were selected and edited by concluding and summarizing the opinions and ideas of the supervising

and advising professors. The reliability of the character strengths questionnaire was weighted based on the Cronbach's alpha technique among 30 women at a pilot study. Furthermore, this reliability was confirmed by calculating Cronbach's alpha. It should be noted that Cronbach's alpha ranges from 0 to 1, with 0 demonstrating unreliability, while 1 indicates the highest reliability among the questions and their internal consistency. If alpha is greater than 0.7, then the questions and items considered for assessing the concept or variable are sufficient.

Positive Psychology Questionnaires: The standardized positive psychotherapy questionnaire designed to measure happiness and depression levels was used to assess depression rates described by Seligman. Moreover, in this study the validation of the questions concerning the depression variables was conducted through content validity method. The reliability of the depression questionnaire was calculated as 0.9 by Seligman. Also, the reliability of the depression test was examined based on the Cronbach's alpha technique 30 women at a pilot study scale. Furthermore, this reliability was confirmed by calculating Cronbach's alpha.

Data analysis was performed using SPSS 16.0 software, in which the computation of frequency distribution and percentage helped to describe the qualitative characteristics, while the computation of Central and Dispersion Indexes helped to describe the quantitative characteristics. Finally, Parametric Pearson Correlation Coefficient Test, multiple linear regression, and one-way analysis of variance (F-test) were used to determine the relationships between variables after carrying out the Kolmogorov-Smirnov Test (Test of Normality).

Results

The questionnaire investigation shows that 47 participants are male (31.3%) and 103 participants are female (68.7%). Among men, 18 are married (38.3%) and 29 are single (61.7%), while, among women, 69 are married (67%), 29 are single (28.2%), and 5 are divorced (4.9%). In the total number of participants, 87 are married (58%), 58 are single (38.7%), and 5 are divorced (3.3%).

There is a relationship between the nurses' character

strengths and happiness parameters. In order to this, given the data normality, the Pearson Correlation Coefficient Test is conducted. As it is clear in table 1, the pleasant life parameter has a significant correlation with the character strengths of bravery ($r=-0.29$, $\alpha=0.01$), self-control ($r=-0.18$, $\alpha=0.05$), gratitude ($r=0.17$, $\alpha=0.05$), and spirituality ($r=0.16$, $\alpha=0.05$); the engaged life parameter has a significant correlation with the character strengths of bravery ($r=0.22$, $\alpha=0.01$), spirituality ($r=0.16$, $\alpha=0.05$), and forgiveness ($r=0.21$, $\alpha=0.01$). Also, the meaningful life parameter has a significant correlation with the character strengths of leadership ($r=0.17$, $\alpha=0.05$), humility ($r=0.16$, $\alpha=0.05$), and gratitude ($r=0.21$, $\alpha=0.01$); finally, the happiness/depression parameter has a significant correlation with the character strengths of bravery ($r=0.26$, $\alpha=0.01$), gratitude ($r=0.19$, $\alpha=0.05$), and spirituality ($r=0.17$, $\alpha=0.05$). Therefore, based on the presupposition of the linear regression, which claims a correlation between the predictor and the criterion parameters for each above-mentioned happiness parameters, the character strengths with their significant correlations stated are inserted in the regression equation as a predictor variable.

There is a relationship between the nurses' character virtues and happiness parameters. Given the data normality, the Pearson Correlation Coefficient Test is conducted. Table 2 demonstrates the results of the correlation observed between the happiness parameters and character virtues. As it is clear, the pleasant life parameter has a significant correlation with the character virtue of transcendence ($r=-0.20$, $\alpha=0.05$); the engaged life parameter has a significant correlation with the character virtues of courage ($r=0.22$, $\alpha=0.01$) and transcendence ($r=0.20$, $\alpha=0.05$). Further, the meaningful life parameter has a significant correlation with the character virtue of spirituality ($r=-0.18$, $\alpha=0.05$); finally, the happiness/depression parameter has a significant correlation with the character virtues of courage ($r=0.18$, $\alpha=0.01$) and transcendence ($r=0.21$, $\alpha=0.01$). Therefore, based on the presupposition of the linear regression, which claims a correlation between the predictor and the criterion parameters for each above-mentioned happiness parameters, the character virtues with their significant correlations stated, are inserted in the regression equation as a predictor variable.

