

Predictive Ability of Psychological Resilience and Big Five Factors in Fear of Happiness

Khaldoun Ibrahim Al-Dababi¹, Abdulsalam Hani Abdel Rahman², Sulaiman Almasarweh³, Fadia Mahmmoud Alqudah⁴, Essa Mohammad Ail Alsmoul⁵, Suzan Khalaf Matakah⁶, Khaled Mohammad Abu Baha⁷

Abstract

The study aimed to reveal the predictive ability of psychological resilience and the Big Five factors in fear of happiness among female students of the College of Education at the University of Hail. The study sample consisted of (455) female students who were selected using the available method. To achieve the objectives of the study, the Gilbert et al., 2012 Fear of Happiness Scale, the Smith et al., 2008 Psychological resilience Scale, and the John, Donahue & Kentle, 1991 Big Five Factors Scale were used. The results of the study showed that the level of fear of happiness was moderate. The results also showed a statistically significant correlation between fear of happiness and psychological resilience and all dimensions of the Big five factors, and all correlation coefficients were positive, with the exception of the relationship between fear of happiness and both the Agreeableness dimension and the conscientiousness dimension, for which the correlation coefficient was negative. The results also showed that psychological resilience, agreeableness, openness to experience, and neuroticism together explained (60%) of the variance in fear of happiness.

Keywords: *fear of happiness, psychological resilience, Big Five factors.*

Introduction

Positive psychologists strive more than others to find individuals capable of psychological Compatibility and achieving and experiencing a happy life, until this matter has become a global goal (Najib & Kumalasari, 2023), because happiness is associated to mental health and a life free of anxiety, distress, and tension (Verzeletti, Zammuner, Galli & Agnoli, 2016), but this goal based on the common belief that everyone wants and pursues happiness may ignore the fact that for some individuals and within certain cultures the pursuit of happiness is viewed as undesirable. (Blasco-Belled et al., 2021). Scientists tried to understand this belief in order to provide interventions and strategies that reduce the suffering associated with it, and from here the efforts of

¹ University Counseling Center, Imam Abdulrahman bin Faisal University, Dammam, Saudi Arabia. Orcid No: 0009-0004-7162-3923 . Email: Kaldababi@gmail.com

² United Nations Relief and Works Agency for Palestine Refugees, Amman, Jordan. Orcid No: 0009-0002-2498-6479. Email: aa_Salamhani@yahoo.com

³ University Counseling Centre, Imam Abdulrahman Bin Faisal University, P.O. Box 1982, Dammam, Saudi Arabia.

⁴ Assistant Professor, Department of Psychology, Hail University, Saudi Arabia Orcid No :0009-0008-9291-0920. Email: alqudahfadia@gmail.com

⁵ Deanship Of Student Affairs, Imam Abdulrahman bin Faisal University, Dammam, Saudi Arabia. Orcid No: 0000-0002-4324-2961. Email: als moulessa@gmail.com

⁶ International Rescue committee, Amman, Jordan. Orcid No: 0009-0006-3284-2714. Email: suzan.matakah@yahoo.com

⁷ United Nations Relief and Works Agency for Palestine Refugees, Amman, Jordan. Orcid No: 0009-0003-9536-4172. Email: khaledabubaha@hotmail.com

scientists began to focus on human strengths such as optimism and psychological resilience. and understanding individual personal factors and their relationship to fear of happiness, for example, a study found (Al-Shaqran et al., 2022). There is a positive relationship between self-criticism and fear of happiness.

Literature review

Despite the importance of studying positive human strengths in achieving the desired results, the presence of other factors such as cultural values, personality traits, and situational readiness have a significant impact on happiness. Unfortunately, this important issue has not received sufficient research attention in the positive psychology literature, as beliefs Cultural and myth may affect individuals' responses to happiness, as empirical and theoretical evidence indicates that some individuals have negative views about happiness and sometimes feel afraid. In some cultures, happiness is linked to personal depth, and a serious and deep person is often defined as a sad person. While a happy person is seen as superficial. Thus, the fear of happiness is a relatively stable domain of belief that has significant potential consequences in real life (Joshi, 2013).

The reasons for this belief are varied, including that these individuals have a greater fear of experiencing loss after the feelings of happiness end, compared to their appreciation for experiencing the feelings of happiness itself. While other individuals suffer from “fear of happiness” because they have repeatedly experienced setbacks and disappointments. Another reason for fear of positive emotions may be the result of individuals worrying that they will lose control over their positive emotions or their behavioral responses to these emotions (Kock, Belmans, & Raes, 2023; Joshi et al., 2013).

The fear of happiness is usually linked to superstitious beliefs that expressing happiness can cause harm and endanger life. Also, maintaining this type of belief may harm a person’s mental health, as it may cause depression, anxiety, and stress, as fear of happiness will certainly affect a person’s satisfaction with his life (Tekke & Özer, 2019; Najib & Kumalasari, 2023).

Hence, positive psychologists have begun to view psychological resilience as a predictor variable for fear of happiness. This view was a fundamental shift from considering the risk factors that led to psychosocial problems in the individual to identifying his strengths and searching for factors that protect him from the pressures he faces (Luthar, Cicchetti & Becker, 2000).

The term resilience is derived from the Latin verb "resilire", which means to bounce back or “jump back.” The term resilience is used in many fields, but the primary use is in ecology, in that resilience indicates the ability of an ecosystem to recover or avoid damage when disturbed. Today, we find it common to use the term resilience in psychological terms (Vella & Pai, 2019).

