

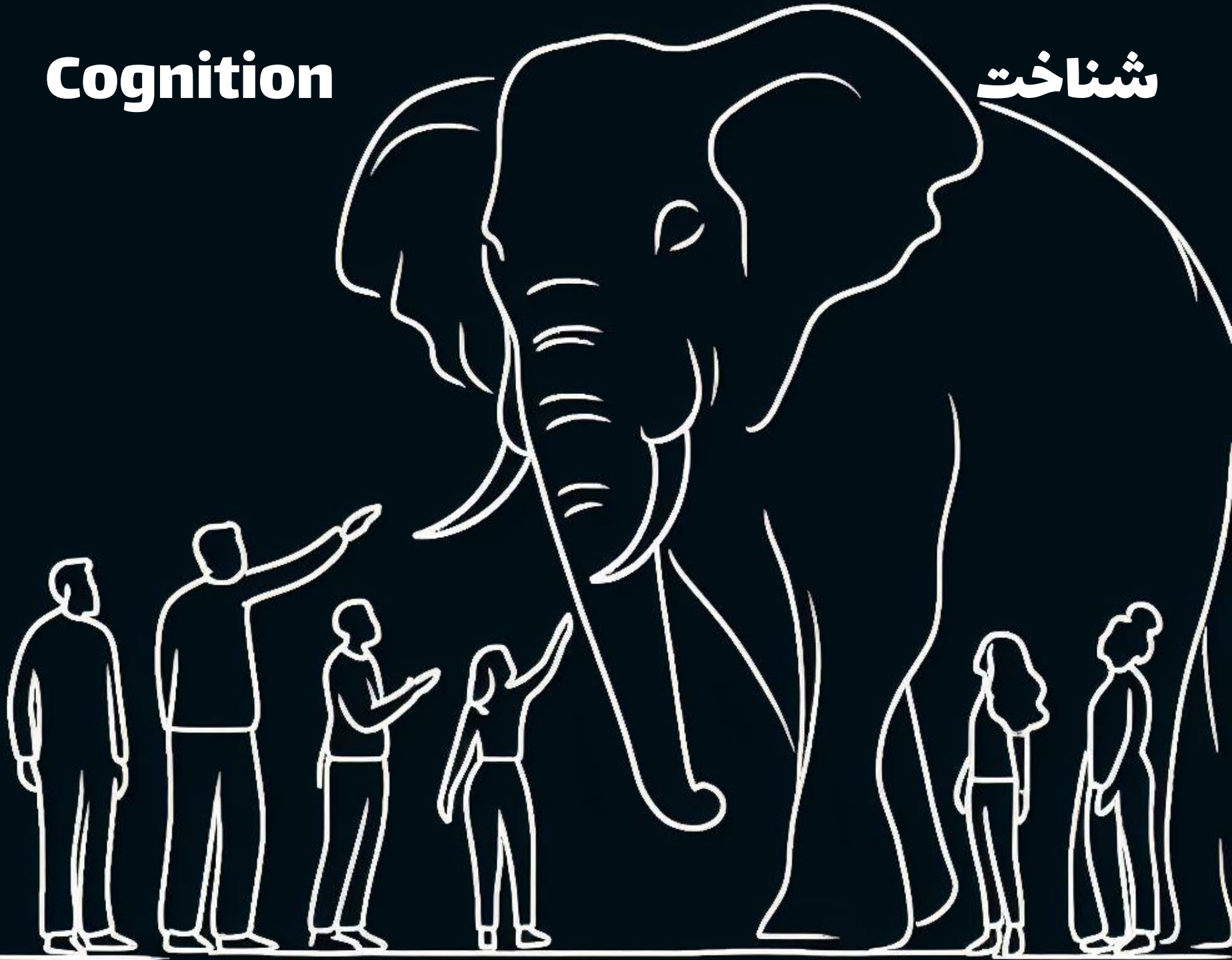
سلامت روان

تعریف سازمان جهانی بهداشت:

«سلامت روان حالتی از رفاه است که در آن هر فردی **توانایی** **های بالقوه خود** را درک میکند، میتواند با استرس های عادی زندگی کنار آمده، کار مولد و ثمربخش داشته باشد و برای جامعه خود مفید باشد». سلامت روان شامل بهزیستی عاطفی، روانی و اجتماعی است.