Character strengths and virtues can predict the parameters of nurses' happiness; this can be processed using multiple linear regression analysis. In order to use multiple regression analysis, the following five assumptions should be considered: The independent variables and the dependent variable should have an interval scale or a ratio scale of measurement. The data should be derived from a normal population. There should be a significant correlation between the predictor and the criterion variables. There should not be any collinearity between the independent variables. The assumption of independence of errors should be set. The first assumption of this analysis is confirmed, and the entire variables are interval. The rest of the assumptions addressing the predictor and the criterion parameters have been examined and will be described later. This case has three independent criterion variable. It predicts the character strengths and virtues of the pleasant life parameter among the nurses. Given the third assumption, which refers to a significant correlation between the predictor and the criterion variables, the strengths of bravery, self-control, gratitude, and spirituality, as well as the virtues of transcendence, can be entered into the regression equation. In order to assess the fourth assumption, one can use the tolerance index, variance inflation factor, or/and posture variation index.

Table 3 provides the outcome of the regression relationship model between the research parameters of common factor or the regression equation. As shown, the last multiple regression equation of this hypothesis can be as follows.

The prediction of character strengths and virtues of the engaged life parameter among the nurses is the next case. The next equation is concerned with the predictability of character strengths and virtues in the context of the criterion variable of the engaged life. According to the third assumption, which refers to a significant correlation between the predictor and the criterion variables, the character strengths of bravery,

Table 1: Correlation relationship between components of happiness and character strength

	pleas ant life	engage d life	mean ingful life	total	CURIO SITY	LOVE- OF- LEAR NING	TRAN SCEN DENC E	CREA TIVITY	SOCIA L INTEL LIGEN CE	PERS PECTI VE	BRAV ERY	PERS EVER ANCE	HONE STY	KINDN ESS	LOVE	TEAM WORK	FAIRN ESS	LEAD ERSHI P	SELF REGU LATIO N	PRUD ENCE	HUMIL ITY	WISD OM	GRATIT UDE	HOP E	SPIR ITUA LITY	FORGI VENE SS	Humor	Ze st
pleasa nt life	1																											
engage d life	.570* *	1																										
mean ingful life	.474* *	.559**	1																									
total	.846* *	.852**	.790 **	1																								
CURIO SITY	- 0.097	-0.047	- 0.03 7	- 0.076	1																							
LOVE- OF- LEAR NING	- 0.026	-0.005	- 0.05 4	- 0.037	.166*	1																						
TRAN SCEN DENC E	0.05	0.067	- 0.02 9	0.039	- 0.085	- 0.105	1																					
CREA TIVITY	- 0.044	0.036	- 0.02 4	- 0.016	- 0.034	-0.12	.238* *	1																				
SOCIA L INTEL LIGEN CE	0.106	0.108	0.10 4	0.125	0.128	0.037	.254* *	0.055	1																			
PERS PECTI VE	0.159	0.048	- 0.04 4	0.073	0.078	0.037	0.12	0.059	0.057	1																		
BRAV ERY	.291* *	.221**	0.13 6	.268* *	- 0.031	0.015	0.072	0.139	- 0.009	0.071	1																	
PERS EVER ANCE	0.052	0.16	0.06 7	0.108	0.061	0.05	- 0.004	0.016	0.094	0.013	- 0.003	1																
HONE STY	- 0.061	0.035	- 0.05 6	- 0.036	0.108	- 0.079	.314* *	.176*	.182*	.166*	0.082	.177*	1															
KINDN ESS	0.098	-0.035	0.08	0.057	-0.05	-.204*	0.145	- 0.063	.254* *	0.026	- 0.008	0.124	0.054	1														
LOVE	0.026	-0.028	0.06 2	0.022	0.116	- 0.029	0.1	0.053	0.049	- 0.153	0.016	0.072	.207*	0.023	1													
TEAM WORK	0.024	0.023	- 0.01 6	0.014	0.009	0.038	- 0.075	- 0.005	0.083	0.015	.190*	0.12	0.005	0.047	-0.026	1												
FAIRN ESS	0.053	0.01	- 0.04 5	0.013	- 0.098	-.198*	.362* *	0.111	.262* *	0.022	0.055	0.011	.220* *	.279* *	0.049	- 0.053	1											
LEAD ERSHI P	0.063	0.095	.171 *	0.126	.170*	-0.02	.297* *	.318* *	.211* *	0.07	0.1	0.038	.198*	0.029	.180*	- 0.134	.164*	1										
SELF REGU LATIO N	-.180*	-0.063	- 0.12 1	-0.15	- 0.088	- 0.081	.240* *	.187*	0.078	- 0.039	0.04	0.023	.217* *	0.016	0.037	- 0.006	.172*	0.08	1									
PRUD ENCE	0.009	0.029	- 0.06 3	0.003	0.052	- 0.044	0.018	- 0.073	0.043	0.048	0.094	0.057	0.108	0.08	-0.107	0.084	0.085	0.015	0.025	1								
HUMIL ITY	- 0.072	-0.098	- .162 *	- 0.126	- 0.067	- .237* *	- 0.075	- 0.112	- 0.028	0.031	- 0.056	0.103	0.018	0.004	0.015	0.06	0.012	- 0.066	.162*	0.116	1							
WISD OM	0.012	0.069	- 0.00 4	0.028	0.085	- 0.084	0.106	0.051	0.101	- 0.089	0.102	0.017	0.09	0.022	0.145	.170*	0.131	0.146	0.146	-0.09	- 0.022	1						

