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INVESTIGATION OF THE RELATIONSHIP BETWEEN HOPE AND THE PSYCHOLOGICAL WELL-BEING IN A GROUP OF ADULTS IN TERMS OF DIFFERENT VARIABLES

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Abstract

The aim of this study is to examine the corelation between hope and the psychological well-being in a group of adults in terms gender, working – non-working, age and marital status.The study group consisted of 448 individuals aged between 20 and 50 years who were employed in the Sarıyer district of Istanbul working or non-working, married and unmarried.In the study, it was aimed to examine the corelation between hope and psychological well-being variables and analyzed. In order to collect the necessary data in the study, a Personal Information Form developed by the researcher was used to collect data about age, gender, study and marital status of individuals. In order to determine the level of hope of individuals, the Integrative Hope Scale (IHS), which was developed by Schrank, Woppmann, Sibitz and Lauber (2011), adapted into Turkish by Hakan Sarıçam and Ahmet Akın, was used.The Psychological Well-being Scale (PWBS), which was developed by Diener (2009-2010) and carried

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out by the Turkish adaptation study Telef (2011; 2013), was used to measure the Psychological Well-Being Levels of individuals. The data were analyzed with SPSS software.According to the findings obtained from the study, a positive and significant corelation was found between the subscales of the Integrative Hope Scale and the sub-dimensions of the Psychological Well-being scale. The results of the study were discussed in accordance with the findings of the study and recommendations for the researches were developed.

Keywords: Hope, Psychological Well - Being, Self-sufficiency, Self Respect, Motivation

1 Introduction

The individual is looking for happiness and peace. This search has made the concepts of happiness and peace a topic of research. The concepts of happiness and peace have begun to be investigated scientifically with the emergence of the science of philosophical and religiously researched psychology. Scientists working in this field until recently examined the science of psychology, giving problems and adversities to the individual, focused on the treatment of diseases rather than recognizing and ensuring the well-being of the individual. For this reason, they are considered successful as they overcome the diseases (Carrudhers and Hood, 2004: 229).

In recent years, every branch of science is developing day by day. Especially the branches of science that examine human nature such as psychology and sociology, the researchers who are interested in these disciplines, the professionals working in these fields develop new approaches and make a lot of effort in line with their aims. In this context, the science of psychology leaves the positive aspects of the individual to contemporary approaches and research that investigate the positive emotions. Research in this field, the good people, positive aspects of the person because of the positive feeling of the person to feel positive,

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positively affect the positive person as a result of positive psychology has increased interest and has been the focus of many researchers (Seligman and Csikszentmihalyi, 2000: 8).

Every moment from the moment when the person starts living in the womb until the end of his / her life; may include positive or negative situations. Age, marital status, gender, working or non- working status affect the positive or negative well-being of the person and the perspective of life. Concerns, beginnings, relations, business life, having positive or negative situations in having children and raising them, but also the difficulties in dealing with them, to look at the future with hope and to maintain the well-being are worthy of psychological health.

The concepts of positive individual development in the theories of personality and developmental psychologists are considered as the basis of theories of well-being. Developed developmental and personality theories in the development of the individual's social life, for example; he points out the development in special areas such as moral development, personality development and social development. Maslow's hierarchy of needs and images of self-realization are self-aware and are expected to use their potential at the highest level and show a positive development (Kula and Cakar, 2011: 198).

If we look at Erikson's psychosocial development model, he identifies the compatible and incompatible development of the person one by one (Arslan, 2008). Carl Rogers' concept of a fully functional individual; positive attitude towards experiential experience, creativity, such as positive and coherent features indicate (Gürcan, 2015: 17). The focus of each theoretician is to target the positive aspects of psychological health and to express specific ways.