Resilience as a field of study was first defined in the 1970s as the ability to maintain health, or adaptive outcomes, even in the presence of adversity. After nearly five decades, there is a perspective of the American Psychological Association that is closely aligned with the previous perception, and defines psychological resilience as the process of adapting well in the face of adversity, trauma, tragedies, threats, or important sources of stress and highly stressful life events, and this It depends on environmental as well as personal factors (Denckla et al., 2020).

Psychological resilience consists of five basic components, which are as follows: Balance, that is, a balanced view of an individual’s life and experiences. And perseverance, that is, perseverance despite adversity and the willingness to keep going to rebuild life. Self-reliance, that is, the ability to recognize personal strengths and limitations. Meaningfulness, which means the individual's awareness that life has a

purpose, as well as appreciation for the individual's efforts and contributions. And existential unity, that is, the awareness that each individual's life path is unique. These five components have been grouped into two main factors: personal competence and acceptance of self and life. This is the most well-known conceptualization (Fletcher & Sarkar, 2013).

Although resilience is considered a “trait” in psychology, it may appear to varying degrees across life domains and in different times and environments (Afek et al., 2021). This makes it extremely important in an individual's life. Resilient individuals try to discover things they do not understand (participation), deal with the consequences of their actions, as they can change their behavior in order to match the situation (adaptability), and tend to avoid situations in which they could get into trouble and learn from their mistakes (control). They are more likely to recognize when they will be good at an event (competence), and have a tendency to look for the “bright side” of difficult situations and manage stress cheerfully (sense of humor) (Caroli & Sagone, 2014).

It has also been proven that enhancing psychological resilience has positive effects on reducing depression among university students, and on reducing mental health problems (such as symptoms of anxiety, stress, and sadness) among children and adolescents. Studies have shown that enhancing psychological resilience can reduce negative feelings of stress and contribute to success. students in academic performance, enabling them to better cope with stressful events (Wu et al., 2020).

By reviewing studies that have examined psychological resilience, we find that resilience may predict fear of happiness, in part because resilience enhances happiness by facilitating people to experience growth after stressful life events. In support of this finding, psychological resilience brings about positive changes in life as part of the growth process, and also contributes to enhancing psychological well-being. Therefore, it is important to prove that the effect of psychological resilience on happiness will be greater directly, by studying it as a predictor variable because of its direct relationship between enjoying health and feeling satisfied. Psychological resilience is effective in reducing the impact of stressful life events (Al-Dababi & Abdel-Rahman, in press).

Fear of happiness, like other psychological concepts, has many personal variables associated with it, such as the Big Five factors, which represent the trait-oriented perspective in personality psychology, which provides a coherent explanation for a person's behavior in different situations, based on individual differences in the personality components of emotions, thoughts, and behaviors (İşgör, 2022).

Scientists have tried to distinguish the distinctive characteristics of personalities using traits, and the most prominent of these scientists are Costa and McCrae, who made the greatest contribution to this field by conducting comprehensive research related to the five-factor model of personality. Many psychologists agree that this model is based on studies that have proven reliable, valid, and objective, and have been conducted in different cultures, genders, ethnicities, and ages. The five factors show some persistence with age; That is, they tend to maintain the same personality structure as they grow older (Feist & Feist, 2008).

The Big Five factor model is one of the most widely accepted and most common models in trait theory and in contemporary psychology to describe the most prominent personality traits. It was called the Big Five to reflect its inherent greatness, as each factor includes a large number of factors that represent personality on a broader level of abstraction (John & Srivastava, 1999). According to this model, personality consists of five traits: conscientiousness, neuroticism, openness to experience, agreeableness, and extroversion (McCrae & John, 1992). The Big Five traits classify a myriad of behaviors and provide a common language that individuals can use to understand themselves and others (Dale & Harrison, 2017).

According to the five-factor model, personality components have five main dimensions that are believed to be the basic traits of an individual's personality. They are (McCrae, and Costa, 1997; John and Srivastava, 1999; McCrae & John, 1992; Carpenter, et al., 2022).

- **Extraversion:** These individuals are characterized by positive feelings and emotions and a tendency to seek partnership with others. They prefer to work with groups and those with social orientations in general. They are characterized by optimism, joy, excitement, motivation, and positive influence such as energy, enthusiasm, and motivation.
- **Agreeableness:** Agreeableness refers to the extent to which people are generally friendly, kind, sympathetic, and easy to get along with. These individuals have an optimistic view of human nature, are sympathetic to others, have a desire to help, and are socially accepted.
- **Conscientiousness:** These individuals are characterized by being purposeful and determined. They have a tendency to work sincerely, show self-discipline, and carry out work without looking to the expectations of the external environment. It is a social characteristic that means controlling emotions that control and facilitate goal-directed behavior, thinking before taking actions, and delaying gratification. They work according to standards and controls, plan, organize and prioritize tasks. Conscientious people tend to be reliable, responsible, and highly effective.
- **Neuroticism:** The trait of neuroticism refers to the tendency to experience negative emotions including anxiety, depression, and hostility. People high on this trait tend to have unstable temperaments. In general, neurotic people are highly poor in communication and low in competence.
- **Openness to Experience:** People who have this trait tend to be creative, innovative, and curious.

Previous studies

The study (Agbo & Ngwu, 2017) examined the relationship between big five factors and fear of happiness. The results showed a negative correlation between all dimensions of the big factors with fear of happiness, with the exception of the dimensions of neuroticism and agreeableness. The correlation coefficient was positive with fear of happiness.

