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SUBJECTIVE WELL-BEING IN ADOLESCENTS AND EMERGING ADULTS: PERSONALITY, VALUES AND SOCIAL RELATIONSHIPS*

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ABSTRACT

Investigating the sources of happiness dates back to the ancient times and has an important share in today's mental health research. Subjective well-being is included in the scientific definitions of happiness. Although there are many studies on subjective well-being, studies examining this concept in a developmental context are still limited. This study aims to examine the role of personality, values, and social relationships in explaining subjective well-being in adolescents and emerging adults. Research data related to the independent variables of the research was gathered by Five Factor Personality Inventory, Portrait Values Questionnaire, Network of Relationships Inventory Short Form; data on dependent variables were collected using the Satisfaction with Life Scale and the Positive-Negative Affect Scale. The sampling method of the study is convenient sampling and data was collected from a total of 716 participants, consisting of adolescents (n=372) and emerging adults (n=344). After testing the data for normal distribution and exploring no multicollinearity between variables, the main analyses were run. Pearson Product-Moment Correlation Coefficient and Hierarchical Multiple Regression Analysis were performed. Gender was assigned as the control variable in this study. Findings showed that neuroticism in both adolescents and emerging adults, conservatism in adolescents, self-enhancement in emerging adults, and positive relationship with mothers both in adolescents and emerging adults contributed to subjective well-being. In this study, social relations were limited to mothers and the closest relations. The inclusion of relationships with different people in the social networks in future studies is important for a better understanding of the social determinants of subjective well-being.

Keywords: Subjective well-being, personality, values, social relationships

* This study is derived from the first author's doctoral thesis under the supervision of the second author.

INTRODUCTION

Happiness is one of the important research areas of both philosophy and psychology. Seligman and Csikszentmihalyi (2000) state that Positive Psychology focuses on the specific structures of a "worth living" life. When today's positive psychology studies are examined, the concepts of well-being, psychological well-being, happiness, subjective well-being, and the components of these concepts are frequently encountered. The most comprehensive approach to subjective well-being was developed by Diener (1984). Diener's subjective well-being model includes both cognitive and affective processes (Diener & Lucas, 1999). While the cognitive dimension of subjective well-being is the individual's overall satisfaction with life; the affective dimension is related to situations that create positive or negative emotions (Lightsey, 1996).

There are various studies showing the correlation between the dimensions of subjective well-being and perceived satisfaction in relationships with parents (Yazıcı-Çelebi & Çelebi, 2018), self-disclosure and social support (Uygur, 2018), social problem solving (Gál et al., 2021), social support (Chen et al., 2017), future orientation (Bölükbaşı & Kırdök, 2019), personality traits (Ercan, 2019; Roysamb et al., 2018; Steel et al., 2019), values (Maciuzsek et al., 2019; Kim et al. 2018) and social relationships (Amati et al., 2018; Singh & Singh, 2020). In this study we highlighted the role of personality, values and social relationships in adolescents and emerging adults.

Personality and Subjective Well-being

While the first studies on subjective well-being focused on external factors (e.g., Wilson, 1967; cited in Oishi et al., 1999), the weak determinant role of external factors in subjective well-being and thus in life satisfaction was effective in directing subjective well-being studies to more internal factors (Tuzgöl-Dost, 2004). Personality, which is defined as a set of characteristics that are innate and shaped through interaction with the environment and that do not change easily (Eryılmaz & Ercan, 2011), is a concept closely related to subjective well-being. Researchers have brought together the results of different personality studies and reached five factors as a result of their studies (Costa & McCrae, 1988; Goldberg, 1990). Studies on the five-factor model have been carried out in different languages and cultures. In the results of the study examining the organization of personality traits represented by adjectives in Turkish, results supporting the five-factor model were obtained (Somer, 1998). According to this approach, the five factors that constitute personality are neuroticism, extraversion, openness to experience, agreeableness, and responsibility (Burger, 2006).

Personality, which is described as an unchangeable feature in the early studies, appears as a flexible structure that can change over time as studies on the subject increase. Digman (1997) defined personality at two high levels: alpha-stagnation (responsibility, emotional stability/neuroticism, and agreeableness) and beta-resilience (extraversion and openness). Factor-alpha refers to the effects of socialization, while factor-beta refers to personal growth and self-actualization. This approach was supported by several studies (DeYoung, 2006; DeYoung et al., 2007; Okwajari et al. 2019).

When studies on subjective well-being and personality were examined, significant relationships were found between these two constructs (Lachmann et al., 2017; Okwajari et al., 2019). Subjective well-being is predicted by extraversion, emotional instability, and responsibility, as well as being predictable by agreeableness (Eryilmaz & Ercan, 2011); on the other hand, although it was stated in a different study that all dimensions of the five-factor personality traits have significant relationships with subjective well-being, it was reported that only emotional instability and extraversion were significant predictors of subjective well-being (Doğan, 2013). Reisoğlu (2014), on the other hand, stated that emotional instability, extraversion, responsibility, and openness to experience predict subjective well-being significantly.

When the related literature is examined, although the relationship between subjective well-being and personality support, it is still a controversial issue that which personality trait has a high determinant on subjective well-being in which developmental period. Therefore, in this study, the relationship between personality dimensions and subjective well-being, and the prediction of personality dimensions on subjective well-being will be discussed in the context of two developmental stages.