The concept of psychological well-being, which is the subject of numerous researches and attracts the attention of many theorists, Ryff (1989a); rather than conceptualizing it as a formula that includes positive emotion, negative emotion and life satisfaction, it is a structure that contains many

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structures including life attitudes and skills. Ryff (1995) defined the model in six dimensions. These are; the past and the positive definition of the individual (self-acceptance), the individual's growth and development (personal development), a person's sense of life and purpose of life (the purpose of life), trust in environmental relations (positive relationships with people), the person's environment The ability to orientate and orientate the environment around its desires and needs with positive relationships (environmental dominance) defines individual and autonomous decision-making (autonomy, autonomy) (Akın, 2019; Ryff, 1995: 1075; Gülaçtı, 2009).

One of the variables of the study is the accepted concept of hope; The cognitive process (Snyder, 1994, 1995: 357) is defined as a different definition to determine the goals of the person, to have the sense of motivation to achieve its goals and to create a route to the target. Hope means the future concept of us and expresses our positive outlook and expectations for the future. It is stated that people who can look forward in their life with strong vision and feeling, a person with a strong vision should be able to cope with negative emotions. Any difficulty faced by the person is considered to be the internal motive to overcome negative thoughts such as negative emotions. When the research is examined; an individual trait (Snyder and others, 1991), a beginning for a person's life (Kylma, 2005: 89), is considered to be a fact that cares about the well-being and affect positively (Holdcraft and Williamson, 1991: 131).

In positive psychology investigations, it is seen that there are concepts related to hope and psychological well-being, relational and positive interrelationships, and researchers who study this relationship (Kashdan et al., 2002: 450; Michael and Snyder, 2005: 447; Shoyer, Synder, Yang and Lewin, 2003: 647; Synder 1996: 11; Valle, Huebner and Suldo, 2006: 398) found semantic relationships in their studies.

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Studies have shown positive relationships between hope and psychological well-being. At the same time, the concept of hope can be improved and can be developed (Davis, 2005: 261).

The fact that psychological well-being is not explained by the absence of psychological symptoms and negativity has made it important to investigate the personal characteristics of the individual's good states such as hope and happiness (Küsgülü, 2014). Thus, the main aim is to investigate the effect of the hope that humanity has had since its existence on psychological well-being.

2 Method

Research Model

When two or more variables are present, the relational scanning model used to determine the change or location of the variables, whether the variables change together, if there are changes in the variables, focuses on finding the cause of this change (Karasar, 2010). In this study, the correlation type between the individuals' hopes and psychological well-being levels was investigated by the relational scanning model.

Work Model

The population and the sample of the study consisted of 448 individuals aged 20-50 years living in Sarıyer District of European Side in Istanbul in 2019. In this context, the scale was applied to men and women who do not work between 20 and 50 years of age - working, married, unmarried or widowed.

Demographic Information		**n**	**%**
Gender	Female	290	64,7
	Male	158	35,3
	Total	**448**	**100,0**
Age Group	20-30 Ages	189	42,2

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	31-50 Ages	259	57,8
	Total	**448**	**100,0**
Working Status	Working	293	65,4
	Non - Working	155	34,6
	Total	**448**	**100,0**
Marital Status	Married	270	60,3
	Unmarried	178	39,7
	Total	**448**	**100,0**

290 (64.7%) of the sample group were female; 158 (35.3%) were male. 189 (42.2%) of the sample group were in the 20-30 age group; 259 (57.8%) were in the 31-50 age group. 293 (65.4%) of the participants participated in the study; 155 (34.6%) stated that they were not working. 270 (60.3%) of the sample group were married; 178 (39.7%) were single.

3 Measurement Tools

Personal Information Form

The Personal Information Form was developed by the researcher and includes questions about participants' gender, marital status, working status and age group.