GRATITUDE	.179*	0.107	.215**	.196*	-	0.097	0.101	-	0.099	0.125	0.009	0.046	0.036	0.126	0.09	0.012	0.086	0.097	-	0.006	-	0.116	1				
				0.078	-		0.018											0.143		0.116							
HOPE	0.144	-0.004	-	0.057	-	-	.245*	0.099	.178*	-	.212*	0.053	0.122	0.013	-0.021	-	0.133	0.029	-	0.006	.302*	0.098	1				
			0.017	0.081	0.051		*			0.008	*				0.063				0.047	0.072	*						
SPIRITUALITY	.211*	.164*	0.038	.171*	0.006	0.145	-	0.003	0.051	-0.11	.177*	.199*	0.025	0.065	-0.025	.305*	0.137	-	0.017	0.122		0.077	0.017	0.114	0.079	0.022	
							0.042									*										1	
FORGIVENESS	0.05	.216**	0.125	0.152	0.006	-	.199*	0.053	0.035	-	0.05	0.122	0.122	0.078	0.113	-0.02	.307*	0.135	0.008	0.098	-0.06	0.063	.244**	0.071	0.105	1	
					0.008					0.032							*										
Humor	0.02	0.094	0.066	0.068	.167*	-	-	.248*	0.013	-	.179*	0.137	.237*	0.004	.190*	0.07	0.105	.284*	0.106	-	-	0.105	-0.042	0.054	0.112	0.044	
						0.031	0.006	*		0.008			*				*	*								1	
Zest	0.071	0.016	0.029	0.047	0.021	-	.191*	.248*	0.019	0.013	0.129	-	0.139	0.031	0.084	-0.01	.175*	.178*	.195*	-	-	0.089	-0.04	.170*	0.026	.196*	
					0.077		*	*				0.053							0.009	0.054					1		

Table 2:Results from the correlation between happiness components and virtues.

	pleasant life	Engaged life	meaningful life	total	WISDOM	COURAGE	HUMANITY	JUSTICE	TRANSCENDENCE
pleasant life	1								
Engaged life	0.570**	1							
meaningful life	0.474**	0.559**	1						
total	0.846**	0.852**	0.790**	1					
WISDOM	0.012	0.04	-0.08	-0.01	1				
COURAGE	0.149	0.223**	0.079	0.181*	0.239**	1			
HUMANITY	0.119	0.021	0.129	0.105	0.11	.206*	1		
JUSTICE	0.082	0.075	0.067	0.091	0.236**	0.286**	0.292**	1	
TEMPERANCE	-0.13	-0.07	-.183*	-0.15	-0.05	.170*	0.038	0.135	
TRANSCENDENCE	0.207*	0.200*	0.139	0.217**	0.192*	0.339**	0.223**	0.421**	1

Table 3:Common factor of regression model equation between research components.

row		Non-standardized common factor		Standardized common factor		p-value
		B	Std. Error	Beta	T	
	constant	6.359	2.471		2.573	0.011
1	BRAVERY	0.613	0.183	0.266	3.339	0.001
2	SELF REGULATION	-0.336	0.167	-0.159	-2.012	0.046
3	GRATITUDE	0.267	0.184	0.128	1.448	0.150
4	SPIRITUALITY	0.253	0.188	0.118	1.346	0.181
5	TRANSCENDENCE	0.024	0.065	0.037	0.371	0.711

As can be seen, the variance changes of this hypothesis's dependent variable, which is the pleasant life, can be predicted by the character strengths of bravery ($T=3.339$, $\alpha=0.00$), written as X_1 in this equation, and self-control ($T=-2.012$, $\alpha=0.046$), written as X_2 . $Y = 6.359 + .613X_1 - .336X_2$

Table 4:Common factor of regression model equation between research components.