Values and Subjective Well-being

Although personality traits seem to be as predictors of life satisfaction, when people are asked to explain their thoughts about any of their experiences, they refer to values rather than personality. Values are accepted as simple principles that guide evaluations or conceptual inferences, as well as influence attitudes and behaviors (Lopez et al., 2008) and are characteristics that differ from individual to individual. Values range from meeting people's basic and individual needs to protecting the welfare of others and even protecting the order of nature (Schwartz, 1992). Schwartz (1992, 2004), as a result of his studies in 60 countries, which was carried out in a highly representative sample, 10 value types (power, achievement, hedonism, stimulation, self-direction, universalism, benevolence, traditionality, conformity, security) and 4 high-level value dimensions (self-transcendence, conservatism, self-enhancement, openness to innovation) were found.

According to the results of Roccas, Sagiv, Schwartz, and Knafo's (2002) study, self-direction, stimulation, and universalism values were positively correlated with subjective well-being, while power and harmony were negatively correlated. Haslam, Whelan, and Bastian (2009) found a significant relationship between subjective well-being and only hedonism. Joshanloo and Ghaedi (2009) explored that subjective well-being, success and hedonism values had a positive correlation; universalism and traditionalism values showed a negative correlation. As a result of a study conducted in 25 European countries, it was found that the relationship between achievement value and subjective well-being was positive in underdeveloped countries, while it was negative in developed countries (Sortheix & Lönnqvist, 2014). When these studies on the relationships between subjective well-being and values are examined, it is observed that the results of the studies may differ according to the countries in which they are conducted.

Social Relationships and Subjective Well-being

According to Hume, establishing positive relationships with others is the only way to reach happiness (Haller & Hadler, 2006). Most theories of social relationships and well-being begin by explaining that an individual can obtain resources from his/her partners that he cannot obtain on his/her own because each individual's intellectual accumulation, knowledge, power, and energy exist within a certain limit. Some theorists argue that a mutual benefit in relationships has a direct impact on the happiness and well-being of individuals in a relationship. Some theorists, on the other hand, see the social relationship as a need that exists in human nature and is passed down from generation to generation (Lucas & Dyrenforth, 2006).

Since the family functions as a natural lifelong support system in all cultures, it is important to examine the social structure associated with subjective well-being. It is known that the parent-adolescent relationship is related to emotional and behavioral problems (Barber, 1996; Steinberg et al., 1991). Many changes occur in parent-child relationships during adolescence. While adolescents spend less time with their families, they increasingly focus on peers (Larson et al. 1996). Many theories, such as neo-psychoanalytic perspectives, evolutionary perspectives, and socio-cognitive perspectives, suggest that increased autonomy and individuation in adolescence leads to a temporary decrease in intimacy, an increase in conflicts, and gradually more equal power (Collins & Laursen 2004). It is well known that relationships outside the family gain more and more significance during adolescence (Giordano, 2009). Therefore, it is thought that the relationship between the quality of the individual's family and friend relationships and subjective well-being and its effect on subjective well-being should be examined in a developmental context.

In studies examining the relationship between family and friend relationships and subjective well-being, it was found that the subjective well-being averages of students who had their most satisfying experiences with people they did not know were lower than the subjective well-being averages of adolescents who had their experiences with their friends, in the school environment and with their families (Reisoğlu, 2014). The quality of a friend relationship is the most important determinant of subjective well-being (Demiret et al., 2007), friendship variables explain 58% of the variance in subjective well-being in emerging adults, and friendship quality significantly predicts subjective well-being (Demir & Weitekamp, 2007), relationship satisfaction with close friends has a mediating effect on the relationship between the quality of these relationships and subjective well-being (Demir & Özdemir, 2010). When the studies related to social relationships and subjective well-being are examined, it was found that the quality of friend relationships had a very important role. In the literature on relationships and subjective well-being, there are limited studies on parents. In this study, the effect of relationship quality with best friend and mother on the subjective well-being of the high school and university students was examined.

Age and Subjective Well-being

It is seen that personality, values, and social relationships are examined as variables related to subjective well-being. However, in studies examining subjective well-being, it is stated that there are age-related differences and these differences are generally in favor of younger ones (Yazıcı-Çelebi & Çelebi, 2018). It is seen that this difference, which works in favor of the youth, is mostly explained by the high life energy (Gülcan, 2014). However, no studies were found examining the relationship of age-related differences in subjective well-being with other personal and social variables that have the potential to change depending on age, and the predictive role of these variables in subjective well-being. This study aims to examine the roles of personality, values, and social relationships as predictors of subjective well-being in high school and university students in a developmental context. Within the framework of this main purpose, research questions were formed:

(1) Do subjective well-being scores differ in adolescents and emerging adults? (2) Is there a significant relationship between the subjective well-being levels of adolescents and their personality traits, values, and social relationships? (3) Is there a significant relationship between the subjective well-being levels of emerging adults and their gender, personality traits, values, and social relationships? (4) Do gender, personality traits, values, and social relationships significantly predict the subjective well-being levels of adolescents? (5) Do gender, personality traits, values, and social relationships significantly predict the subjective well-being levels of emerging adults?

METHOD

The study is in relational model. In the relational screening model, the main purpose is to determine the relationships between two or more variables. Accordingly, in this study, the existence of covariance between the variables that are theoretically expected to be related is examined (Karasar, 2006).

Sample

The sample of the study was determined with convenience sampling method. Convenience sampling involves taking sample elements that are easily accessible to the researcher. This sampling is the sampling used when it is sometimes very difficult for the researcher to design and reach the sample and sometimes it is impossible to determine all the elements of the universe (Monetle, Sullivan, & De Jong, 1990). To test the research questions, data were collected in 2016 from a total of 761 people living in Istanbul, consisting of adolescents and emerging adults. However, 45 incompletely filled data were removed and analyzes were carried out with 716 participants. When the distribution of the sample according to gender was examined, it was found that 318 female (44.4%) and 398 male (55.6%) participants formed the sample. The classifications of Santrock (2012) and Bee & Boyd (2015) were used to determine the developmental stages of the participants. Accordingly, 372 of the participants (52%) were in adolescence, and 344 of them were in emerging adulthood (48%). The age range of the participants in the sample is between 14-30 and the average age is 18.60.