Yildirim, 2019, conducted a study aimed at identifying the mediating role of psychological resilience, fear of happiness, and both Affect balance, life satisfaction, and prosperity. The results of the study showed that psychological resilience is negatively related to fear of happiness. The results also showed that psychological resilience fully mediated the effect of fear upon happiness on flourishing, life satisfaction.

İşgör et al., 2022, conducted a study that aimed to find out the predictive ability of fear of happiness and psychological resilience. The results showed the contribution of the fear of happiness variable in Psychological resilience: The results of the regression analysis showed that fear of happiness and Ruminative Thoughts contribute to explaining 12% of the variance in psychological resilience.

The study (Yirci et al., 2022) aimed to identify the mediating role of psychological resilience between teachers' fear of Covid-19 and fear of happiness, which was taken as a dependent variable. The results of psychological resilience showed that it has a mediating role within the structural model.

The study of Al-Shugran et al., 2022 showed that fear of happiness was at a moderate level among Yarmouk University students.

A study (İşgör, 2022) showed that there is a statistically significant negative relationship between fear of happiness and the dimensions of extroversion and neuroticism. No statistically significant relationship was found between fear of happiness and other dimensions. It was noted that personality traits significantly predicted fear of happiness among students, which explains 8% of the variance in fear of happiness scores.

After reviewing the results of previous studies, it appears that they dealt with psychological resilience as a mediating variable and fear of happiness as a dependent variable, so we find the study of (Yildirim, 2019; Yirci et al., 2022). While we find that the study (İşgör et al., 2022) dealt with psychological resilience as a dependent variable, and fear of happiness as an independent variable.

On the other hand, we find there is a conflict regarding determining the direction and strength of the relationship between the dimensions of the five factors and fear of happiness. We find a study (Agbo & Ngwu, 2017) that found a negative relationship between all dimensions except for the dimension of neuroticism and agreeableness. As for the study (İşgör, 2022), it showed a negative relationship between fear of happiness and the dimensions of extroversion and neuroticism, and there was no relationship with the other dimensions.

It is also noted from previous studies that researchers throughout the Arab and foreign world have not addressed this topic, in terms of studying the variables together. The variable fear of happiness has not been studied as a predictor. The current study attempts to investigate the role of both psychological resilience and the big five factors in fear of happiness among students of the College of Education at the University of Hail, in order to clarify this relationship.

The Study Problem and Questions

The transition of students from the secondary stage to the university stage is a very important challenge in their lives, as this transition may represent a psychological and cognitive shock whose impact extends throughout the duration of university study. Financial issues, academic financing, the complexity of relationships with teachers and colleagues, continuous academic demands, and the lack of time allocated for rest, constitute a general burden on students, which makes them firmly convinced that happiness is a temporary state followed by distress and discomfort, and thus their fear of happiness deepens.

What makes this belief more firmly established among individuals is the unprecedented acceleration of the pace of life in Arab society and the emergence of unexpected events such as the Corona pandemic, and other events that have made individuals view life as negative, its events cannot be predicted, and there is no point in feeling happy, which has made them believe that happiness is a short-term feeling, and thus individuals doubt the slightest amount of happiness and believe that happiness will not last long, and that experiences of negativity and unhappiness will inevitably come. Therefore, the individual may intentionally avoid happy moments, so that the happy experience does not deepen the state of pain and distress that he is already experiencing.

Although the fear of happiness is a deep-rooted idea that reduces individuals' pursuit of happiness, it is not seen as definitively determining individuals' behavior. There are variables that can contribute to influencing it. In this study, we sought to identify these main variables, through a predictive study that attempts to provide an explanation for the relationship between fear of happiness, psychological resilience, and the Big Five factors, by answering the following questions:

1. What is the level of fear of happiness among female students of the College of Education at the University of Hail?

2. Is there a correlation between fear of happiness and both psychological resilience and big factors among female students of the College of Education at the University of Hail?

3. What is the predictive ability of psychological resilience and the big factors of fear of happiness among female students of the College of Education, University of Hail?

Importance of the Study

1. The novelty of the subject of the study and the reality of fear of happiness among members of society. Research on this type of belief is still at an early stage. We did not find any studies published in Arabic examining the level of fear of happiness and the factors that contribute to its formation in individuals, which makes this study helpful in understanding and predicting this phenomenon.

2. The results of this study can be used in the possibility of applying and using psychological guidance for the phenomenon of fear of happiness, based on a deep understanding of individuals' personal traits.

Study Limitations

The study was conducted within the following limits:

- A sample of female students from the College of Education at the University of Hail in the first semester 2023/2024.
- The study discussed variables: fear of happiness, psychological resilience and big five factors. Thus, findings are limited to those variables within the used procedures.
- Psychometric properties represented by the validity and reliability of the scales used to collect data.

Procedural Concepts of the Study

The Big Five Factors: The Big Five Factors are defined as five traits that make up the human personality, which include many characteristics. The traits are conscientiousness, neuroticism, openness to experience, agreeableness, and extraversion (McCrae & John, 1992). The Big Five Personality Factors are defined procedurally by the score the respondent obtains on the Big Five Personality Factors Inventory (BFI), which consists of 44 items distributed over five dimensions.

Psychological resilience: It is defined as the ability to overcome or recover from stressful circumstances, adapt to stressful circumstances, not be affected by stressful events despite great adversity, and continue usual performance despite difficulties and adversities (Smith et al., 2008). Psychological resilience is defined procedurally as measured by the Psychological Resilience Scale, which contains (6) items.

