

ADOLESCENTS' LIFE SATISFACTION: RISKY BEHAVIORS AND HOPELESSNESS

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ABSTRACT

The aim of this study is to determine the contribution of risky behaviors and hopelessness in predicting adolescents' life satisfaction. Data of the study is obtained from a total of 290 students including 150 girls (51.7%) and 140 boys (48.3%) attending high school. In this study, Life Satisfaction Scale, Beck Hopelessness Scale and Risky behaviors Behaviour Scale are employed. As for data analysis, the Pearson Product-Moment Correlation Coefficient and the Hierarchical Regression Analysis are employed. According to analyses, it was determined that adolescents' hopelessness and risky behaviors predicted their life satisfactions positively. This result reveals that adolescent' risk behaviors and hopelessness decrease as their life satisfaction increases. In this sense, it is possible to contribute to decrease adolescents' risky behaviors and hopelessness by means of school-based prevention programs that focus on increasing adolescents' life satisfaction.

Key Words: Adolescence, life satisfaction, risky behaviors, hopelessness.