

Relationship of Social Support with Resilience and happiness of soldiers of one of Military Units

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Abstract

At a critical point in the military service period, anxiety factors such as facing new roles, hard training, and many other issues cause that young people suffer psychosocial harm in the absence of adequate adaptation and adjustment. Therefore, the purpose of this study was to investigate the relationship between social support and the resilience and happiness of soldiers of one of military units. The research method is descriptive-correlational one. The population of the study included all soldiers of one of military units who had passed at least 5 months of their military in service period (N=2000). Sample size was selected through Morgan table using simple random sampling method (n=300). Resilience questionnaire, Oxford happiness and social support scale were distributed among soldiers to gather data. Data were analyzed using multiple regression tests using SPSS (version 20) software. Results showed that the components of support of family, friends and others significantly related to the resilience of the soldiers. Furthermore, the components of support for family, friends and others significantly related to happiness. In other words, the components of support for family, friends and others are able to predict happiness and resilience among soldiers. Therefore, we conclude that despite the relatively difficult conditions of the military period boys face, we can improve the level of resilience and happiness in these individuals through providing appropriate social support.

Keywords: Happiness, Resilience, Social Support, Soldiers