Fear of Happiness: It is the individual's belief that there are misfortunes or catastrophic events that will befall him and befall him if he indulges in recreational activities or feels happy, which leads him to stay away for fear of the consequences of things. (Joshani & Weijers, 2014). The fear of happiness is defined procedurally as measured by the Fear of Happiness scale, which contains (9) items.

Study Procedures

Methodology

The study depends on the descriptive analytical approach, which aims to reveal the level of fear of happiness among female college students, and the predictive ability of psychological resilience and the big five factors of fear of happiness.

Population

The study population consisted of all female students of the College of Education at the University of Hail in Saudi Arabia, who are 2573 female students at the bachelor's degree.

Sample

The study sample was divided into a sample to verify the psychometric properties of the study tools and the basic sample:

1. The psychometric properties verification sample: The psychometric properties verification sample consisted of 30 individuals, to calculate the psychometric properties of all study' scales using various statistical methods.
2. The main study sample: The study sample consisted of (478) female students. The response of 23 female students was excluded due to stereotyping in the response or lack of data. The number of the sample on which the statistical analyzes were conducted was (455) female students, who were selected using the available method.

Instruments

To achieve the objectives of the study, three measures were used: The first is to measure the Big Five factors, the Psychological resilience Scale, and the Fear of Happiness Scale.

First: Big Five Inventory (BFI).

The researchers used John, Donahue & Kentle's Big Five Inventory (John, Donahue & Kentle, 1991). The Inventory consists of 44 items and includes five sub-dimensions: conscientiousness (9), neuroticism (8), openness to experience (10), and agreeableness (9), and extraversion (8). All of these items are of the Likert type and have a five-point scale. There are some negative items, namely 2, 6, 8, 9, 12, 18, 21, 23, 24, 27, 31, 34, 35, 37, 41, 43, and the scores for these items were reversed .

The validity of the scale

the validity of the scale was calculated as follows:

- The Inventory was translated from English to Arabic, and the translation was presented to three English language specialists to ensure its accuracy. A reverse translation of the Inventory, from Arabic to English, was also carried out by another English language specialist to ensure that each item maintained its original meaning in the Inventory, and minor modifications were made to some items in Arabic. After making the previous modifications, the Inventory was presented to five specialists in educational psychology and measurement, and they were asked to express their opinion on the extent to which each item belongs to the dimension that it measures. The specialists unanimously agreed that the items belong to the dimensions that they measure.
- Construct validity (internal consistency): The Inventory was applied to a survey sample of 30 female students, after which the correlation coefficients of the corrected list items with the sub-score were calculated, and the table (1) shows these correlations.

Table (1): The correlation coefficients of each item with the dimension to which it belongs

dimension	Items number	Correlation coefficient	dimension	Items number	Correlation coefficient
Extraversion	1	0.466		28	0.686
	6	0.327		33	0.482
	11	0.543		38	0.639

	16	0.332		43	0.487
	21	0.076		4	0.646
	26	0.329		9	0.477
	31	0.384	Neuroticism	14	0.807
	36	0.648		19	0.784
	2	0.616		24	0.496
	7	0.633		29	0.682
Agreeableness	12	0.631		34	0.252
	17	0.575		39	0.705
	22	0.337		5	0.709
	27	0.313		10	0.556
	32	0.716		15	0.829
	37	0.598	Openness	20	0.609
	42	0.680		25	0.686
	3	0.347		30	0.779
Conscientiousness	8	0.230		35	0.096
	13	0.545		40	0.518
	18	0.576		41	0.096
	23	0.399		44	0.589

Table (1) shows that the values of the correlation coefficients of the items that measure the extroversion factor with its dimension (0.076-0.648). Values of the correlation coefficients of the Agreeableness factor items with their dimension (0.313-0.716). Values of the correlation coefficients of the items of the conscientiousness factor with their dimension (0.230-0.686). The values of the correlation coefficients of the items of the neuroticism factor with its dimension (0.252-0.807), and finally the values of the correlation coefficients of the items of the openness to experience factor with its dimension(0.096-0.829) .

All items with a correlation coefficient of less than (0.20) were deleted, namely items (21, 35, 41), and thus the scale consisted of 41 items.

Reliability: Test-retest reliability was calculated for the sub-dimensions of extraversion, agreeableness, conscientiousness, neuroticism, and openness to experience, and their reliability coefficients were 0.76, 0.88, 0.84, 0.83, and 0.77, respectively.

Second: Psychological resilience scale.

The researchers used the scale (Smith et al., 2008), and the scale consists of (6) items, each of which includes one sentence. The scale is of the five-point Likert type. There are some negative items, namely 2, 4, 6, and the scores for these items were reversed.

The validity of the scale

the validity of the scale was calculated as follows:

- The scale was translated from English to Arabic, and the translation was presented to three English language specialists to ensure its accuracy. A reverse translation of the scale, from Arabic to English, was also carried out by another English language specialist to ensure that each item maintained its original meaning in the scale,

and minor modifications were made to some items in Arabic. After making the previous modifications, the scale was also presented in its new form to five specialists in the field of educational psychology, measurement and evaluation, and they were asked to evaluate each item in terms of its validity and compatibility with the purpose of the scale. The evaluators agreed on the appropriateness of the items and their connection to the goal they were prepared to measure.

- Construct validity (internal consistency): The scale was applied to a survey sample of 30 female students, after which the correlation coefficients of the corrected list items with the sub-score were calculated, and the table (2) shows these correlations.