row		Non-standardized common factor		Standardized common factor		p-value
		B	Std. Error	Beta	T	
	constant	4.994	2.227		2.242	0.026
1	BRAVERY	0.286	0.192	0.142	1.487	0.139
2	SPIRITUALITY	0.188	0.166	0.101	1.133	0.259
3	FORGIVENESS	0.354	0.176	0.185	2.016	.046
4	COURAGE	0.097	0.102	0.094	0.954	0.342
5	TRANSCENDENCE	-0.003	0.059	-0.005	-0.043	0.966

As seen, the variance changes of this hypothesis's dependent variable, which is the engaged life, can be predicted just by the character strengths of forgiveness ($T=2.016$, $\alpha=0.046$), written as X_1 in this equation. $Y = 4.994 + .354X_1$

spirituality, and forgiveness, as well as the character virtues of courage and transcendence, can be entered into the equation.

The final outcome of the regression relationship model between the research parameters of common factor or the regression equation is provided in Table 4. In order to assess the fourth assumption, one can use the tolerance index, variance inflation factor, or/and posture variation index. Table 4 gives the final multiple regression equation as follows.

The next case predicts the character strengths and virtues of the meaningful life parameter among the nurses. The next equation is concerned with the predictability of character strengths and virtues in the context of the criterion variable of the meaningful life. According to the third assumption, which refers to a significant correlation between the predictor and the criterion variables, the character strengths of leadership, humility, and gratitude, as well as the

character virtue of moderation, can be entered into the equation. In order to assess the fourth assumption, one can use the tolerance index, variance inflation factor, or/and posture variation index. The outcome of the regression relationship model between the research parameters of common factor or the regression equation is provided in Table 5. Table 5 demonstrates the final multiple regression equation as follow.

Prediction of the character strengths and virtues of the depression level among the nurses and is concerned with the predictability of the character strengths and virtues dimensions in the context of the happiness/depression variable. According to the third assumption which refers to a significant correlation between the predictor and the criterion variables, the character strengths of bravery, gratitude and spirituality, and among the character virtues, only the virtues of courage and transcendence can be entered into the equation.

Table 5: Common factor of regression model equation between research components.

row	Non-standardized common factor		Standardized common factor		
	B	Std. Error	Beta	T	p-value
	constant	11.391		6.263	0.001
1	LEADERSHIP	0.252	0.131	1.927	0.056
2	HUMILITY	-0.074	0.187	-0.399	0.691
3	GRATITUDE	0.288	0.130	2.210	0.029
4	SPIRITUALITY	-0.120	0.097	-1.248	0.214

As shown, the variance changes of dependent variable, which is the meaningful life, can be predicted by the character strengths of gratitude ($T=2.210$, $\alpha=.029$), written as X_1 in this equation. $Y = 11.391 + .288X_1$

Table 6: Common factor of regression model equation between research components.

row	Non-standardized common factor		Standardized common factor		
	B	Std. Error	Beta	T	p-value
	constant	4.994		2.242	0.026
1	BRAVERY	0.286	0.192	1.487	0.139
2	SPIRITUALITY	0.188	0.166	1.133	0.259
3	FORGIVENESS	0.354	0.176	2.016	.0046
4	COURAGE	0.097	0.102	0.954	0.342
5	TRANSCENDENCE	-0.003	0.059	-0.043	0.966

As it is shown, the variance changes dependent variable which is the happiness/depression parameter, can be predicted by the character virtue ($T=2.486$, $\alpha=.014$), written as X_1 in this equation. $Y = 18.827 + 1.193X_1$

Table 7: Common factor of regression model equation between research components.

row	Non-standardized common factor		Standardized common factor		
	B	Std. Error	Beta	T	p-value
	constant	11.391		6.263	.000
1	LEADERSHIP	0.252	0.131	1.927	.056
2	HUMILITY	-0.074	0.187	-0.399	.691
3	GRATITUDE	0.288	0.130	2.210	.029
4	SPIRITUALITY	-0.120	0.097	-1.248	.214

In order to assess the fourth assumption which suggests that there should not be any collinearity between the predictor variables, one can use the tolerance index, variance inflation factor or/and posture variation index. The outcome of the regression relationship model between the research parameters of common factor or the regression equation is shown in table 6. Table 6 demonstrates that the final multiple regression equation will be as following.

Ultimately character strengths and virtues predict the depression level among the nurses by the help of happiness parameter. In order to investigate, several regression steps should be carried out. First,

depression as a criterion variable and the rest of the variables as predictors were entered into the equation. In the second step, the pleasant life variable as a criterion variable which has had the most impact on the depression variable, and the rest of the variables as predictor variables were entered into the equation. Similarly, the engaged life and the meaningful life were entered into the equation in the third and fourth steps respectively. Due to the lack of any significant regression relationship, the fourth step was considered as the last step of the data input.

