A Prediction of Life Satisfaction of High School Students According To Some Variables

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Summary

INTRODUCTION

World Health Organization (WHO) defined health in 1948 as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”. The definition of life satisfaction which was first brought forward by Neugarthen in 1961 is the occasion or the result that is derived by comparing their expectations and what they have.

Adolescence is a period that many basic physical and psychological changes occur. The atmosphere at the school during the adolescence, parent-teenager relationship and the supportive and reliable relationships that he establish with his peers affects directly to overcoming this period, adolescence achieving freedom and individualism and holds key for in terms of developing positive socialization and also has influence on life satisfaction directly.

Purpose of Study

The study was conducted to predict the life satisfaction of high school students by variables included in attachment styles and social support and demographic variables (gender, age and marital status) and were this students' life satisfaction levels differentiate or not according to grade levels, number of brothers\textbackslash sisters and education level of parents.

METHOD

Life satisfaction scale, Perceived Social Support-Friends, Family and teacher scale, Relationship Scale Questionnaire and the Personal Information Form which was designed by the researcher were used in this study. The validity and reliability studies of the scales and the regression analysis were carried out on 372 students who chosen randomly from 1\textsuperscript{st}, 2\textsuperscript{nd}, 3\textsuperscript{rd}, 4\textsuperscript{th} grade high school students. Data were analyzed by multiple regression analysis.

FINDINGS

Regression analysis showed that: Gender, age and marital status which were included in demographic variables were not significant in predicting the life satisfaction of high school students. Perceived social support from family and teacher and which were included in perceived social support were significant in predicting the life satisfaction of high school students. Also secure attachment styles which were included in attachment styles were significant in predicting the life satisfaction of high school students.

Anova analysis showed that: according to the number of brothers\textbackslash sisters variables; there were not significant differences in life satisfaction points of high school students who had different number of brothers\textbackslash sisters. Like as there were no significant differences in life satisfaction points of high school students who had different grade levels. According to education level of parents’ variables; there were significant differences in life satisfaction points of high school students. High school students life satisfaction points were increased

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when education level of parent were increased.

**DISCUSSION AND SUGGESTIONS**

The result of this research shows that; family and a family support are quite important. Especially patriarchal family form, negative effects of media and TV immigrations, rapid changes by globalization and all of these damage the family form and cause the rise in broken family. So it is thought to be necessary to set protective factors it increase teenagers’ satisfaction of life and especially it is necessary to set various presenting intermeddling programs in schools. Concerning the importance and the role of the school in the life of a high school student, by giving seminars and service training to the teachers and directors with the help of the consultants or psychological counselors and by developing inner school programs and methods. It’s thought that life satisfaction of the new generation can be accomplished.

It’s important and necessary to evaluate satisfaction resources and well-being of the individual to be able to develop counseling approaches leaning upon the programs that will give function mentally, physically and socially to the individuals that are the fundamentals of social structure. As such, for the last few years, it is predicted that high school students will be able to overcome the difficulties of their period by well-being models suggesting the whole health and focusing preventativism in psychological counseling and guidance. Thus it is thought that whole development and satisfaction can be achieved. Consequently, as carrying typical adolescence properties, high school period is appropriate for counseling and preventative health programs.