Table (2): Correlation coefficient of the item with the psychological resilience scale.

Item	The item's correlation coefficient with the scale.
I tend to bounce back quickly after hard times	0.363
I have a hard time making it through stressful events.	0.823
It does not take me long to recover from a stressful event	0.326
It is hard for me to snap back when something bad happens.	0.762
I usually come through difficult times with little trouble	0.722
I tend to take a long time to get over set-backs in my life.	0.766

Table (2) shows that the values of the correlation coefficients ranged between (0.326-0.823), and the phrases that were characterized by a positive correlation exceeding (0.20) were retained, so that all items of the scale were retained.

Reliability: Test-retest reliability was calculated for the total score of the scale, and this coefficient was (0.81).

Third: Fear of happiness scale

The researchers used the Fear of Happiness Scale developed by (Gilbert et al., 2012). The scale consists of (9) items, each containing one sentence, and the scale is of a five-point Likert type.

The validity of the scale

the validity of the scale was calculated as follows:

- The scale was translated from English to Arabic, and the translation was presented to three English language specialists to ensure its accuracy. A reverse translation of the scale, from Arabic to English, was also carried out by another English language specialist to ensure that each item maintained its original meaning in the scale, and minor modifications were made to some items in Arabic. After making the previous modifications, the scale was also presented in its new form to five specialists in the field of educational psychology, measurement and evaluation, and they were asked to evaluate each item in terms of its validity and compatibility with the purpose of the scale. The evaluators agreed on the appropriateness of the items and their connection to the goal they were prepared to measure.

- Construct validity (internal consistency): The scale was applied to a survey sample of 30 female students, after which the correlation coefficients of the corrected list items with the sub-score were calculated, and the table (3) shows these correlations.

Table (3): Correlation coefficient of the item with the Fear of happiness scale.

Item	The item's correlation coefficient with the scale.
I am frightened to let myself become too happy	0.671
I find it difficult to trust positive feelings	0.881
Good feelings never last	0.710
feel I don't deserve to be happy	0.715
Feeling good makes me uncomfortable	0.893
I don't let myself get too excited about positive things or achievements	0.896
When you are happy you can never be sure that something is not going to hit you out of the blue	0.767
I worry that if I feel good something bad could happen	0.776
If you feel good you let your guard down	0.626

Table (3) shows that the values of the correlation coefficients were (0.626-0.896), and the items that were characterized by a positive correlation exceeding (0.20) were retained, so that all items of the scale were retained.

Reliability: Test-retest reliability was calculated for the total score of the scale, and this coefficient was (0.80).

Results

First: Results related to the answer to the first question: “What is the level of fear of happiness among female students of the College of Education at the University of Hail”?

To answer this question; Means and standard deviations were calculated for the level of fear of happiness among female students of the College of Education at the University of Hail, and the table (4) shows this.

Table (4): Means and standard deviations for the level of fear of happiness

Item	M	SD	rank	level Fear of happiness
I am frightened to let myself become too happy	1.93	1.27	8	low
I find it difficult to trust positive feelings	2.50	1.29	4	medium
Good feelings never last	2.83	1.32	2	medium
feel I don't deserve to be happy	1.83	1.28	9	low
Feeling good makes me uncomfortable	2.02	1.30	7	low
I don't let myself get too excited about positive things or achievements	2.17	1.30	6	low
When you are happy you can never be sure that	2.78	1.29	3	medium

something is not going to hit you out of the blue				
I worry that if I feel good something bad could happen	2.45	1.36	5	medium
If you feel good you let your guard down	2.87	1.32	1	medium
Overall	2.37	1.00		medium

The previous table shows that the average level of total fear of happiness among female students of the College of Education at Hail University was (2.37) with a standard deviation of (1.00). This indicates that the level of fear of happiness was medium. Moreover, the table shows that item 9 came in the first rank with a mean of (2.87) and standard deviation of (1.32) followed by the item 3 with a mean of (2.83) and standard deviation of (1.32). Meanwhile, the item 4 came in the last rank with a means of (1.83), and standard deviation of (1.28).

Second: Results related to the second question, which is: “Is there a correlation between fear of happiness and both psychological resilience and big factors among female students of the College of Education at the University of Hail?”

To answer this question, the Pearson correlation coefficient was extracted between the study variables, and the table (5) shows this.

Table (5): Correlation matrix between study variables.

Variable	1	2	3	4	5	6	7
Fear of happiness	1						
Psychological resilience	0.688**	1					
Extraversion	0.164**	0.276**	1				
Agreeableness	-0.354**	-0.092*	0.195**	1			
Conscientiousness	-0.229**	-0.064	0.283**	0.612**	1		
Neuroticism	0.437**	0.342**	-0.204**	-0.280**	-0.282**	1	
Openness to experience	0.350**	0.517**	0.518**	0.366**	0.367**	0.100*	1

**p <0.01 *p <0.05

Table (5) shows that there is a statistically significant correlation between fear of happiness and psychological resilience and all dimensions of the big factors at the significance level (0.05), and all correlation coefficients were positive, with the exception of the relationship between fear of happiness and both dimensions of Agreeableness and conscientiousness. The coefficient was Correlation is negative.

Third: Results related to the answer to the third question: “What is the predictive ability of psychological resilience and the big factors of fear of happiness among female students of the College of Education, University of Hail”?

Multiple regression analysis was used using the Stepwise method to determine the predictive ability of psychological resilience and the dimensions of the big five factors' variable in the dependent variable (fear of happiness), as shown in Table (6).

