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Predicting Subjective Well-Being Based on Psychological Capital Mediated by Agency in Homemakers in Tehran

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A B S T R A C T

Purpose: The aim of the present study was to identify the extent to which psychological capital influences subjective well-being through the mediating role of agency among homemakers in Tehran.

Methods and Materials: The research design was applied in terms of purpose and descriptive-correlational in terms of data collection method. The statistical population included all homemakers aged 20 to 50 in Tehran. A sample size of 200 participants was selected using multistage random sampling from Districts 14 and 15 of Tehran. The research instruments included the Subjective Well-Being Questionnaire by Diener et al. (1985), the Agency Questionnaire by Tapal (2017), and the Psychological Capital Questionnaire by Luthans and Avolio (2007).

Findings: The results indicated that the subjective well-being of homemakers can be predicted based on psychological capital ($p < .01$). Furthermore, agency was found to significantly mediate the relationship between psychological capital and subjective well-being ($p < .01$).

Conclusion: Based on the above findings, it can be concluded that enhancing subjective well-being in homemakers can be achieved both directly by increasing psychological capital and indirectly through the enhancement of agency. As psychological capital and agency increase, individuals' levels of subjective well-being also improve.

Keywords: *Psychological Capital, Agency, Subjective Well-Being*

1. Introduction

In recent years, the construct of subjective well-being has garnered substantial attention in psychological literature, particularly in light of increasing mental health challenges across various populations. Subjective well-being, commonly understood as individuals' cognitive and affective evaluations of their lives, has been consistently linked with psychological functioning, emotional regulation, and life satisfaction (Ofem, 2023). Among vulnerable populations, such as homemakers, who often experience social invisibility and emotional labor without formal recognition, enhancing subjective well-being becomes not only a personal objective but also a societal imperative (Al Eid et al., 2024). In this context, psychological capital and agency emerge as two interrelated psychological resources that may contribute significantly to improving subjective well-being.

Psychological capital (PsyCap) is a higher-order construct encompassing four core components: self-efficacy, hope, resilience, and optimism (Bandura, 2018a, 2018b). Self-efficacy, conceptualized as a person's belief in their capabilities to organize and execute courses of action (Bandura, 2018b), plays a foundational role in developing adaptive behavior and goal-oriented functioning. Hope and optimism reflect individuals' perceptions about their ability to generate pathways toward goals and their expectations for positive future outcomes, respectively (Cao et al., 2024). Resilience, meanwhile, pertains to one's capacity to recover and adapt effectively in the face of adversity. Together, these psychological resources can buffer stress and foster growth, particularly in populations with limited social and institutional support systems, such as homemakers (Alsultan et al., 2023; Mahmoodi & Sajadinezhad, 2022).

Extant research has confirmed the impact of psychological capital on a range of psychological outcomes. For example, Almurumudhe et al. (2024) found that psychological capital significantly predicted academic performance and reduced procrastination, with self-esteem acting as a mediator. Similarly, Heydari (2024) reported that psychological capital significantly contributed to psychological well-being and reduced academic burnout among students. These findings underscore the resource-conserving and motivational properties of PsyCap. Moreover, psychological capital is not a static trait but a state-like construct that can be cultivated through interventions and environmental supports (Aajurlou et al., 2024; Al Eid et al., 2024), making it a compelling target for psychological enhancement programs, particularly among women who assume domestic roles with limited access to structured developmental opportunities (Mameli et al., 2019).

Another critical construct in the promotion of well-being is human agency. As conceptualized by Bandura (2018), agency refers to the capacity to act intentionally and influence one's circumstances through forethought, self-reflection, and self-regulation. Human agency enables individuals to envision desired outcomes, devise action strategies, and persist in their pursuits despite obstacles (Eslami et al., 2023). This sense of control and purposeful behavior is crucial in contexts where autonomy is restricted, as is often the case for homemakers. Research by Hajloo et al. (2020) highlighted that agency plays a protective role against deviant behaviors by fostering a sense of personal responsibility. Additionally, Tabesh and Sedighi Arefi (2024) demonstrated that meaning therapy significantly enhanced agency, perfectionism, and positive affect in emerging adults.