Instruments

Satisfaction with Life Scale-SWLS

The Satisfaction with Life Scale-SWLS (Diener et al., 1984) developed to measure life satisfaction, which is the cognitive dimension of subjective well-being, is a 5-item scale used to measure an individual's life satisfaction as a whole. The internal consistency coefficient was found as .87. The internal consistency coefficient of the Turkish version of the scale was found as .89 (Aydın, 1999). Cronbach's alpha was found .83 in the current study.

Positive-Negative Affect Scale-PANAS

The Positive and Negative Affect Scale was used to measure the affection of subjective well-being. The scale was developed by Watson, Clark, and Tellegen (1988) to measure the two basic dimensions of affect structure: positive affect and negative affect. The application of the Turkish version of the scale, the internal consistency coefficient of positive affect was found as .80 and the internal consistency coefficient of negative affect as .82 (Aydın, 1999). In the current study Cronbach's alpha were found .80 for both subscales.

The Five Factor Personality Inventory-FFPI

The FFPI was developed by John and Srivastava (1999). The scale consists of 44 items and has five sub-dimensions. These sub-dimensions are; "extraversion", "agreeableness", "consciousness", "neuroticism" and "openness to experience" were determined. In the study conducted for the university sample in Turkey, the reliability of the sub-dimensions varied between 0.64 and 0.77 (Sümer et al., 2005), and the reliability of the sub-dimensions for high school students varied between .76 and .83 (Demirbaş, 2014). Cronbach's alpha of the subscales were found between .65 and .76 in the current study.

Portrait Values Questionnaire-PVQ

The Portrait Values Questionnaire, which was developed by Schwartz et al. (2001), and measures the value orientations of individuals, is a 6-point Likert-type scale consisting of 10 sub-dimensions. The questionnaire was adapted into Turkish by Demirutku (2007) and both the internal consistency and test-retest reliability coefficients of the ten value types were found between .65 and .82. Cronbach's alpha of the subscales were found between .76 and .79 in the current study.

Network of Relationships Inventory-NRI

The Relationship Network Inventory was prepared based on Weiss's (1974) and Sullivan's (1953) theoretical explanations on social needs and social provisions (Furman & Buhrmester, 1985). With the concept of provision, it is emphasized what the social needs of the individual are necessary for effective social functioning

and well-being and to what extent these needs are satisfied. Furman and Buhrmester (2010) aimed to measure these provisions in general in the Relationship Network Inventory-Short Form and named this general measure as "Positive Attributes". In addition to the positive qualities, there is another dimension that measures the negative qualities of the relationship. The Turkish adaptation of the scale was carried out for the age range of 14-25 (Aslan-Gördesli & İşmen-Gazioğlu, 2017). It was found that the internal consistency coefficient of the scale was between .74 and .89. In the current study Cronbach's alpha was found between .80 and .88.

Process

The statistical assumptions of hierarchical multiple regression were tested before conducting the statistical analysis. First, given five independent variables were included in the analysis, a sample size of 761 was considered adequate. Second, residual and scatter plots indicated that the assumptions of normality, linearity, and homoscedasticity were met for this study. Finally, as tolerance and VIF values were within acceptable limits, no multicollinearity was identified between variables (Tabachnick and Fidell, 2001). It was thought that the order of adding the independent variables in this study to the hierarchical regression model would be more meaningful in terms of evaluating the results of the research, if the relevant field experts were made in an increasing order in terms of interventionability. In the literature review for the ranking of independent variables in hierarchical regression analysis, it was observed that personality was associated with the observed basic tendencies (nature) and values were associated with external effects (nurture) as a result of the Five Factor Theory (Olver & Mooradian, 2003). For this reason, in the hierarchical regression analysis, gender, personality, values and social relations were followed.

In the statistical analysis of the data, independent samples t-test, Pearson Product Moments Correlation Matrix, and Hierarchical Regression Analysis techniques were used. These analyzes were made using the SPSS 22.0 package program.

FINDINGS

According to the findings of the independent samples t-test, which was conducted to test whether the subjective well-being scores of the participants differ according to the developmental period, adolescents' life satisfaction and positive affect scores were significantly higher than young adults' life satisfaction and positive affect scores ($p < .01$), while negative affect scores did not differ ($p > .05$).

For second and third questions of the research, Pearson Correlation Analysis were run separately in adolescents and emerging adults (Table 1). When the relationships between personality traits and subjective well-being among adolescents were examined; 1) A significant positive correlation ($r = .17, .42$, respectively, $p < .01$) was found between extraversion and life satisfaction ($r = .17, p < .01$), and positive affect ($r = .42, p < .01$), while a significant negative correlation was found between extraversion and negative affect ($r = -.12, p < .01$)². A significant negative correlation was found between neuroticism and life satisfaction ($r = -.26, p < .01$), while a

significant positive correlation was found between neuroticism and negative affect ($r=.62, p<.01$), 3) A significant positive correlation ($r=.10, p<.01$) was found between consciousness and life satisfaction, while a significant negative correlation ($r=-.34, p<.01$) was found between consciousness and affect, 4) A significant positive correlation ($r=.22, .34$, respectively; $p<.01$) was found between responsibility and life satisfaction, and positive affect, while a significant negative correlation ($r=-.23, p<.01$) was found between responsibility and negative affect, and 5) A significant positive correlation ($r=.37, p<.01$) was found between openness to experience and positive affect.

