

## **Effect of Life Meaning Teaching Program on Psychological Well Being among Iranian Adults**

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**Abstract:** Well being is regarded as one of the important elements in human life. Finding and offering some ways to provide the state of well being in life is one of the paramount concerns among psychologists and social workers. It is worthwhile to mention that psychological wellbeing has six factors; positive relations with others, self-acceptance, purpose in life, autonomy, environmental mastery and personal growth. Furthermore, many researches have revealed that meaning in life has a positive relationship with issues such as successful life, marital satisfaction, and marital communication. These findings show that whenever life meaning increases some problems such as negative thinking, divorce, and family conflict decreases. In the present study, the aim is to investigate whether there is any effect of life meaning instruction on psychological well being. For this purpose, fifty-eight students were selected as the experimental group. During four sessions, the researcher gave some information about life meaning. Besides the teaching, they were also given the chance to discuss about life meaning. Pre and post test of well being questionnaire were used to find the result.

**Keywords:** Students, life meaning, teaching, psychological well being