Table (6): Analysis of the results of a stepwise multiple regression of the effect of psychological resilience and big Five factors on fear of happiness

Model	Standardized Coefficients	t	Sig.	R	R Square	B	F	Sig.	Std. Error
(Constant)	---					-.009			
Resilience	0.688	-0.777	0.437	0.688	0.473	0.099	407.366	0.000	0.731
(Constant)	---	7.541	0.000			1.692			
Resilience	0.661	21.071	0.000	0.748	0.559	.7750	286.285	0.000	0.670
Agreeableness	-0.293	-9.352	0.000			-.049			
(Constant)	---	7.838	0.000	0.763	0.583	1.712			
Resilience	0.546	14.383	0.000			.6410	209.953	0.000	0.652
Agreeableness	-0.380	-10.865	0.000			-.051			
Openness	0.207	5.083	0.000			.2480			
(Constant)	---	3.754	0.000	0.775	0.601	.9950			
Resilience	0.502	13.089	0.000			.5890	169.719	0.000	0.638
Agreeableness	-0.339	-9.585	0.000			-.0518			
Openness	0.199	5.004	0.000			.2390			
Neuroticism	0.151	4.587	0.000			.2260			

Table (6) shows that the variables involved in predicting fear of happiness among female students of the College of Education at the University of Hail are: psychological resilience, Agreeableness, openness to experience, and neuroticism, which together explained (60%) of the variance in fear of happiness. Psychological resilience was the variable that had the highest correlation, so it was entered in the first stage, and psychological resilience and Agreeableness were entered in the second stage, which together explained (55%) of the variance. In the third stage, the openness to experience

variable was included in addition to the previous two variables, which together explained (58%) of the variance. In the fourth stage, the neuroticism variable was added to the previous variables, while the rest of the variables were excluded, namely (extroversion and conscientiousness). The value of (F) was statistically significant at the level of statistical significance ($\alpha = 0.05$) in all four stages, which indicates that the variance explained in the dependent variable (fear of happiness) was statistically significant. From these results, the following multiple regression equation is derived:

$$Y = 0.995 + (0.589) \text{ RESILIENSE} + (-0.518) \text{ Agreeableness} + (0.239) \text{ Openness} + (0.226) \text{ Neuroticism.}$$

Discussion

The total score for the level of fear of happiness (2.37) was moderate. Although the study was conducted in a Muslim society, and we are supposed to consider such beliefs inconsistent with the instructions of the Islamic religion, the existence of this phenomenon may be due in part to the fact that many members of society - Including the educated and intellectual community, such as university students, they still have residual misconceptions and cognitive distortions about the subject of happiness, and fear of happiness.

Perhaps the spread of modern technology and social networking sites among this segment of society has made them more vulnerable to being affected by the wrong cultural beliefs of other societies and cultures, and this indicates the weak influence of family upbringing, which represents the first place in which an individual absorbs his culture.

It is necessary to point out that many studies attribute the cause to the religious beliefs of individuals, but interpretation within the religious context is somewhat ambiguous and open to different interpretations. We find that many of the interpretations within research are at the whim of the researcher without referring to the true connotations of religious texts.

This result is consistent with the study Al-Shugran et al., 2022, which showed that fear of happiness was at a moderate level.

Regarding the result of the second question, which examined the correlation between fear of happiness and each of psychological resilience and all dimensions of the Big five factors, the results showed the presence of statistical significance at the significance level (0.05), and all correlation coefficients were positive, with the exception of the relationship between fear of happiness and each of the dimensions of Agreeableness. And conscientiousness, the correlation coefficient was negative. The positive relationship between fear of happiness and psychological resilience can be explained by the fact that although psychological resilience is viewed as a "trait" in psychology, it may appear to varying degrees across areas of life and with different times and environments (Afek et al., 2021). One of the characteristics of individuals with psychological resilience is the tendency to avoid situations in which they might be exposed to problems and to learn from their mistakes, and they are likely to recognize when they will be good in an event (Caroli & Sagone, 2014). We find that individuals with psychological resilience, despite their ability to recover from events Stressful life, but they develop the ability to evaluate situations first, so they work to avoid happy events, due to the cultural absorption of this undesirable belief.

The result can also be explained by the spread of university counseling centers within universities, as those familiar with the policy of activating these centers are based on employing positive psychology and the various concepts it contains, which take into account the importance of evaluating and eliminating negative situations. Despite these

great efforts, they need to be made. More effort in combating the cultural heritage that contradicts the religious trend, considering happiness as something that causes fear.

This result differs from the result of the Yildirim (2019) study, which showed a negative correlation between fear of happiness and psychological resilience.

As for the presence of a statistically significant correlation between fear of happiness and all dimensions of the big factors at the significance level (0.05), all correlation coefficients were positive, with the exception of the relationship between fear of happiness and the dimensions of Agreeableness and Conscientiousness, the correlation coefficient was negative. The result can be interpreted as it is interpreted. Personality is defined as a cohesive structure that shapes and explains a person's behavior in different situations, so it is considered one of the factors in the fear of happiness.

We find in this study that the strongest positive relationship was between neuroticism and fear of happiness, and this is a logical result, as the most important traits of the neurotic personality are anxiety, anger, hostility, lack of fun, fluctuating moods, and feelings of guilt and sin. The more these traits increase, it will make the individual doubtful in any moment of happiness, that he It will be followed by an event that triggers the previous emotions.

