

THE MARRIED INDIVIDUALS WITH PERCEIVED SOCIAL SUPPORT LEVEL RELATIONSHIP BETWEEN LIFE SATISFACTION AND PROBLEM SOLVING SKILLS

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Abstract

One of the findings of the the social support studies carried out in the recent years reveals that the social support is important for the physical and mental health of an individual. Given the approach that the healthy individuals will start healthy families; the aim of this study- which deals with the relationship between the social support, problem solving and life satisfaction in terms of the married individuals- is to identify whether the perceived social support level predict the problem solving skills and life satisfaction scores significantly or not. The sample of this study comprises of married and working individuals from Ankara city. The sample group comprised a total of 500, 246 of which are females and 254 males. In this study; Personal Information Form to gather the demographical data, Problem Solving Inventory to measure the problem solving skills, Life Satisfaction Scale to measure the life satisfaction levels and Multidimensional Perceived Social Support Scale to measure the social support levels were used. SPSS Statistical Package Programme was used for the analysis of the data collected through the questionnaire.

According to the results of the correlation analysis conducted in order to identify the relationship between the perceived social support levels and the problem solving skills of the married individuals, it was observed that there was significantly positive relationship at a high level between the problem solving skills and perceived social support levels of the married individuals. According to the results of the correlation analysis conducted in order to identify the relationship between the perceived social support levels and the life satisfaction levels of the married individuals, it was observed that there was significantly positive relationship at a high level between the life satisfaction and perceived social support levels of the married individuals.

Key Words: Social support, problem solving, life satisfaction.