Dating Status, Adaptive - Maladaptive Perfectionism and Big-Five Personality Traits as Predictors of Life Satisfaction in Emerging Adulthood

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Contribution

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Being a university student can be challenging not only for educational reasons but also for developmental issues. University students are in the period of emerging adulthood which has its own characteristics (Arnett, 2004).

Romantic relationships in emerging adulthood are very important issues since the quality of this relationship has associated with happiness (Demir, 2008). Therefore, in the current study, dating status will be included into the study to determine the predictive role of it.

Perfectionism which is defined as striving for flawlessness (Flett & Hewitt, 2002) has been studied in literature with an increasing number. According to Hamachek (1978) perfectionism has been divided into two types: normal and neurotic. *Normal or adaptive* perfectionism is seen as a positive form of the perfectionism whereas the neurotic or maladaptive perfectionism is seen as the negative form of it. It is well documented in the literature that perfectionism affects all aspects of life.

In the literature, the relationship between big five personality traits and life satisfaction has been studied in many studies. Big five personality theory consisted of as the follows: neuroticism, extraversion, openness to experience, agreeableness and conscientiousness. In these studies, neuroticism and extraversion were mostly emphasized and results showed that neuroticism negatively associated with life satisfaction; whereas extraversion found positively associated with it (Doğan,
With the light of these information, it can be interpreted that dating status, adaptive-maladaptive perfectionism and big-five personality traits could have a role in predicting the life satisfaction of emerging adults. Therefore, in the present study, the following research question will be tried to investigate. The research question of the study is “How well do dating status, adaptive - maladaptive perfectionism and big-five personality traits predict the life satisfaction of emerging adults?”

Method

This study will be a quantitative study and designed as correlational. The accessible population of the study is Bartın University students who enrolled in an at least four year program between 18-26 ages. The students will be limited with 18-26 ages since this age period is called as emerging adulthood period and individuals who are in this period have almost same life issues. In order to represent the population, approximately 500 undergraduate students will be selected from the Bartın University students by using convenience sampling procedure. In order to represent population, participants’ faculty will be used as strata.

Data Collection Instruments:

Almost Perfect Scale- Revised (APS-R): The original APS-R was developed by Johnson and Slaney (1996) and later revised by Slaney et al. (2001) to measure adaptive and maladaptive dimensions of the perfectionism construct. APS-R translated to Turkish by Ulu (2007) and in 2012, Ulu, Tezer and Slaney reexamined the structure of the scale. The Big Five Inventory (BFI: Benet-Martinez & John, 1998) will be employed to measure the five personality traits. The BFI consists of 44 items, assess the five personality traits (Neuroticism, Extraversion, Openness, Agreeableness, and Conscientiousness). The BFI was adapted to Turkish by Sümer (2005). Satisfaction with Life Scale (SWLS) was developed by Diener, Emmons, Laresen ve Griffin (1985) and adapted to Turkish by Kóker (1991). It is consisted of 5 items with 7 point Likert type.

If the assumptions of regression is satisfied, data will be analyzed using hierarchical regression analysis.

Expected Outcomes

Since the study is ongoing, the findings will be given in the conference. Results will be discussed according to relevant literature.

References


Author Information

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