The strength of the negative relationship between Agreeableness and fear of happiness can be explained in terms of the characteristics of these individuals that they are friendly, gentle, and sympathetic, and easy to get along with in general, which makes having these characteristics a reason for them to be exposed to social anxiety resulting from not appearing in front of others in an acceptable way, which makes the presence of Any happy moment, especially if it is of a social nature, is like a new challenge. If they do not get the usual acceptance, this will make them feel sad and miserable, which creates a fear of happiness in them.

As for the strength of the positive relationship between openness to experience and fear of happiness, people who have this trait tend to be creative, innovative, and curious, which makes them more likely to experience experiences of failure and lack of success, which makes them develop a fear of happiness.

Contrary to the hypothesis that higher levels of awareness would reduce fear of happiness, only high levels of this trait exert a dangerous and threatening effect on the individual. This is due in part to the association of conscientiousness with the characteristics of goal-oriented behavior and thinking about every step one takes, in addition to organization, planning, and advance caution, and thus is likely to stimulate the process of fear of happiness. Given the cultural roots of this phenomenon, the behaviors of people with conscientiousness Neighbors do not rely on fear, but rather rely on their inherent tendencies to be cautious and overly cautious at times.

As for the relationship between fear of happiness and extroversion, although there is a statistically significant positive relationship, the result is unexpected, but it can be explained by the fact that this personality is characterized by social interaction, as it directs its attention outside the self, loves dealing with others, and respects traditions and authority, and here we return to the cultural factor.

The result of this study differs from the studies of Agbo & Ngwu, 2017 and İşgör, 2022.

Regarding the result of the third question, the study highlighted that psychological resilience and the big five factors, with the exception of the dimensions of extroversion and conscientiousness, explain (60%) of the variance in fear of happiness. None of the previous studies addressed the ability of these variables combined to explain fear of happiness. Which gives the results of this study great importance in clarifying the formation of fear of happiness among individuals, and the connection of this belief to personal factors as well as aspects of socio-cultural factors.

In light of the study results, the researchers recommend the following:

- Planning to conduct further research using different samples and variables related to fear of happiness.
- Researching direct and indirect causal relationships between fear of happiness and other variables.
- Conduct activities to inform families and teachers about strategies for dealing with fears of positive emotions.

References

- Afek, A., Ben-Avraham, R., Davidov, A., Berezin, N., Ben Yehuda, A., Gilboa, Y., and Nahum, M. (2021). Psychological Resilience, Mental Health, and Inhibitory Control Among Youth and Young Adults Under Stress. *Frontiers in Psychiatry*, 11, 1-12. doi: 10.3389/fpsy.2020.608588
- Agbo, A. and Ngwu, C. (2017). Aversion to happiness and the experience of happiness: The moderating roles of personality. *Personality and Individual Differences*, 111, 227–231. <http://dx.doi.org/10.1016/j.paid.2017.02.010>
- Al-Dababi, K. and Abdel-Rahman, A. (in press). The Causal Modeling of the Relationship among the Psychological Well Being, Psychological Resilience, and Perceived Social Support. *Dirasat: Human and Social Sciences*.
- Al-Shugran, H., Shawashreh, O. & Al-Rabeea, F. (2022). Fear of Happiness and Its Relationship with Self-criticism among Yarmouk University Students. *Jordan journal of educational sciences*, 18(3), 451-564. Doi: //10.47015/18.3.4
- Belen, H., Yildirim, M. & Belen, F. (2020) Influence of fear of happiness on flourishing: Mediator roles of hope agency and hope pathways, *Australian Journal of Psychology*, 72(2), 165-173, DOI: 10.1111/ajpy.12279
- Blasco-Belled, A., Rogoza, R., Alsinet, C., & Torrelles-Nadal, C. (2021). Fear of happiness through the prism of the dual continua model of mental health. *J Clin Psychol*, 77, 2245–2261. <https://doi.org/10.1002/jclp.23165>
- Caroli, M. & Sagone, E. (2014). Relationships Between Psychological Well-Being and Resilience In Middle And Late Adolescents. *Procedia - Social and Behavioral Sciences*, 141(n/a), 881-887. <https://doi.org/10.1016/j.sbspro.2014.05.154>
- Carpenter, C., Levine, T., Serota, K. & Docan-Morgan, T. (2022) Influence and personality: relationships among superdiffuser traits and big five traits. *Communication Quarterly*, 70(1), 63-83, DOI: 10.1080/01463373.2021.2021260
- Chakraborty, R. & Pandey, N. (2023). Correlation between Fear of Happiness and Flourishing in Young Adults. *International Journal of Innovative Research in Science, Engineering and Technology*, 12(5), 5089-5092. DOI:10.15680/IJIRSET.2023.1205074
- Dale, L., & Harrison, D. (2017). How the Big Five personality traits in CPSQ increase its potential to predict academic and work outcomes. *Cambridge Assessment Admissions Testing*.
- Denckla, C., Cicchetti, D., Kubzansky, L., Seedat, S., Teichner, M., Williams, D., & Koenen, K. (2020). Psychological resilience: an update on definitions, a critical appraisal, and research recommendations. *European journal of psychotraumatology*, 11, 1822064 <https://doi.org/10.1080/20008198.2020.1822064>
- Feist, J. and Feist, G. (2008). *Theories of Personality*. McGraw-Hill.
- Fletcher, D., & Sarkar, M. (2013). Psychological resilience: A review and critique of definitions, concepts, and theory. *European Psychologist*, 18(1), 12–23. <https://doi.org/10.1027/1016-9040/a000124>
- Gilbert, P., McEwan, K., Gibbons, L., Chotai, S., Duarte, J. & Matos, M. (2012). Fears of compassion and happiness in relation to alexithymia, mindfulness, and self-criticism.

