

THE RELATIONSHIPS OF FEAR OF HAPPINESS WITH SUBJECTIVE AND PSYCHOLOGICAL WELL-BEING

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Abstract

The purpose of this study was to examine the role of fear of happiness in predicting subjective and psychological well-being. The study included 401 participants who were attending various departments and pedagogical formation program in a state university. The data was collected through Life Satisfaction Scale, the Scale of Positive and Negative Experience, Psychological Well-being Scale, and the Fear of Happiness scale which was adapted to Turkish in this study. Two separate regression analyses were conducted to test the predictor role of fear of happiness in subjective and psychological well-being. The results indicated that fear of happiness negatively and significantly predicted subjective well-being ($\beta = -.230$, $t = 62.680$, $p < .01$) and explained 5% of the variance in subjective well-being. Similarly, fear of happiness negatively and significantly predicted psychological well-being ($\beta = -.236$, $t = 30.817$, $p < .01$) and explained 5% of the variance in psychological well-being. This means that as the score of the participants in fear of happiness increases their level of well-being decreases. The results were discussed in the light of the literature and some suggestions are provided for practitioners and researchers.

Keywords: Fear of happiness, subjective well-being, psychological well-being.