Table 1. Relationships Between Variables According to the Developmental Period

		N	Life Satisfaction	Positive Affect	Negative Affect	M	SD
Adolescents	Personality						
	Extraversion	387	.17**	.42**	-.12**	28.11	5.85
	Neuroticism	387	-.26**	-.08	.62**	23.62	5.99
	Consciousness	387	.10*	.08	-.34**	32.45	5.23
	Responsibility	387	.22**	.34**	-.23**	30.06	5.97
	Open. to Exp.	387	.02	.37**	-.07	36.67	6.38
	Values						
	Self-transc.	387	.05	.32**	-.09	49.12	7.42
	Self-enhance.	387	.01	.36**	.10*	43.80	8.44
	Open. to Ch.	387	-.01	.41**	.03	48.70	7.34
	Conservatism	387	.22**	.30**	-.02	56.74	10.55
	Social Relations						
	Pos. Rel. with Mot.	387	.34**	.26**	-.15**	27.85	5.09
Neg. Rel. with Mot.	387	-.26**	.01	.37**	15.36	5.69	
Pos. Rel. with Fr.	387	.07	.29**	-.04	26.68	5.10	
Neg. Rel. with Fr.	387	-.04	.09	.24**	13.46	5.59	
Emerging Adults	Personality						
	Extraversion	374	.20**	.55**	-.31**	27.24	5.92
	Neuroticism	374	-.34**	-.21**	.66**	23.79	6.05
	Consciousness	374	.19**	.14*	-.35**	34.01	5.03
	Responsibility	374	.33**	.42**	-.36**	32.13	5.88
	Open. to Exp.	374	.11*	.50**	-.14**	37.23	5.95
	Values						
	Self-transc.	374	.13*	.27**	-.11*	51.23	5.72
	Self-enhance.	374	.06	.45**	.0	42.17	8.78
	Open. to Ch.	374	.10	.47**	-.05	47.71	7.22
	Conservatism	374	.20**	.20**	-.03	61.09	8.52
	Social Relations						
	Pos. Rel. with Mot.	374	.39**	.29**	-.14*	26.62	5.16
Neg. Rel. with Mot.	374	-.18*	.08	.22**	12.72	5.13	
Pos. Rel. with Fr.	374	.26**	.28**	-.13*	26.05	5.02	
Neg. Rel. with Fr.	374	-.07	.06	.10	11.16	4.43	

Note: * $p<.05$, ** $p<.01$, *** Open. To Exp.= Openness to experience, Self-transc.=Self-transcendence, Self-enhance.= Self-enhancement, Open to Ch.= Openness to change, Pos. Rel. with Mot.= Positive relations with mother, Neg. Rel. with Mot.= Negative relations with mother, Pos. Rel. with Fr.= Positive relations with friend, Neg. Rel. with Fr.= Negative relations with friend.

When the relationships between personality traits and subjective well-being among emerging adults were examined; 1) A significant positive correlation was found between extraversion and life satisfaction, and positive affect ($r=.20, .55$, respectively; $p<.01$), while a significant negative correlation was found between extraversion and negative affect ($r= -.31, p<.01$), 2) A significant negative correlation was found between neuroticism and life satisfaction ($r=-.34, -.22; p<.01$), and positive affect, while a significant positive correlation was found between neuroticism and negative affect ($r=.66, p<.01$), 3) A significant positive correlation was found between agreeableness and life satisfaction, and positive affect ($r=.19, .14; p<.01$), while a significant

negative correlation was found between agreeableness and negative affect ($r = -.34, p < .01$), 4) A significant positive correlation was found between responsibility and life satisfaction, and positive affect ($r = .33, .42; p < .01$), while a significant negative correlation was found between responsibility and negative affect ($r = -.36; p < .01$), and 5) A significant positive correlation was found between openness to experience and life satisfaction and positive affect ($r = .11, .50; p < .01$), while a significant negative correlation was found between openness to experience and negative affect ($r = -.14, p < .01$).

When the relationships between values and subjective well-being among adolescents were examined; 1) A significant correlation was found between life satisfaction versus conservatism ($r = .22, p < .01$), 2) A significant correlation was found between positive affect and self-transcendence, self-enhancement, openness to change, and conservatism ($r = .36, .41, .30, .26; p < .01$) 3) A significant correlation was found between negative affect and self-enhancement ($r = .10, p < .01$). When the relationships between values and subjective well-being among emerging adults were examined; 1) A significant correlation was found between life satisfaction and self-transcendence ($r = .13, p < .01$), 2) A significant correlation was found between positive affect and self-transcendence, self-enhancement, openness to change, and conservatism ($r = .31, .47, .48, .23$, respectively; $p < .01$), and 3) A significant correlation was found between negative affect and self-transcendence ($r = -.11, p < .01$).

Finally, the relationships between the variables were examined in the context of social relationships according to the developmental period. Accordingly, among adolescents, significant correlations were found between life satisfaction and positive relationship with mother ($r = .34, p < .01$) and negative relationship with mother ($r = -.24, p < .01$), between positive affect and positive relationship with mother and positive relationship with a friend ($r = .26, .29, -.12; p < .01$), and between negative affect and positive relationship with mother, negative relationship with mother and negative relationship with a friend ($r = -.15, .37, .24; p < .01$). Among emerging adults, significant correlations were found between life satisfaction and positive relationship with mother, negative relationship with mother and positive relationship with a friend ($r = .39, -.18, .26$, respectively; $p < .01$), between positive affect and positive relationship with mother and positive relationship with a friend ($r = .29, .28$, respectively; $p < .01$), and between negative affect and positive relationship with mother, negative relationship with mother and positive relationship with a friend ($r = -.14, .22, -.13; p < .01$).

