

INDIVIDUAL DIFFERENCES AS PREDICTORS OF PSYCHOLOGICAL WELL-BEING: AUTHENTICITY, SELF-ESTEEM AND TRAIT-ANXIETY

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Abstract

This study aimed to investigate the predictive strength of authenticity (self-alienation, accepting external influence and authentic living; Wood, Linley, Maltby, Baliousis ve Joseph, 2008), self-esteem and trait anxiety on psychological well-being. The findings of the study which was based on a university students sample (86 female and 44 male), revealed that dimensions of authenticity, self-esteem and trait-anxiety were significantly correlated with psychological well-being. Based on the findings of hierarchical regression analysis, at the first step, only self-alienation and authentic living dimensions were found to be the significant predictors of psychological well-being. After entering self-esteem and trait anxiety into the analysis; self-esteem, authentic living and trait anxiety appeared as significant predictors of psychological well-being. Findings were discussed based on relevant literature.

Keywords: Psychological well-being, authenticity, self-esteem and trait anxiety, university students.