



An Investigation of the Components of Well-Being in the Children's Stories of Zakaria Tamer Using Ryff's Scales of Psychological Well-being: A Case Study of a Collection of Stories (Nasayih Muhmalih)

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Abstract

Based on the progress of psychology studies and the attention paid to children's cognitive, personality, emotional, and social development, it has been shown that psychological well-being is important for having a good life and helping children grow up to have productive and successful lives. Therefore, it is undeniable that literature, and particularly stories, serve as an indirect strategic method for the advancement and general enhancement of children's development. Zakaria Tamer is a writer who works in the field of children's literature and writes in the Arabic language. He believes that the story is a platform that has an educational and psychological function and that it is effective in nurturing and flourishing the child's personality and ensuring that the child's mental health is maintained. A descriptive-analytical approach was taken in this study to investigate the components of well-being. Taking into account the importance of mental health as well as the need to raise the level of children's productivity and self-actualization, the present study was carried out. According to the obtained results, Zakaria Tamer tries to influence children's personality development and enhance their mental health by using a smooth style, a straightforward fantasy that is based on external reality, and animal characters that are drawn from natural elements and occasionally human. He also explains moral principles in his stories. Finally, he describes psychological well-being indicators in his stories, including personal development, independence, autonomy, effective and positive interpersonal communication, a sense of purpose in life, and control over one's environment. Tamer also aims to institutionalize away from idealistic self-concept and attention to self-concept in the child's institution through symbolic and metaphorical language use.

Keywords: Components of Well-being, Zakaria Tamer, The Children's Stories, Mental Health.

Introduction

The issues that pertain to children are some of the most fundamental problems in modern psychology and sociology. This is due to the fact that children are regarded as one of the most dynamic and future-building generations of the human population. It is without a doubt one of the most important cultural priorities in every society to pay attention to the overall individual and social growth of this generation and to provide assistance in developing and maintaining a dynamic personality. As a result, in the modern world, with the significant development of the power of the human mind, the belief that education should either be free or that it should not be limited to the environment and age has developed. This significant idea, known as indirect education, has always been emphasized because it is one of the educational approaches considered to be the most strategic. It is generally agreed upon that books, particularly those that are written in the style of children's fiction, are one of the most effective ways to continue one's education in a roundabout fashion. According to what has been stated about its significance, the book provides the child with an enjoyable and pleasurable language experience that can be communicated through reading. The book helps the children develop their artistic sensibility and improve their literary taste. In conclusion, the book is responsible for the progression of the children's intellectual development, as well as their contribution to the formation of their personality and identity, as well as their instruction in the art of living (Qanavi, 2009: 11).

However, in recent years, studies on positive psychology have expanded to include two entirely new areas: 1) helping people with healthy personalities experience happiness, satisfaction, and increased productivity in life; and 2) promoting the development of human potential (Heffern and Bunyol, 2016: 25). Studies have been done in the area of understanding and conceptualizing positive psychology, particularly well-being, which believes that having a sense of life satisfaction, enough advancement, effective and efficient interaction with the outside world, a positive relationship with society and community, and positive development is one of the characteristics of being healthy rather than simply not having a disease (Gadamesh, 2007, quoted by Moradi 94: 33). In light of this theory's wide-ranging application, Ryff's six-factor model has significantly aided the development of positive psychology. Ryff and his supporters hold that striving to transcend and improve, which manifests in the realization of one's talents and abilities, is what makes one happy rather than simply experiencing pleasure (Fetun, 2016: 218).

The fact that these kinds of books help develop a child's scientific vision, guide, strengthen, and educate the child's power of thought to find the right philosophy of life makes it clear that dealing with children's literature based on the psychological component, including the well-being and identification of this category of books, is necessary. Indirectly, it can help the child learn more about his environment, the problems he faces, and how to deal with them, as well as develop and strengthen his desire to be with other people. The researcher thinks that research and explanation in these areas will help figure out what this kind of literature is for and how it helps children develop their personal and social skills.

This article looked at some of Zakaria Tamer's children's fiction using Ryff's scales of psychological well-being. It did this while keeping in mind that the goal of children's literature is to promote happiness, the health of the body and soul, well-being, growth of faith and belief, and happiness in children and teens who serve national and human thoughts as well as high human ideals (Shaarinejad, 2001: 15). As a result, the author's collection of short stories, "Nasayih Muhmalih," has been taken into consideration.

The purpose of the present study was to emphasize the significance of children's literature and the effectiveness of indirect education in the form of fictional literature, as well as the need to explain the improvement and promotion of this type of literature as much as possible in society. In this regard, a descriptive-analytical method and library sources were used to answer the following questions:

- How does Zakaria Tamer's narrative style manifest the components of well-being?
- What proportion of the components of moral development and psychological improvement in children is manifested in "Nasayih Muhmalih"?
- How does the application of well-being components in "Nasayih Muhmalih" facilitate the development of individual talent and skill?

Literature Review

Numerous statistical studies have been conducted in the field of mental health, including Farzaneh Mikaili's 2010 article, "An investigation of the factorial structure of Ryff's scales of psychological well-being among Urmia University students," published in the journal of modern psychological research. In addition, an article titled "An investigation of psychometric indicators: Ryff's scales of psychological well-being in high school students of gifted schools: reliability, validity, and factor structure" by Somayeh Sadati and Qavam Moltfet, published in the Educational Measurement Journal of Allameh University in 2015 examines the components of well-being in a specific statistical population by analyzing a questionnaire variable.

Several studies have been conducted on the fiction of Zakaria Tamer, such as Shahriar Niazi and Oveis Mohammadi's 2011 article in the Arabic language and literature journal titled "Psychoanalytical analysis of the story of Nigger from the book 'The Neighing of the White Steed,'" in which they analyze the story's characters and events through the lens of Freud's theory of psychoanalysis. An article by Fatemeh Qaderi and Zainab Zarei titled "Characterization in the Children's Stories of Zakaria Tamer: A Case Study of Why Was the River Silent (Human Values, Relationships, Wisdom, and Lessons)... The Rose Said to the Swallow" appeared in the contemporary Arabic literary criticism journal in 2012. It takes a close look at the various types of characters to attract the children's audience. A 2013 article by Rihanu Fabian titled "Mythical and folklore motifs in Syrian prose: the stories of Zakaria Tamer as a model" also examines short stories and various ways to use myth and folklore literature in the form of narrative and analyzes the function of themes like magical places, in search of treasure, extraordinary births, etc.

Mozafari and Alizadeh (2015) published an article in the Nahj al-Balagha Research Journal titled "An investigation of the Ryff's scales of psychological well-being in Nahj al-Balagha" in the interdisciplinary field. The author described Imam Ali's perspectives on psychological issues, particularly well-being, and analyzed the known components of this theory.

To date, however, no research has been done on the components of well-being in Arabic literature in Iran, and therefore in the works of Zakaria Tamer. This article was written to examine this often-overlooked aspect.

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