Hierarchical regression analysis was conducted to determine whether gender, personality traits, values, and social relationships significantly predicted the subjective well-being levels of adolescents, which is the fourth question of the study (Table 2). According to the hierarchical regression analysis, gender significantly predicts life satisfaction in adolescents ($p < .01$), and when personality traits are added to the model, extraversion, neuroticism, and responsibility have a significant effect on the model ($p < .01$). In the third stage, values were added to the model, and it was observed that the conservatism value had a significant effect on the model, but the responsibility personality dimension lost its effect ($p > .01$). Finally, with the addition of social relationships to the model in the 4th stage, it was observed that the positive relationship with mother both increased the

explanatory power of the model ($p < .01$) and this increase had an effect on the significance of the model at the $p < .01$ level. In the 4th stage, it was found that the significant effects of gender, extraversion, neuroticism, and conservatism continued on the model.

Table 2. Personality, Values, and Social Relationships as Predictors of Life Satisfaction, Positive Affect and Negative Affect in Adolescents

			Life Satisfaction				Positive Affect				Negative Affect			
			Adj. R ²	B	SE	β	Adj. R ²	B	SE	β	Adj. R ²	B	SE	β
Step 1	Cont.	Gen.	.02	-1.23	.46	-.14**	.00				.00	.20	.95	.01
Step 2	Pers.	Gen.	.12	-1.30	.44	-.14**	.33	.56	.78	.03	.40	.32	.75	.02
		Ext.		.12	.04	.15**		.55	.07	.35**		-.03	.07	-.02
		Neo.		-.15	.04	-.19**		.03	.07	.02		.86	.07	.55**
		Agr.		.02	.05	.03		-.07	.08	-.04		-.28	.08	-.16**
		Conc.		.14	.04	.18**		.46	.07	.30**		-.12	.06	-.08
		OE		-.04	.04	-.06		.34	.06	.24**		-.03	.06	-.02
Step 3	Cont.	Gen.	.15	-1.26	.44	-.14**	.40	.54	.78	.03	.42	.39	.74	.02
		Pers.		.14	.04	.17**		.48	.07	.31**		-.01	.07	-.01
	Values	Neo.		-.15	.04	-.20**		-.04	.07	-.03		.85	.07	.54**
		Agr.		-.002	.05	-.003		-.15	.08	-.09		-.32	.08	-.18**
		Conc.		.08	.04	.10		.32	.07	.21**		-.22	.07	-.14**
		OE		-.005	.04	-.006		.27	.07	.12**		.03	.07	.02
		ST		-.04	.04	-.06		.02	.07	.02		-.08	.07	-.06
		SE		.04	.04	.08		.12	.06	.11*		.06	.06	.06
		OC		-.06	.05	-.09		.15	.08	.12**		-.07	.08	-.05
Cons.		.09	.03	.20**		.18	.05	.17**		.14	.05	.16**		
Step 4	Cont.	Gen.	.20	-1.12	.43	-.12**	.44	.82	.72	.05	.45	.51	.73	.03
		Pers.		.14	.04	.17**		.43	.07	.28**		-.01	.07	-.01
	Values	Neo.		-.12	.04	-.16**		-.11	.07	-.07		.79	.07	.51**
		Agr.		-.04	.05	-.04		-.16	.08	-.09		-.26	.08	-.14**
		Conc.		.04	.04	.05		.34	.07	.22**		-.15	.07	-.10*
		OE		.006	.04	.008		.27	.07	.18**		.02	.07	.01
		ST		-.04	.04	-.07		.07	.07	.06		-.03	.07	-.02
		SE		.04	.03	.06		.10	.06	.10		.06	.06	.05
		OtoC		-.07	.05	-.11		.13	.07	.10		-.05	.08	-.04
	Cons.		.06	.03	.14*		.11	.05	.12		.13	.05	.14*	
	Soc. Rel.	PwM		.21	.05	.24**		.22	.08	.12**		-.05	.08	-.03
		NwM		-.07	.05	-.09		.18	.08	.11*		.21	.08	.13**
		PwF		-.001	.05	-.001		.14	.08	.08		-.08	.08	-.04
NwF			-.03	.04	-.04		.20	.07	.12**		.21	.07	.12**	

Note. Predictors were entered in four blocks: Block 1 included gender (1=girls, 0=boys); Block 2 included personality variables (extraversion, neuroticism, agreeableness, conscientiousness, openness to experience); Block 3 included value variables (self-transcendence, self-enhancement, openness to change, conservation); Block 4 included social relationship variables (positive relationship with mother, negative relationship with mother, positive relationship with a friend, negative relationship with a friend). * $p < .05$. ** $p < .01$.

It is understood that neuroticism had a negative effect on adolescents' life satisfaction at all stages of the model, while extraversion and conservatism had a positive effect. Gender did not have a significant effect on positive affect, which is another dimension of subjective well-being ($p > .05$), and when personality traits were added to the model in the second stage, extraversion, responsibility, and openness to experience contributed significantly to the explanatory power of the model ($p < .01$), when values were added to the model in the third stage, the values of self-enhancement, openness to change conservatism contributed significantly to the explanatory power of the model ($p < .01$), when social relationships were added to the model in the fourth stage, it was found that positive and negative relationship with mother and negative relationship with friend

increased the explanatory power of the model to 44% and this increase had a statistically significant effect ($p < .01$). When the direction of the effect of the variables affecting the model is examined, it was found that neuroticism had a negative effect, positive and negative relationship with mother, and negative relationship with friend had a positive role ($p < .01$).

