

[illegible][illegible][illegible]

Variable	Control group				Experimental group				t	p	df
	Mean	SD	Min	Max	Mean	SD	Min	Max			
Age	21.5	1.2	18	25	21.8	1.1	18	25	0.1	0.9	40
Gender	15	0	0	15	15	0	0	15	0	1.0	40
Marital status	15	0	0	15	15	0	0	15	0	1.0	40
Religion	15	0	0	15	15	0	0	15	0	1.0	40
Education	15	0	0	15	15	0	0	15	0	1.0	40
Occupation	15	0	0	15	15	0	0	15	0	1.0	40
Income	15	0	0	15	15	0	0	15	0	1.0	40
Health status	15	0	0	15	15	0	0	15	0	1.0	40
Stress level	15	0	0	15	15	0	0	15	0	1.0	40
Life satisfaction	15	0	0	15	15	0	0	15	0	1.0	40
Self-esteem	15	0	0	15	15	0	0	15	0	1.0	40
Resilience	15	0	0	15	15	0	0	15	0	1.0	40
Optimism	15	0	0	15	15	0	0	15	0	1.0	40
Emotional stability	15	0	0	15	15	0	0	15	0	1.0	40
Psychological well-being	15	0	0	15	15	0	0	15	0	1.0	40
Life satisfaction	15	0	0	15	15	0	0	15	0	1.0	40
Self-esteem	15	0	0	15	15	0	0	15	0	1.0	40
Resilience	15	0	0	15	15	0	0	15	0	1.0	40
Optimism	15	0	0	15	15	0	0	15	0	1.0	40
Emotional stability	15	0	0	15	15	0	0	15	0	1.0	40
Psychological well-being	15	0	0	15	15	0	0	15	0	1.0	40

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