The interplay between psychological capital and agency is particularly relevant when considering their joint impact on subjective well-being. Several studies have illustrated that psychological capital can enhance agency, which in turn mediates its impact on well-being outcomes (Kaspor & Zarean, 2024; Saket et al., 2023). According to Saman and Wirawan (2024), higher levels of psychological capital predict better soft skills and psychological adjustment, with agency functioning as a key intervening variable. Similarly, Wang et al. (2023) emphasized the mediating role of coping mechanisms such as problem-focused strategies in translating psychological capital into well-being. These findings align with the broader theoretical framework of social cognitive theory, which posits that cognitive and emotional self-regulatory capabilities are instrumental in enabling agency and adaptive functioning (Bandura, 2018a).

Empirical investigations in educational and clinical contexts further validate these interconnections. For instance, Slåtten et al. (2023) found that students with higher psychological capital reported better study-related outcomes, especially when embedded in supportive social contexts. Their findings emphasize the necessity of contextualizing internal psychological resources within broader socio-environmental frameworks. Similarly, Mahmoodi and Sajadinezhad (2022) underscored that satisfaction of basic psychological needs, in conjunction with psychological capital, predicts well-being among employees. These cumulative insights indicate that the

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capacity to exercise agency is both an outcome and a mechanism through which psychological capital exerts its positive effects on mental health and subjective well-being.

Despite growing literature in student and employee populations, research on homemakers—particularly in non-Western contexts—remains scarce. Homemakers, especially in traditional societies such as Iran, often shoulder the dual burden of domestic labor and emotional caregiving without proportional social acknowledgment or institutional support (Lestari, 2018; Wittenborn, 2024). This condition may restrict opportunities for exercising agency and may compromise psychological capital over time. Thus, investigating how psychological capital and agency function in predicting subjective well-being in this demographic is crucial for designing culturally sensitive interventions and mental health promotion strategies (Cao et al., 2024; Saman & Wirawan, 2024).

Furthermore, the mediating role of agency in the relationship between psychological capital and well-being has significant implications for applied psychology. Studies such as those by Aajurlou et al. (2024) and Al Eid et al. (2024) suggest that empowering individuals to act purposefully and reflectively not only enhances their psychological resources but also translates those resources into sustainable well-being. As psychological capital is malleable and can be developed through structured training and support, incorporating agency-focused strategies could optimize the impact of such interventions (Mahmoodi & Sajadinezhad, 2022; Wang et al., 2022).

In summary, psychological capital and agency are two interlinked constructs that hold considerable promise for enhancing subjective well-being, particularly among marginalized or overlooked populations such as homemakers. While psychological capital offers the motivational and emotional tools necessary for resilience and optimism, agency provides the cognitive and behavioral framework through which these tools are effectively deployed. The present study seeks to explore these relationships in the context of homemakers in Tehran.

2. Methods and Materials

2.1. Study Design and Participants

This study is classified as applied research, utilizing a descriptive-correlational method. The statistical population consisted of all homemakers aged 20 to 50 years in Tehran who regularly attend schools, neighborhood centers, cultural centers, mosques, and parks. A total of 200 participants were selected using simple random sampling based on the Tappaching method and considering subject attrition and necessary adjustments. The sample size was calculated as follows: $n = 50 + (30 \times 3) = 140$.

2.2. Measures

Psychological Capital Questionnaire (Luthans & Avolio, 2007): The Psychological Capital Questionnaire (PCQ), developed by Fred Luthans in 2007, is a standardized tool for measuring individuals' psychological capital. It consists of 24 items across four subscales: hope, resilience, optimism, and self-efficacy, each comprising 6 items. Respondents rate items on a 6-point Likert scale ranging from "strongly disagree" to "strongly agree." Subscale scores are calculated separately and summed to yield a total psychological capital score. The internal consistency of the questionnaire, measured by Cronbach's alpha, has been reported as 0.85. Additionally, Hashemi Nosrat Abad, Babapour Kheiraldin, and Bahadori Khosroshahi (2011) reported that confirmatory factor analysis supported the presence of the intended factors and constructs.

Tapal Agency Questionnaire (2017): This 13-item questionnaire is designed to assess the sense of agency in women, including both positive and negative agency. Items are rated on a 6-point Likert scale ranging from "strongly disagree" to "strongly agree." The questionnaire includes two dimensions: the positive agency subscale (items 1, 2, 3, 4, 5, 8, 9) and the negative agency subscale (items 6, 7, 10, 11, 12, 13). In a study by Shivandi (2020), the face and content validity of the scale was confirmed by university faculty members. Cronbach's alpha for the entire scale was reported as 0.89.