Finally, the predictors of adolescents' negative affects were studied. Accordingly, gender did not have a significant effect on the negative affect, when personality traits were added to the model in the second stage, extraversion and neuroticism had a significant effect on the model ($p < .01$), and in the third stage, the value of conservatism significantly increased the explanatory power of the model ($p < .01$), and in the fourth stage, the addition of social relationships to the model and the negative relationship with mother and the negative relationship with friend had a significant effect on the model ($p < .01$). At this stage of the model, it was observed that negative affect in adolescents was significantly affected by neuroticism, agreeableness, and responsibility from personality dimensions; conservatism from values; and negative relationship with mother and friend from social relationships.

Hierarchical regression analysis was conducted to determine whether the subjective well-being levels of emerging adults were significantly predicted by gender, personality traits, values, and social relationships, which was the fifth question of the study (Table 3). According to hierarchical regression analysis, it was found that gender did not significantly predict life satisfaction in emerging adults, and when personality traits were added to the model, neuroticism and responsibility had a significant effect (Sig. F. Change=.000), when values were added to the model in the third stage, it was found that conservatism affected the model, but this effect was not significant ($p > .05$), and finally, when social relationships were added to the model in the fourth stage, it was found that the positive relationship with mother both increased the explanatory power of the model and this increase is statistically significant ($p < .01$). It was found among emerging adults that life satisfaction effected neuroticism negatively, while responsibility and positive relationship with mother effected positively.

According to hierarchical regression analysis, positive affect in emerging adults did not differ significantly according to gender, and when personality traits were added to the model in the second stage, extraversion, responsibility, and openness to experience contributed significantly to the explanatory power of the model ($p < .01$), when values were added to the model in the third stage, self-enhancement contributed significantly to the explanatory power of the model ($p < .01$); when social relationships were added to the model in the fourth stage, the positive relationship with mother and the negative relationship with mother increased the explanatory value of the model to 55% and this increase had a statistically significant effect ($p < .01$). Extraversion, responsibility, openness to experience, self-enhancement, and positive relationship with mother positively predicted positive affect in emerging adults; while the negative relationship with mother predicted negatively.

Table 3. Personality, Values, and Social Relationships as Predictors of Life Satisfaction, Positive Affect and Negative Affect in Emerging Adults

			Life Satisfaction				Positive Affect				Negative Affect				
			Adj. R ²	B	SE	β	Adj. R ²	B	SE	β	Adj. R ²	B	SE	β	
Step 1	Cont.	Gen.	.000	-.48	.45	-.05	.000	.53	.83	.03	.002	-1.10	.84	-.07	
Step 2	Cont.	Gen.		-.56	.42	-.06	.47	.59	.61	.04	.47	-.53	.62	-.03	
		Pers.		.05	.04	.07		.48	.06	.37**		-.18	.06	-.13**	
	Pers.	Neo.	.16	-.17	.04	-.25**		-.01	.06	-.01		.73	.06	.56**	
		Agr.		.01	.05	.01		-.09	.07	-.06		-.18	.07	-.12**	
		Conc.		.15	.04	.21**		.38	.06	.29**		-.09	.06	-.07	
		OE		.03	.04	.04		.41	.05	.32**		-.05	.05	-.04	
Step 3	Cont.	Gen.		-.42	.43	-.05		.94	.59	.06		-.38	.63	-.02	
		Pers.		.06	.04	.09		.41	.06	.31**		-.20	.06	-.15**	
	Pers.	Neo.		-.18	.04	-.25**		-.07	.05	-.05		.72	.06	.55**	
		Agr.		-.02	.05	-.02		-.09	.06	-.06		-.17	.07	-.11*	
		Conc.	.17	.12	.04	.17**	.52	.31	.06	.23**	.48	-.13	.06	-.09*	
		OE		.03	.04	.04		.33	.06	.25**		-.05	.06	-.04	
	Values	ST		-.01	.05	-.02		.04	.07	.03		-.10	.07	-.07	
		SE		-.02	.03	-.03		.14	.05	.16**		.02	.05	.02	
		OC		.01	.05	.02		.09	.06	.08		.06	.07	.06	
		Cons.		.07	.03	.14*		.07	.04	.08		.08	.04	.09	
Step 4		Cont.	Gen.		-.33	.41	-.04		1.15	.58	.07		-.21	.63	-.013
			Pers.		.05	.04	.07		.37	.06	.28**		-.22	.06	-.16**
	Pers.	Neo.		-.17	.04	-.24**		-.08	.05	-.06		.70	.06	.54**	
		Agr.		-.06	.05	-.07		-.07	.07	-.05		-.13	.07	-.08	
		Conc.		.08	.04	.12*		.37	.06	.23**		-.10	.06	-.07	
		OE		.04	.04	.05		.33	.06	.25**		-.06	.06	-.04	
	Values	ST		-.01	.05	-.02		.01	.07	.01		-.12	.07	-.09	
		SE	.24	-.01	.03	-.01	.55	.14	.05	.16**	.48	.01	.05	.02	
		OtoC		-.03	.04	-.04		.05	.06	.05		.05	.07	.05	
		Cons.		.04	.03	.09		.05	.04	.06		.09	.05	.09	
Soc.		PwM		.22	.05	.27**		.19	.06	.13**		-.01	.07	-.01	
Rel.		NwM		-.02	.04	-.02		.17	.06	-.11**		.17	.07	.11*	
Rel.	PwF		.07	.05	.08		.12	.06	.07		.04	.07	.03		
	NwF		-.01	.047	-.01		.09	.07	.05		.03	.07	.02		

Note. Predictors were entered in four blocks: Block 1 included gender (1=girls, 0=boys); Block 2 included personality variables (extraversion, neuroticism, agreeableness, conscientiousness, openness to experience); Block 3 included value variables (self-transcendence, self-enhancement, openness to change, conservation); Block 4 included social relationship variables (positive relationship with mother, negative relationship with mother, positive relationship with a friend, negative relationship with a friend). *p< .05. **p< .01.

