

INVESTIGATING THE PSYCHOLOGICAL WELL-BEING AND SOCIAL GENERATIVITY LEVELS OF INDIVIDUALS IN THE MIDDLE ADULTHOOD PERIOD DEPENDING ON DIFFERENT VARIABLES

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ABSTRACT

Individuals in the middle adulthood period might encounter many personal, social, professional and economic problems as they do in other developmental periods. The important point in this case is the ability of the individuals to create alternative solutions to deal with these problems and use their social generativity effectively without depriving themselves of their general psychological well-being. The aim of this study is to investigate the psychological well-being and social generativity levels of 40-60-year-old individuals in the middle adulthood period depending on different variables and to shed lights on similar further studies. The participants of the study are 151 40-60-year-old individuals with different socio-economic levels in different cities. In this study based on a descriptive research model, the Short form of the Scales of Psychological Well-being and the Loyala Generativity Scale were used as data collection instruments. As a result of the regression analysis, it was realized that the psychological well-being variable predicts social generativity. In addition, it was found that while the psychological well-being and the social generativity scales do not differ significantly depending on the gender variable, both of these scales differ significantly depending on their educational background and whether they work or not. Furthermore, while psychological well-being differ significantly depending on socio-economic level, social generativity doesn't.

Key Word: Psychological well-being, social generativity, middle adulthood.