Diener's Subjective Well-Being Questionnaire (1985): The Life Satisfaction subscale developed by Diener et al. (1985) was used to measure the cognitive dimension of subjective well-being. This five-item scale asks participants to respond using a 7-point Likert scale ranging from "strongly disagree" to "strongly agree." Higher scores indicate higher life satisfaction. The scoring range spans from the minimum to the maximum possible values on the scale. In a study by Shokri (2009), exploratory and confirmatory factor analyses supported the unidimensional structure of the Life Satisfaction Scale in both Iranian and Swedish student samples, consistent with earlier findings by Diener et al. (1985), Pavot et al. (1991), Neto (1993), and Arrindell et al. (1991, as cited in Zolling, 2008). Cronbach's

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alpha coefficients were reported as 0.84 for the Iranian sample, 0.85 for the Swedish sample, and 0.83 overall.

2.3. Data Analysis

After obtaining the necessary permissions, the target sample was selected. The selected participants were asked to complete the measurement instruments. For data analysis, correlation coefficients and multivariate regression analysis were employed using SPSS software, adhering to the necessary statistical assumptions.

3. Findings and Results

The mean self-efficacy score was 28.02 with a standard deviation of 4.13. The mean score for hope was 25.85 with a standard deviation of 4.96; for resilience, 25.03 with a standard deviation of 4.89; and for optimism, 25.82 with a standard deviation of 4.52. Considering that each subscale contains 6 items, with scores ranging from a minimum of 6 to a maximum of 36, the obtained scores (28.02, 25.85, 25.03, and 25.82 out of 36) indicate an above-average level of self-efficacy, hope, resilience, and optimism among the study group.

The mean score for psychological capital was 104.73 with a standard deviation of 14.81. Given that the total number of items is 24, with a score range from 24 to 144, this result suggests a high level of psychological capital in the study group.

The mean score for subjective well-being was 19.35 with a standard deviation of 5.72. Considering the 5 items in the scale and the score range from 5 to 30, a score of 19.35 indicates a relatively high level of subjective well-being in the participants.

The mean agency score was 47.92 with a standard deviation of 6.79. Since the agency questionnaire includes 9 items with scores ranging from 9 to 54, the score of 47.92 indicates a high level of agency in the study group.

Table 1

Mean and Standard Deviation of Study Variables

Variable	N	Min	Max	Mean	SD
Self-Efficacy	200	12.00	36.00	28.025	4.13155
Hope	200	11.00	35.00	25.855	4.96257
Resilience	200	13.00	36.00	25.035	4.89013
Optimism	200	13.00	36.00	25.820	4.52215
Psychological Capital	200	55.00	142.00	104.735	14.81222
Subjective Well-Being	200	5.00	30.00	19.350	5.72111
Agency	200	24.00	67.00	47.925	6.79561

The correlation coefficient between psychological capital and agency was $r = 0.314$, $p < .05$, and between psychological capital and subjective well-being was $r = 0.534$, $p < .05$. These positive correlations indicate a significant direct relationship among the variables. Furthermore, the correlation between subjective well-being and agency was $r = 0.366$, $p < .05$, suggesting that as agency increases, subjective well-being tends to increase as well.

Table 2

Correlation Matrix for Psychological Capital, Agency, and Subjective Well-Being

Variables	1	2	3
1. Psychological Capital	—		
2. Agency	.314	—	
3. Subjective Well-Being	.534	.366	—

$N = 200$, $p < .05 = *$, $p < .01 = **$

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Table 3

Distribution Normality Indicators Based on Skewness and Kurtosis

Variable	N	Min	Max	Mean	SD	Skewness	SE Skew	Kurtosis	SE Kurt
Self-Efficacy	200	12	36	28.02	4.13	-0.503	0.172	0.591	0.342
Resilience	200	13	36	25.03	4.89	-0.125	0.172	-0.476	0.342
Hope	200	11	35	25.85	4.96	-0.674	0.172	0.046	0.342
Optimism	200	13	36	25.82	4.52	-0.386	0.172	0.013	0.342
Psychological Capital	200	55	142	104.73	14.81	-0.509	0.172	0.352	0.342
Agency	200	24	67	47.92	6.79	-0.089	0.172	0.881	0.342
Subjective Well-Being	200	5	30	19.35	5.72	-0.398	0.172	-0.244	0.342

As shown in Table 3, all skewness and kurtosis values fall within the acceptable range of ±2, confirming the normal distribution of all study variables. Higher scores reflect higher levels of psychological capital (including self-efficacy, resilience, hope, optimism), agency, and subjective well-being.