Finally, the predictors of emerging adults' negative affects were studied. Accordingly, gender did not have a significant effect on the negative affect, when personality traits were added to the model in the second stage, extraversion, agreeableness, and neuroticism had a significant effect on the model (p<.01), in the third stage, the values did not predict negative affect, and in the fourth stage, social relationships did not have a significant effect on the model (p>.05).

CONCLUSION and DISCUSSION

In this study, in which the role of personality, values and social relations in subjective well-being in adolescents and emerging adults was examined, subjective well-being was handled with life satisfaction, positive emotion and negative emotion dimensions. The role of the independent variables of the research was examined separately for both developmental periods. As a result of the study, gender, extraversion, neuroticism,

consciousness and positive relationship with mother have a significant role in life satisfaction in adolescents; it has been observed that neuroticism, consciousness and a positive relationship with the mother have a significant role in emerging adults. In positive affect, extraversion, consciousness, openness to experience, positive relationship with mother, negative relationship with mother and negative relationship with friend had a significant role among adolescents; extraversion, consciousness, openness to experience, self-enhancement, positive relations with mother and negative relations with mother have a significant role in emerging adults. In the negative affect dimension of subjective well-being, neuroticism, agreeableness, consciousness, conservatism, negative relationship with mother and negative relationship with friend had a significant role among adolescents; on the other hand, it was concluded that extraversion, neuroticism and negative relationship with the mother had a significant role in emerging adults. Discussion of the findings from the study is presented in stages below.

One of the results of the research, it was found that both life satisfaction and positive affect scores of adolescents were significantly higher than the scores of emerging adults. Studies in the literature suggesting that differences in life satisfaction and age are in favor of young people have explained this situation by the fact that younger people have higher life energies (Gülcan, 2014). It is thought that high energy at young ages also has a positive effect on positive affect.

In the study, after determining whether subjective well-being differed according to the developmental period, the correlation and hierarchical regression analyzes were performed in which gender was assigned as the control variable. Hierarchical regression analysis was performed separately for adolescents and emerging adults, and the findings were discussed in a developmental context. As a result of the research, it was found that neuroticism contributed negatively to explaining life satisfaction in both adolescents and emerging adults, and positively to explaining negative affect, as expected. When considered in terms of values, it was found that conservatism made a positive contribution to life satisfaction and explaining negative affect in adolescents, while self-enhancement made a positive contribution to explaining positive affects in emerging adults. When considered in terms of social relationships, a positive relationship with mother made a positive contribution to the expression of life satisfaction and positive affect in adolescents, while a negative relationship with mother made a positive contribution to the explanation of negative affect. In emerging adults, a positive relationship with mother contributed positively to life satisfaction and positive affectual expression. When the predictive role of gender according to the developmental period were examined in the hierarchical model tested, it was found that while there was a difference in favor of males in terms of life satisfaction in adolescents, there was no significant difference in emerging adults. This finding of the study is also supported by different studies (Chen et al., 2019; Çetinkaya, 2004; Eryılmaz & Ercan, 2011; Tuzgöl-Dost, 2007). Researchers also associate this difference with the fact that the gender is more pronounced in adolescents, as girls experience sudden physical changes faster than boys during adolescence, and low self-perception results from the inability to adapt to these changes (Biseggeretal.,2005).

In the second stage of the subjective well-being model, the predictive roles of personality on life satisfaction, positive affect, and negative affect were examined. In the second stage, it was found that extraversion, neuroticism, and responsibility in adolescents; and neuroticism and responsibility in emerging adults significantly affected the life satisfaction model. While individuals with high responsibility scores increase their life satisfaction by keeping their quality of life high (McCrae & Costa, 1991), neuroticism has negative evaluations of life (Costa & McCrae, 1988; McCrae & Costa, 1991), while extroversion has positive evaluations of life (Costa & McCrae, 1980; McCrae & Costa, 1991). In this study, it is thought that while extraversion affects the life satisfaction model in adolescents, its absence in emerging adults is related to the separation-individuation processes of adolescents and emerging adults. That is, extraversion is associated with a more positive influence on the environment (Wayne et al., 2004; McCrea & Costa, 2003). Naturally, the positive interaction with the environment plays a key role in the evaluation of life and thus life satisfaction of the adolescent whose separation from the family has just begun, and for the emerging adult, who is at a more advanced point in the individuation process than the adolescent, the positive interaction with the environment that will be brought by being extrovert may not have a significant predictive role on life satisfaction.