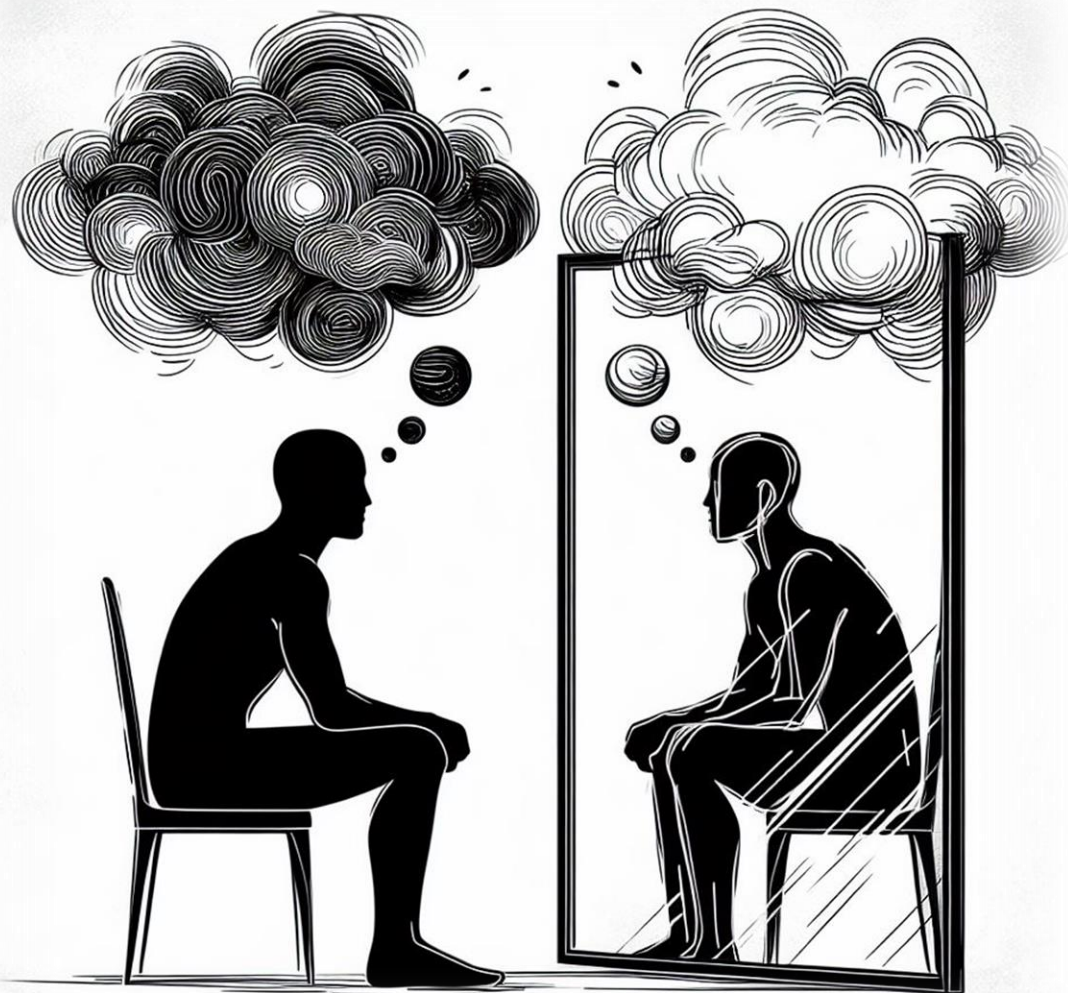
Cognition

شناخت



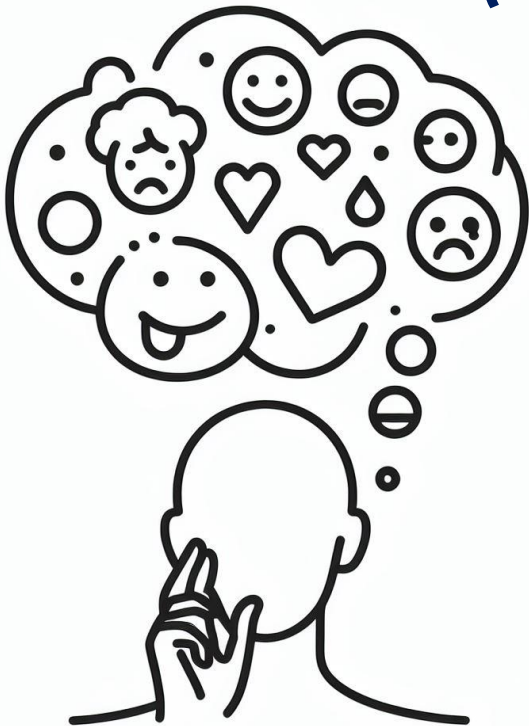
Metacognition

فراشناخت



فراشناخت :

- دانش فراشناختی (باورها و نظریه‌ها)
- تجربه‌های فراشناختی (ارزیابی‌ها و احساس‌ها)
- راهبردهای فراشناختی (کنترل و تغییر تفکر)



Self-Reflection

خویشتن اندیشی

توانایی مشاهده و ارزیابی فرآیندهای شناختی، عاطفی و رفتاری خود



Insight



بینش



بهزیستی ذهنی : شادی - رضایت از زندگی



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Insight, but not self-reflection, is related to subjective well-being

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ABSTRACT

This investigation tested the hypotheses that (1) individuals with higher levels of insight would be both happier and more satisfied with their lives than those with lower levels and (2) that an interaction between self-reflection and insight would affect both happiness and life satisfaction. Participants ($N = 208$) were community members who completed four self-report instruments. They were divided into three groups according to their self-reflection (SRE) and insight scores. Then a 3 (SRE) \times 3 (insight) MANCOVA was performed on satisfaction with life (SWLS) and subjective happiness (SHS) after controlling for age and psychological distress. Results indicated that insight was significantly positively associated with SWLS and SHS, but SRE was not. The interaction between SRE and insight was also not significant. Univariate analyses indicated that participants with the highest levels of insight were both significantly more satisfied with their lives and happier than participants with medium or low levels of insight, but the medium and low insight groups did not differ significantly from each other on either SWLS or SHS. Implications for future research are discussed.

بررسی خود آگاهی

- خویشتن اندیشی (خود انعکاسی)
- شرم، گناه، دیگر جهت مندی و اضطراب اجتماعی
- افراد شاد کمتر نشخوار فکری و خود انعکاسی تجربه میکنند
- آگاهی از وضعیت درونی

یافته‌های این مطالعه