Research Question 1

To what extent does psychological capital directly predict subjective well-being among homemakers in Tehran?

To assess the predictive power of psychological capital on subjective well-being, multiple regression analysis was used. The summary of the regression models is presented in Table 4.

Table 4

Regression Summary – Subjective Well-Being Predicted by Psychological Capital Components

Model & Predictors	R	R^2	Adjusted R^2	F	Significance
1. Hope	.556	.309	.305	88.419	$p < .01$
2. Hope, Optimism	.596	.355	.349	54.259	$p < .01$

In the first step, hope explained 30.9% of the variance in subjective well-being. In the second step, after adding optimism, the explained variance increased to 35.5%. The *F* values for both models were significant at the 0.01 level, indicating that the models were statistically meaningful.

Table 5

Regression Coefficients for Hope and Optimism on Subjective Well-Being

Predictor	B	SE	β	t	Significance
Constant	2.789	1.793	—	1.555	$p < .01$
Hope (Step 1)	0.641	0.068	0.556	9.403	$p < .01$
Constant	-1.129	2.024	—	-0.558	$p < .01$
Hope	0.446	0.084	0.387	5.334	$p < .01$
Optimism	0.346	0.092	0.274	3.769	$p < .01$

In the first step, the beta coefficient for hope was 0.556, indicating a strong positive association with subjective well-being. In the second step, after adding optimism, the beta for hope decreased to 0.387, while optimism yielded a beta of 0.274. This suggests that both hope and optimism contribute positively to subjective well-being. The beta coefficients represent the magnitude of change in the dependent variable (subjective well-being) for each standard deviation change in the predictor variables. All *t* values were statistically significant, indicating that the observed relationships are not due to random chance. Notably, the regression slopes for hope and optimism were significant only at a level of less than 0.05.

Research Question 2

What is the direct relationship between agency and subjective well-being among homemakers in Tehran?

To examine the contribution of agency in predicting subjective well-being, multiple regression analysis was conducted. A summary of the regression models for subjective well-being based on agency is presented in Table 6.

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Table 6

Regression Model Summary for Subjective Well-Being Based on Agency

Model & Predictor	R	R^2	Adjusted R^2	F	Significance
1. Agency	.366	.134	.129	30.590	$p < .01$

Agency, as the sole predictor, accounted for 13.4% of the variance in subjective well-being. The *F* value was significant at the 0.01 level, indicating that the explained variance is statistically meaningful. The standardized and unstandardized regression coefficients are reported in Table 7.

Table 7

Regression Coefficients for Agency on Subjective Well-Being

Predictor	B	SE	β	t	Significance
Constant	4.590	2.695	—	1.703	$p < .01$
Agency	0.308	0.056	0.366	5.531	$p < .01$

The beta coefficient for agency was 0.366, a positive and strong value, indicating that increased agency is associated with higher levels of subjective well-being. It is noteworthy that the regression slope for agency is only significant at the 0.05 level.

Research Question 3

What is the direct relationship between psychological capital and agency among homemakers in Tehran?

To assess the contribution of psychological capital in predicting agency, multiple regression analysis was used. The results are summarized in Table 8.

Table 8

Regression Model Summary for Agency Based on Psychological Capital

Predictors	R	R^2	Adjusted R^2	F (ANOVA)	Significance
1. Resilience	.331	.110	.105	24.352	$p < .01$
2. Resilience, Hope	.362	.131	.122	14.833	$p < .01$

In step one, resilience accounted for 11% of the variance in agency. In step two, adding hope increased the explained variance to 13.1%. The *F* values were significant at the 0.01 level, indicating the models were statistically valid. Regression coefficients are reported in Table 9.

Table 9

Regression Coefficients for Resilience and Hope on Agency

Predictor	B	SE	β	t	Significance
Constant	36.412	2.377	—	15.318	$p < .01$
Resilience	0.460	0.093	0.331	4.935	$p < .01$
Constant	33.540	2.692	—	12.461	$p < .01$
Resilience	0.328	0.110	0.236	2.985	$p < .01$
Hope	0.238	0.108	0.174	2.200	$p < .01$

In the first step, the beta coefficient for resilience was 0.331, indicating a strong positive association with agency. In the second step, when hope was included, the beta for resilience dropped to 0.236, while the beta for hope was 0.174. This shows that increases in both resilience and hope are associated with increases in agency. Beta coefficients reflect the strength of association with the dependent variable, indicating the amount of standard deviation change in the outcome for each standard deviation change in predictors. All *t* values were significant, suggesting that the changes are not due to chance. The regression slopes for both predictors were significant at $p < .05$.