The Integrative Hope Scale

The Integrative Hope Scale was developed by Schrank, Woppmann, Sibitz and Lauber (2011) and adapted to Turkish and the validity and reliability analyzes of the scale were conducted by Hakan Sarıçam and Ahmet Akın. Psychometric properties of the scale were tested by test-retest, internal consistency, confirmatory factor analysis and criterion-related validity methods and techniques. Beck Hopelessness Scale (BHS) was evaluated for the validity

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of the scale. In the confirmatory factor analysis applied to the construct validity of the scale, 23 items consisted of four items (trust / faith, perspective deprivation, positive future orientation and social relations / individual value consistent with the original form). (x^2 = 610.67, sd = 222, RMSEA = .062, CFI = .94, IFI = .94, NFI = .90 and SRMR = .063). Factor loads of the scale. With 25. 67. In the validity study, a negative (r = -.53) relationship was found between the hopeful hope and hopelessness. The Cronbach Alpha internal consistency reliability coefficients were .76 for the whole scale and .80, .71, .68 and .65 for the four subscales respectively. In addition, the test-retest correlation coefficient was calculated as .89 for the whole scale and the corrected item-total correlations were determined between .24 and .57. In this respect, it can be stated that the scale is a valid and reliable measurement tool.

Psychological Well- Being Scale

The Psychological Well-being Scale was developed to measure and investigate the well-being and psychological well-being, complementing well-being measurements established by Diener (2009-2010). The scale was introduced by Telef (2011, 2013) and the total variance of the scale was calculated as 42% by the factor analysis of all details of the well-being scale. The effective loads of the scale items were calculated between .54 and .76. In the confirmatory factor analysis, the conformity index values were calculated as RMSEA = 0.08, SRMR = 0.04, GFI = 0.96, NFI = 0.94, RFI = 0.92, CFI = 0.95 and IFI = 0.95. The Psychological Well-being Scale was found to be correlated of Psychological Well-being Scale sub-dimensions of autonomy was .30, with environmental dominance .53, with individual development .29, positive relationship with others .41, for life puposes .38, by self-acceptance .56, with total psychological well-being .56 In addition, with the sub-dimensions of the Needs Satisfaction Scale of autonomy was .30, with qualify .69, with being associated .57 and with total satisfaction .73 was determined. The Cronbach

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alpha internal consistency coefficient obtained in the validity and reliability study of the scale was determined as .80. According to the test-retest results, it was found that the scale had a high, positive and significant relationship between the first and the second application ($r = 0.86$, $p < .001$). The item-total correlations of the Psychological Well-Being Scale ranged from .41 to .63 and t-values were significant ($p < .001$). I strongly disagree with the items of the Psychological Well-being Scale (1) and strongly agree (7) in the form of 1 mad7. All substances are expressed as positive. The scores range from 8 (when all items are absolutely disagreeed) to 56 (when all items are definitely answered). The excess score indicates that the individual has many psychological resources and power. Although the scale does not provide separate measurements on the aspects of goodness, it provides an overview of the positive functions in the different sections we believe to be important (Diener, 2010: 308).

Data Analysis

Before moving onto statistical analysis, demographic variables were grouped and then the scales applied to the individuals that formed the sample group (Integrative Hope Scale, Psychological Scale) were scored. The statistical analysis of the obtained data was carried out. The frequency and percentage distributions that determine the demographic characteristics of the sample group were determined.

Non-parametric techniques were used for the groups that did not show normal distribution ($n < 30$) and parametric analysis techniques were used for the distributions in the normal distribution characteristics.

In this context;

1. According to the results of the Kolmogorov Smirnov-Z Test in which the scores of the subscale of the sample were analyzed, whether the scores of the psychological well-being scale were normal or not, it was seen that the

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distribution of complementary hope scale and psychological well-being scale data were different from normal.

2. The scores obtained from the Integrative Hope Scale and the subscale scores of the Integrative Hope Scale and the Psychological Well-being Scale; Mann Whitney U Test to determine whether gender, age group, marital status, working status differ according to variables.

3. The Spearman Row Differences Correlation Coefficients analysis was used to determine whether there was a significant relationship between the scale of the participants in the sample, the Integrative Hope Scale, and the subscale scores of the Integrative Hope Scale and the scores obtained from the Psychological Well-being Scale. The data obtained were analyzed on the computer with SPSS for Windows 16.0 ve, the significance was tested at the minimum $p < .05$ level, other significance levels were also specified and the findings were stated in tables according to the objectives of the study.

