

Quality of Life and it's Relationship between Psychology of Optimism, Pessimism for , Saudi women In light of some of the variables

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Abstract: This study aims at recognize the relationship between quality of life and psychology of optimism, pessimism for Saudi women In light of some of the variables, moreover To achieve study objectives, the researcher selected a sample of women in the Kingdom of Saudi Arabia, a (150) female, For the purpose of the study, the researcher used two questionnaires; questionnaire for quality of life, and Seligman optimism and pessimism questionnaire. Means, weight means, standard deviation were computed by using t- test. Variance analysis, percentages and correlation coefficients were also calculated. The results revealed the following: Quality of life for Saudi women in general came is significant, Saudi women tend to the psychology of optimism. Results of the study show a statistically significant relationship between quality of life and psychology of optimism and pessimism, In the quality of life and the psychology of optimism and pessimism results were in favor of the age group (30-39) and married and graduate studies. In the light of the results there were some useful recommendations. *Keywords: Quality of Life, optimism, pessimism, Women.*