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Research Question 4

What is the direct relationship between psychological capital and agency among homemakers in Tehran?

There was no significant relationship between psychological capital and agency.

Research Question 5

What is the indirect relationship between psychological capital and subjective well-being through agency among homemakers in Tehran?

To evaluate the mediating role of agency in the relationship between psychological capital and subjective well-being, multiple regression analysis was employed. The summary is shown in Table 10.

Table 10

Regression Model Summary for Subjective Well-Being Based on Psychological Capital through Agency

Predictors	R	R^2	Adjusted R^2	F (ANOVA)	Significance
1. Environmental Mastery	.535	.286	.283	79.367	$p < .01$
2. Mastery, Agency	.642	.413	.407	69.235	$p < .01$
3. Mastery, Agency, PsychCap	.665	.442	.434	51.814	$p < .01$

In step one, environmental mastery explained 28.6% of the variance in subjective well-being. With the addition of agency in step two, the explained variance rose to 41.3%. After including psychological capital in step three, the explained variance reached 44.2%. All *F* values were statistically significant at the 0.01 level. Regression coefficients are detailed in Table 11.

Table 11

Regression Coefficients for Psychological Capital on Subjective Well-Being through Agency

Predictor	B	SE	β	t	Significance
Constant	-0.629	2.269	—	-0.277	$p < .01$
Mastery	0.527	0.059	0.535	8.909	$p < .01$
Constant	-14.739	2.990	—	-4.929	$p < .01$
Mastery	0.521	0.054	0.528	9.673	$p < .01$
Agency	0.300	0.046	0.356	6.517	$p < .01$
Constant	-16.516	2.973	—	-5.555	$p < .01$
Mastery	0.404	0.064	0.410	6.326	$p < .01$
Agency	0.243	0.048	0.289	5.053	$p < .01$
Psych. Capital	0.085	0.026	0.220	3.222	$p < .01$

In step one, the beta for environmental mastery was 0.535, showing a strong positive relationship with subjective well-being through agency. In step two, with the inclusion of agency, the beta for mastery decreased to 0.528, and the beta for agency was 0.356. In step three, the beta for mastery declined to 0.410, agency to 0.289, and psychological capital had a beta of 0.220. These findings indicate that increases in environmental mastery, agency, and psychological capital are associated with increases in subjective well-being. Beta coefficients reflect how much the dependent variable changes for each unit increase in predictors. All *t* values were significant, confirming that these relationships are not due to random variation. Notably, the regression slopes for mastery, agency, and psychological capital were significant at the $p < .05$ level.

4. Discussion and Conclusion

The findings of the present study offer robust empirical support for the predictive role of psychological capital and agency in explaining variations in subjective well-being among homemakers in Tehran. The first major finding indicated that psychological capital—particularly its hope and optimism components—significantly predicted subjective well-being. Hope alone accounted for nearly 31% of the variance, and the addition of optimism increased the explained variance to 35%. This aligns with previous literature suggesting that positive psychological resources embedded in psychological capital, such as resilience, self-efficacy, hope, and optimism, play a critical role in enhancing well-being outcomes (Alsultan et al., 2023; Cao

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et al., 2024). For example, (Cao et al., 2024) reported that psychological capital significantly predicted subjective well-being among PhD students, while (Almurumudhe et al., 2024) found it improved academic performance and reduced procrastination, thereby fostering emotional health and well-being.

Another key result was the direct positive association between agency and subjective well-being. Agency alone accounted for 13% of the variance in subjective well-being, with a strong and significant beta coefficient of 0.366. This supports the conceptualization of agency as a determinant of purposeful behavior and life satisfaction, as described in social cognitive theory (Bandura, 2018a). The findings are consistent with those of (Tabesh & Sedighi Arefi, 2024), who showed that interventions like meaning therapy effectively enhanced agency, leading to higher levels of positive affect. Similarly, (Mameli et al., 2019) emphasized that agency is essential for cultivating autonomy and responsibility in both adolescents and adults. In contexts such as homemaking—where autonomy and recognition are often limited—agency may function as a psychological buffer that allows women to regain a sense of control and meaning in their daily lives.