- شادی و رضایت از زندگی سازه‌های یکسانی نیستند.
- رضایت از زندگی با سن ارتباط منفی دارد، افراد مسن ممکن است به اندازه افراد جوانتر خود را شاد بدانند اما ممکن است کمتر احساس رضایت کامل از زندگی خود داشته باشند.
- بینش به طور مثبت هم با شادی و هم با رضایت از زندگی مرتبط است، اما فقط در بالاترین سطوح. شرکت کنندگان در نمونه با سطح بینش پایین و متوسط هیچ تفاوتی با یکدیگر در شادی و رضایت از زندگی نداشتند

THE IMPACT OF LIFE COACHING ON GOAL ATTAINMENT, METACOGNITION AND MENTAL HEALTH

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Despite its high media profile and growing popularity there have been no empirical investigations of the impact of life coaching on goal attainment, metacognition or mental health. This exploratory study used life coaching as a means of exploring key metacognitive factors involved as individuals move towards goal attainment. In a within-subjects design, twenty adults completed a life coaching program. Participation in the program was associated with enhanced mental health, quality of life and goal attainment. In terms of metacognition, levels of self-reflection decreased and levels of insight increased. Life coaching has promise as an effective approach to personal development and goal attainment, and may prove to be a useful platform for a positive psychology and the investigation of the psychological mechanisms involved in purposeful change in normal, nonclinical populations.

Keywords: life coaching, private self-consciousness, metacognition, self-reflection, insight, mental health, personal development, positive psychology, coaching psychology, well-being



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From Aha to Ta-dah: insights during life coaching and the link to behaviour change

Tracy Robinson, Don Morrow & Michael R. Miller

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کوچ کشف خود، منتور کوچ

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SadeqKouhkan



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