

Table 1- Correlation Test of Independent Variables and Psychological Well-being of the Mothers

Variable	Frequency	Mean	Standard Deviation	Pearson Coefficient(r)	Significant Level
Social participation	241	15.09	3.863	0.050	0.436
Quality relationships with others	241	18.52	3.549	0.331	0.000
extracurricular activities	241	20.55	5.244	0.237	0.000
religious beliefs	241	22.59	2.903	0.032	0.617
marital satisfaction	241	43.34	10.543	0.275	0.000
Self confidence	241	31.04	6.955	0.182	0.005
Having intimate with other family members	241	14.20	3.440	0.308	0.000
dependence on children	241	14.20	3.440	0.308	0.000

Table 2- ANOVA for the mothers' quality relationships with others and children's before and after leaving home

Variable	Time	Mean	T	Significant Level
Quality relationships with others	Before	18.93	2.338	0.020
	After	18.52		

Table 3- ANOVA for the mothers' extracurricular activities and children's before and after leaving home

Variable	Time	Mean	T	Significant Level
extracurricular activities	Before	24.22	12.823	0.000
	After	20.56		

Table 4- ANOVA for the mothers' marital satisfaction and children's before and after leaving home

Variable	Time	Mean	T	Significant Level
marital satisfaction	Before	42.05	4.700	0.000
	After	43.34		

Table 5- The regression of independent variables on psychological wellbeing

Phase	Variable	B Coefficient	Beta Coefficient	T Test	Sig.T	R <sup>2</sup>
First	Quality relationships with others	0.479	0.229	3.935	0.000	0.105
Second	Mother dependence on the child	0.602	0.280	4.982	0.000	0.187
third	Self confidence	0.210	0.180	3.038	0.003	0.234
Fourth	Marital satisfaction	0.123	0.176	2.993	0.003	0.262

Table 6- Direct and indirect affects independent variables on psychological well-being

Variable	Direct Effect	Indirect Effect	Total Effect
Quality relationship with others	0.229	0.08	0.31
extracurricular activities	-	0.04	0.04
Social participation	-	0.03	0.03
marital satisfaction	0.176	-	0.176
Self confidence	0.180	-	0.180
Mother dependence on the child	0.280	-	0.280