

GRATITUDE, MEANING IN LIFE AND PSYCHOLOGICAL MINDEDNESS AS PREDICTORS OF PSYCHOLOGICAL WELL- BEING AMONG COUNSELOR CANDIDATES

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Abstract

The aim of this study was to determine whether gratitude, meaning in life and psychological mindedness predict psychological well-being in counselor candidates. The sample of the study includes 264 counselor candidates. Gratitude Questionnaire, the Meaning in Life Questionnaire, Psychological Mindedness Scale and the Psychological Well-Being Scale were used in order to collect data. Results from stepwise regression analysis revealed that gratitude, psychological mindedness and meaning in life were significant predictors of psychological well-being. Gratitude, psychological mindedness and meaning in life, taken together, accounted for 33% of variance in psychological well-being scores. The findings were discussed in terms of counselor education.

Keywords: Psychological well-being, gratitude, meaning in life, psychological mindedness, counselor candidates.