In the second stage of the positive affect model, it was found that extraversion, responsibility, and openness to experience had a significant predictive role on both adolescents and emerging adults. In the second stage of the negative affect model, it was found that neuroticism and agreeableness in adolescents; and extraversion, neuroticism, and agreeableness in emerging adults had a significant predictive role on the model. Steel et al. (2008) state that especially extraversion and neuroticism are almost the same as positive and negative affective dimensions of SWB. Because while extraversion affects positive affect, neuroticism is seen as the source of negative affect (Argyle, 1996; Garcia & Erlandsson, 2011). In this study, it was found that responsibility had an predictive role on positive affect, and compliance had a predictive role on negative affect. It is thought that this situation may be related to cultural factors. Although Turkish society is generally defined as a society with a relational self-construal (Hofstede, 2001); it was observed that Turkish society displays an autonomous-relational self-construal with the changing social structure (Kağıtçıbaşı, 2017). In both self-construals, the individual builds a self over both himself/herself and his/her environment, and relationships with the environment are very important. From this perspective, since the acceptance of people with high responsibility scores by the environment will increase, the positive affect will increase, and in the case of low consciousness, the decrease in the acceptance of the individual by the environment and the increase in negative affect becomes a more understandable result.

In the third stage of the model, the values were added to the model and it was examined whether there was a significant change in the explanatory power of the models. Conservatism was a significant predictor in both adolescents and emerging adults in the life satisfaction model, but this predictor only contributed significantly to the adolescents' life satisfaction model. Conservatism is a structure that ensures the continuation of predictability in the relationships of the individual with the structures such as family and society (Schwartz et al., 2012). On the one hand, adolescents try to declare their independence, on the other hand, their close

relationships with the family continue. Therefore, it is understandable that family relationships are more important to adolescents in their perception of life than emerging adults who are separated from their families and are closer to being independent individuals.

When the third stage of the positive affect model was examined, it was found that self-enhancement had a significant predictive role on both the adolescent and emerging adult model, while conservatism had a significant predictive role only on the adolescent model. Each value axis is expected to satisfy a need, while self-enhancement is expected to satisfy competence needs (Sagiv et al., 2004). Significantly, self-enhancement values that serve the need for competence affect positive affect for adolescents who have just begun to struggle for independence and for adults who have been showing this effort for a while. The fact that conservatism only affects the positive affect model of adolescents may be due to the intense relationship of the adolescent with the family, which was shared before.

In the last stage of the model, social relationships dimensions were added and it was examined whether they had a significant predictive role on the model. When the predictive roles of the relationship with mothers and friend on subjective well-being are examined in a developmental context, it was observed that a positive relationship with mother affects the life satisfaction of both adolescents and emerging adults. From the beginning of adolescence, the time spent with parents decreases, and the tendency to become Affectally independent from parents increases (Collins & Russell, 1991; Larson & Richards, 1991); In adulthood, the parent-child relationship is usually characterized by frequent contact and Affectual closeness (Lye, 1996). However, the result of this research showed that although independence from the family begins to increase with adolescence, being in a positive relationship with the mother also affects the general satisfaction with life for both adolescents and emerging adults. It was found that this situation is also reflected in the positive affect model, which is another dependent variable of the research. Even if university students go to different cities for higher education in Turkey, their ties with their families continue to be strong (Kağıtçıbaşı, 1996, 2019). A limited number of studies on emerging adults in Turkish culture show that relationships with family members play a more important role in the psychological well-being of emerging adults when compared to friends (e.g., Alabucak & İşmen-Gazioğlu, 2019).

In the last stage of the negative affect model, a negative relationship with mother and a negative relationship with friend in adolescents, and a negative relationship with mother in emerging adults had a significant predictive role on the model. Although the time spent by the adolescents with the family decreased, it was observed that the negative relationship with both friends and mother had predictive role on negative affect, but only the mothers' predictive role was observed in emerging adults. The findings obtained from this study are consistent with various studies in which positive relationships with family and close friends show positive relationships with subjective well-being (Demir et al., 2007; Gallagher & Vella-Brodrick, 2008; Pinquart & Sörensen, 2000; Reisoğlu, 2014), and negative relationships with mother affect negative affect (Argyle, 1987; Demir et al., 2007; Gallagher & Vella-Brodrick, 2008; Reisoğlu, 2014; Saygın, 2008).

RECOMMENDATIONS

As a result of this research, it was found that personality, values, and social relationships contributed to the subjective well-being of adolescents and emerging adults. Neuroticism in both adolescents and emerging adults, conservatism in adolescents, self-enhancement in emerging adults, and a positive relationship with mother in both adolescents and emerging adults contribute to subjective well-being.

At this point, it is necessary to mention some limitations of the research. In the study, differences were observed between high school and university students when examining the life satisfaction dimension of subjective well-being by gender. It is thought that investigating the gender-based differences on the life satisfaction variable with qualitative methods will yield more detailed results on the subject. In the study, social relationships were limited to the mother and the closest friend of the same sex. In prospective studies where subjective well-being and social relationships variables will take place, the participation of other people in the individual's social network in the research will provide a better understanding of the relationships between these variables and their effects on each other. In addition, examining the relationships with parents of the same sex and with parents of different sexes is likely to enrich the subject. To better understand the individual and social determinants of subjective well-being in Turkey, it is thought that the relationships between the individual variables (such as personality) and the social variables (such as values, self-construals, and social relationships) should also be examined. The Relationship Network Inventory-Short Form, used in the research to evaluate social relationships, gives a general measure of positive and negative qualities of the relationship. It is thought that the development of measurement tools that measure the quality of relationships in more detail will be beneficial, especially in examining relationships in developmental terms. Finally, the principle of accessibility was used to determine the sample of this study. It is thought that the use of a random sampling method in further studies is necessary to generalize the results.

ETHICAL TEXT

This article which is based on the doctoral dissertation, completed in 2017, which of the first author was directed by the second author. In this article, the journal writing rules, publication principles, research and publication ethics, and journal ethical rules were followed. The responsibility belongs to the author (s) for any violations that may arise regarding the article.

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