- Psychology and Psychotherapy: Theory, Research and Practice. 85, 374–390. DOI:10.1111/j.2044-8341.2011.02046.x
- İşgör, I. (2022). Does Fear of Happiness Exist? Exploring Fear of Happiness Through the Five Factors Dimensions of Personality. *Educational Policy Analysis and Strategic Research*, 17 (4), 126-141. DOI: 10.29329/epasr.2022.478.6
- İşgör, I., Yilmaz, Y., & Lacin, D. (2022). The Prediction of Psychological Resilience by Fear of Happiness and Ruminative Thoughts. *Education Quarterly Reviews*, 5(3), 195-206. DOI: 10.31014/aior.1993.05.03.538
- John, O. P., Donahue, E. M., & Kentle, R. L. (1991). *The Big-Five Inventory-Version 4a and 54*. Berkeley, CA: Berkeley Institute of Personality and Social Research, University of California.
- John, O. & Srivastava, S. (1999) *The Big Five Trait Taxonomy: History, Measurement, and Theoretical Perspectives*. In: Pervin, L.A. and John, O.P. Eds., *Handbook of Personality: Theory and Research*, Vol. 2, Guilford Press, New York, 102-138
- Joshanloo, M. (2013). The influence of fear of happiness beliefs on responses to the satisfaction with life scale. *Personality and Individual Differences*. (54), 647–651. <http://dx.doi.org/10.1016/j.paid.2012.11.011>
- Joshanloo, M., & Weijers, D. (2014). Aversion to happiness across cultures: A review of where and why people are averse to happiness. *Journal of Happiness Studies: An Interdisciplinary Forum on Subjective Well-Being*, 15(3), 717–735. <https://doi.org/10.1007/s10902-013-9489-9>
- Joshanloo, M., Lepshokova, Z., Panyusheva, T., Natalia, A., Poon, W., Yeung, V. et al... (2013). Cross-cultural validation of fear of happiness scale across 14 national groups. *Journal of Cross-cultural Psychology*. 45 (2),246-264. doi:10.1177/0022022113505357.
- Kock, M., Belmans, E. and Raes, F. (2023). Fear of Happiness Predicts Concurrent but not Prospective Depressive Symptoms in Adolescents. *Clinical Psychology in Europe*. 5 (2), 1-18. <https://doi.org/10.32872/cpe.10495>
- Luthar, S., Cicchetti, D., & Becker, B. (2000). The construct of resilience: A critical evaluation and guidelines for future work. *Child Development*. 71(3), 543–562. <https://doi.org/10.1111/1467-8624.00164>
- McCrae, R., & Costa, P., Jr. (1997). Personality trait structure as a human universal. *American Psychologist*. 52(5), 509–516. <https://doi.org/10.1037/0003-066X.52.5.509>
- McCrae, R., & John, O. (1992). An introduction to the five-factor model and its applications. *Journal of Personality*. 60, 175-215. doi:epdf/10.1111/j.1467-6494.1992.tb00970.x
- McCrae, R., & John, O. (1992). An introduction to the five-factor model and its applications. *Journal of Personality*. 60, 175-215. <https://doi.org/10.1111/j.1467-6494.1992.tb00970.x>
- Najib, A. and Kumalasari, A.(2023).Adaptation and psychometric properties of the Indonesian version of the fear of happiness scale. *Journal Ilmiah psikologi terapan*. 11(2):126–131. DOI:10.22219/jipt.v11i2.26151
- Smith, B., Dalen, J., Wiggins, K., Tooley, E., Christopher, P. & Bernard, J. (2008). The brief resilience scale: Assessing the ability to bounce back. *Int Journal Behavior Med*. 15(3), 194–200. <https://doi.org/10.1080/10705500802222972>
- Tekke, M. & Özer, B. (2019). Fear of happiness: religious and psychological implications in Turkey, *Mental Health, Religion & Culture*, DOI: 10.1080/13674676.2019.1625314
- Vella. S. & Pai, N. (2019). A theoretical review of psychological resilience: Defining resilience and resilience research over the decades. *Arch Med Health Sci*. 7(2):233-239. DOI:10.4103/amhs.amhs_119_19
- Verzeletti, C., Zammuner, V. L., Galli, C., & Agnoli, S. (2016). Emotion regulation strategies and psychosocial well-being in adolescence. *Cogent Psychology*, 3(1). <https://doi.org/10.1080/23311908.2016.1199294>

- Wu, Y., Yu, W., Wu, X., Wan, H., Wang, Y. & Lu, G. (2020). Psychological resilience and positive coping styles among Chinese undergraduate students: a cross-sectional study. *BMC Psychology*. 8(79), 2-11. <https://doi.org/10.1186/s40359-020-00444-y>
- Yildirim, M. (2019). Mediating Role of Resilience in the Relationships Between Fear of Happiness and Affect Balance, Satisfaction with Life, and Flourishing. *Europe's Journal of Psychology*. 15(2), 183–198. <https://doi.org/10.5964/ejop.v15i2.1640>.
- Yirci, R., Atalmis, .H., & Kirisci, G. (2022). Analyzing the Mediating Effect of Psychological Resilience on the Relationship between COVID-19 Fear and Happiness. *Educational Process: International Journal*. 11(2): 147-166. <https://dx.doi.org/10.22521/edupij.2022.112.8>.