As indicated in table 7 the parameter of happiness has a direct and indirect impact on the depression level, while

the character strength of perspective with a mediating impact of the pleasant life, and the character strengths of prudence, discretion, awareness, providence and insight with a direct impact can predict the depression in the nurses.

Discussion

These results were consistent with the results of Keshavarzian and Vafaeian who investigated the factors affecting the level of happiness. For this purpose, 453 people (including 191 men and 262 women) were randomly chosen from Yazd and were tested using the Happiness Questionnaire, the Vitality Attitude Assessment Scale, and the Demographic Questionnaire. The results showed a positive relationship between age, gender, education, artistic activity, sports activity, and religious activity with happiness, in addition to a negative relationship between unemployment and happiness. Besides, there is also a relationship between physical and mental health, social and family relationships, optimism about the future, and attitudes toward with happiness parameters and the happiness scores (25). Park and Peterson (26), in a paper entitled "Character Competencies," measured and categorized 24 competencies; they concluded that these competencies were related to important aspects of individual and social health. This paper educates some strategies to recognize and develop abilities, as well as the potential strategies to encourage good personality in young people (27). In this matter, the character skills studies were conducted, including an international study by Park, Peterson, and Seligman in 54 different countries, from Azerbaijan to Zimbabwe and Western countries. Researchers found the most successful abilities in most countries to be as follows: kindness, fairness, generosity, gratitude, and perspective. Another study confirmed a relationship between abilities and work, loving others, play, and recreation (22). However, all of these studies indicate that identifying people's innate abilities can provide their satisfaction or dissatisfaction with life. Furthermore, Park and Peterson assessed the effects of capabilities on such life crises (including the events of September 11, 2001). This paper has led researchers to think better and more about the abilities to achieve better

satisfaction, happiness, and meaningfulness in nurse's lives. The results in the second section determined a significant correlation between the component of hedonistic life and the virtues of transcendence. Moreover, there was a significant correlation between the component of life eagerness, courage, and transcendence. Ultimately, a significant correlation was observed between the component of happiness/depression and courage and transcendence. These results seemed to be consistent with the results of Tayebbeh Jamali and Rezvan Abbasi (28), by investigating the relationship between religious orientation and happiness with the statistical population of all female students of the Payame Noor University of Bafgh, the researchers found a positive and significant correlation between religious orientation and happiness, as well as the difference between religious orientation in single and married students. Meanwhile, there was no difference in happiness between single and married students. In the end, they indicated that religious orientation and practice are good predictors of happiness. The results in the third section revealed that the pleasant life parameter could predict the character strengths of bravery and self-control, the engaged life parameter could predict the character virtue of forgiveness, and the meaningful life parameter could predict the character strength of gratitude among the nurses. However, to assess the possibility of depression among the nurses, it should be assessed indirectly through the character strength of perspective or directly through the character strength of prudence, discretion, and awareness, which can be considered very effective factors in this assessment. In other words, the framework of positive psychology contains three components: pleasure (positive emotions), commitment (engaged life), and meaningful life. Throughout history, there have been two major approaches to life: the hedonistic and eudemonic approaches. In the former, a good life is considered to obtain the most pleasure, as well as avoiding pain or reducing pain. On the other hand, the latter, in turn, is the existence of positive emotions and the absence of negative emotions (29). However, if we want to assess the possibility of depression among the nurses, we can assess it indirectly through the character strength of perspective, or directly through the character strength of prudence, discretion and awareness which can be considered as

very effective factors in this assessment. In another study demonstrate that optimistic attributional style was found to be one of the strongest predictors of happiness, increasing as a person experiences more happiness. In contrast, as the pessimistic attributional styles decrease, happiness increases. surveyed indicated the relationship between overall self-regulation, life events, and happiness among 92 high school students. The obtained results of this paper revealed that the life events could significantly affect positive affection, negative affection, and life satisfaction. In the meantime, the impact of daily events was more than the main events of life (25).

Conclusion

According to the results of the present study, the obtained results in the first section revealed a significant correlation between the components of a hedonistic life with the abilities of courage, self-control, gratitude, and spirituality. In addition, there was a significant correlation between the component of life eagerness and the abilities of courage, spirituality, and forgiveness. The meaningful life component had a significant correlation with leadership, humility, and gratitude. The happiness/depression component also had a significant relationship with the abilities of courage (virtue), gratitude, and spirituality.

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Conflict of Interest

The authors declare that they have no conflict of interest.

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