

**Relative contribution of psychological flexibility, sense of belonging  
, sense of humor, perceived acceptance in predicting quality of life  
among university students**

**Prepared by**

**Dr. Sayed Garhy El Sayed**  
Assistant Professor of Mental Health  
Acting as Head of Mental Health  
Department Faculty of Education-  
Fayoum University

**Dr. Rania Sha'ban El Sayem**  
Lecturer of Mental Health  
Director of Psychological  
Counseling Center  
Faculty of Education-Fayoum University

**Research Abstract**

The current research investigated the correlation relationship between the explanatory variables that were represented in each of the psychological flexibility, sense of belonging and its dimensions, sense of humor and its dimensions, perceived acceptance and its dimensions, and the criterion variable that represents the quality of life and its dimensions. The research sample consisted of (250) university students (**Mean 20.8 years, SD. 1.21**), researchers used the psychological resilience scale (Fawaiya Radwan, 2015), sense of belonging scale. (by the researchers), sense of humor scale (translated by the researchers), perceived acceptance scale (translated by researchers), and the scale of quality of life (translated by researchers). The results revealed a positive correlation between quality of life, and psychological flexibility, sense of belonging, perceived acceptance and sense of humor. The results also showed that there was some dimensions of the sense of humor were significant with of quality of life dimensions. Furthermore, findings indicated to the contribution of perceived acceptance, and a sense of belonging in predicting the quality of life of research sample. As they explain (23.3%) of the total variance for researchers suggested some recommendations and quality of life. In light of the research results future researches.