A third major finding confirmed the mediating role of agency in the relationship between psychological capital and subjective well-being. When agency was included in the regression model, the predictive power of psychological capital on subjective well-being increased notably. This demonstrates that while psychological capital provides the motivational and emotional building blocks for well-being, it is through agency that these resources are transformed into intentional and adaptive behavior. This is consistent with the findings of (Kaspor & Zarean, 2024), who found that psychological capital mediates the relationship between meaning in life and well-being, and with (Saket et al., 2023), who noted that perceived social support and psychological capital are linked to well-being via mediators such as differentiation. (Saman & Wirawan, 2024) also emphasized the joint role of psychological capital and agency in predicting students' soft skills, suggesting a similar mechanism in different populations.

The study also revealed a significant connection between resilience and agency, with resilience accounting for 11% of the variance. Upon adding hope, the explained variance increased to 13%, showing that resilience and hope are key psychological traits that foster agentic functioning. This supports the argument that internal psychological strengths are crucial for the development of volitional and goal-directed behaviors (Aajurlou et al., 2024; Wang et al., 2023). For instance, (Eslami et al., 2023) found that agency and cognitive styles influence how individuals regulate stress, while (Saman & Wirawan, 2024) highlighted that higher resilience levels are predictive of both soft skill development and mental resilience. These patterns indicate that agency is not merely a fixed trait but is responsive to other psychological resources that can be developed and strengthened through targeted interventions.

Interestingly, the analysis revealed no significant direct relationship between the composite psychological capital score and agency. This might reflect the differing weights of the subcomponents or the influence of contextual factors that were not measured in the present study. While hope and resilience had predictive value individually, the broader construct of psychological capital may interact with agency in more complex ways. This mirrors the findings of (Wang et al., 2022), who noted that the effectiveness of psychological capital in enhancing well-being is moderated by factors like family support and coping styles. Therefore, psychological capital may be necessary but not sufficient without mechanisms like agency to activate its benefits in applied settings (Heydari, 2024; Mahmoodi & Sajadinezhad, 2022).

The most comprehensive model in this study, incorporating environmental mastery, agency, and psychological capital, accounted for 44% of the variance in subjective well-being. This confirms that well-being is best understood through a multi-layered framework involving internal cognitive, emotional, and motivational processes. These findings are in line with those of (Mahmoodi & Sajadinezhad, 2022), who noted that basic needs satisfaction alongside psychological capital leads to enhanced well-being, and with (Saket et al., 2023), who proposed a structural model linking psychological capital to well-being via mediating constructs. Furthermore, (Heydari, 2024) demonstrated that psychological capital reduces burnout through the mediation of psychological well-being, reinforcing the notion that well-being is not only an outcome but also a process influenced by multiple factors.

While this study provides valuable insights, several limitations should be considered. First, the use of a cross-sectional design limits the ability to make causal inferences. Although associations were found, longitudinal studies would be needed to confirm the directionality of the relationships. Second, data collection relied solely on self-report instruments, which are susceptible to response biases such as social desirability and subjectivity. Third, the sample

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was restricted to homemakers in Tehran, limiting the generalizability of the findings to broader or more diverse populations. Cultural factors, socio-economic status, and educational background were not controlled for and may have moderated the relationships observed in the study.

Future research should employ longitudinal and experimental designs to explore how psychological capital and agency evolve over time and how interventions targeting these variables influence subjective well-being. Expanding the sample to include homemakers from different cities, rural areas, and cultural contexts would enhance generalizability. Additionally, incorporating qualitative methods such as interviews or focus groups could offer richer, more nuanced insights into how women conceptualize and operationalize agency in daily life. Researchers might also consider investigating the roles of marital satisfaction, community support, and mental health literacy as potential moderators or mediators in these relationships.

Practitioners working in community mental health, social work, and women's empowerment should prioritize interventions aimed at enhancing psychological capital and agency among homemakers. Training programs could focus on developing optimism, hope, and resilience while simultaneously fostering goal-setting, self-reflection, and decision-making skills. Community centers, health clinics, and family service organizations can offer structured programs or workshops aimed at building these psychological resources. Such efforts should be culturally tailored to reflect the lived experiences of homemakers and delivered in accessible formats to ensure inclusivity and long-term engagement.

Authors' Contributions

All authors significantly contributed to this study.

Declaration

In order to correct and improve the academic writing of our paper, we have used the language model ChatGPT.

Transparency Statement

Data are available for research purposes upon reasonable request to the corresponding author.

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Declaration of Interest

The authors report no conflict of interest.

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Ethical Considerations

In this study, to observe ethical considerations, participants were informed about the goals and importance of the research before the start of the interview and participated in the research with informed consent.

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