Findings

In this part of the study where the effect of hope on psychological well-being is examined according to some variables, the findings of the study are presented in three stages. In the first step, the results of the analysis is to understand whether the dependent variables of the study change the demographic characteristics of the Integrative Hope Scale total and sub-dimension scores have been mentioned. In the second step, the analysis values of the Psychological Well-being Scale were used to determine whether the demographic characteristics were changed. In the third step, the link between the Integrative Hope Scale and the Psychological Well-being Scale scores was examined.

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Table 4.1. Mann Whitney-U Test Results for Determining whether the Total and Sub-Size Scores of the Integrative Hope Scale differ according to the Age Group Variables

Point	Groups	N	$\bar{x}_{sira}$	$\sum_{sira}$	U	z	p
The Integrative Hope	20-30 Age	189	210,21	39730,00	21775,00	-1,821	,046*
	31-50 Age	259	234,93	60846,00			
	Total	448					
Trust - Faith	20-30 Age	189	198,44	37504,50	19549,50	-,121	,000*
	31-50 Age	259	243,52	63071,50			
	Total	448					
Perspective Deprivation	20-30 Age	189	231,09	43676,50	23229,50	-2,624	,357
	31-50 Age	259	219,69	56899,50			
	Toplam	448					
Positive Future Orientation	20-30 Age	189	222,95	42138,00	24183,00	-1,594	,827
	31-50 Age	259	225,63	58438,00			
	Total	448					
Social Relations Individual Values	20-30 Age	189	220,75	41721,00	23766,00	-1,984	,599
	31-50 Age	259	227,24	58855,00			
	Total	448					

In Table 4.1, the non-parametric Mann-Whitney-U Test was used to find out whether the integrative hope scale total scores and sub-dimension scores had a significant difference according to the age group. The difference between the groups was not statistically significant (U = 23229,50; U = 24183,00; U = 23766,00; p> .05). On the other hand, the difference between the total subscale of the scale and the subscales of trust / belief subscale scores were statistically significant. This significance was found to be in favor of those who were in the 31-50 age group in the total scores of the integrative hope scale and in the trust / belief sub-dimension scores (U = 21775.00; U = 19549,50; p <.05). According to this study, it can be said that in the sample group participating in the study 31-

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50 age group, the total integrative and total scores of subscales and confidence / belief subscale scores were higher than those in the 20-30 age group.

Table 4.2. Results of Mann Whitney-U Test to determine whether the Total and Sub-Size Scores of the Integrative Hope Scale differ according to the Marital Status Variable

Point	Groups	N	$\bar{x}_{sira}$	$\sum_{sira}$	U	z	p
The Integrative Hope	Married	270	244,82	66102,50			
	Unmarried	178	193,67	34473,50	18542,50	-4,094	,000*
	Total	448					
Trust - Faith	Married	270	247,69	66876,00			
	Unmarried	178	189,33	33700,00	17769,00	-4,676	,000*
	Total	448					
Perspective Deprivation	Married	270	220,00	59399,00			
	Unmarried	178	231,33	41177,00	22814,00	-,908	,364
	Total	448					
Positive Future Orientation	Married	270	234,45	63300,50			
	Unmarried	178	209,41	37275,50			
	Total	448			21344,50	-2,027	,043*
Social Relations Individual Values	Married	270	244,10	65906,00			
	Unmarried	178	194,78	34670,00			
	Total	448			18739,00	-3,959	,000*

In Table 4.2, the non-parametric Mann-Whitney-U test was used to explain whether the integrative hope scale total scores and sub-dimension scores showed significant variability according to the marital status. = 22814,00; p> .05); the difference between the groups was found to be statistically significant (U = 18542,50; U = 17769.00; U = 21344). , 50; U = 18739.00; p <.05). This meaningfulness was found to be in favor of those who were married in the positive total scores, positive faith orientation sub-dimension scores and social

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relations / individual value sub-dimension scores in the trust belief sub-dimension scores. According to this study, it can be said that in the sample group, it was observed that the total scores of the integrative hope, trust / belief scores, positive future orientation scores, and social relationships / individual value scores of married individuals were higher than those of single individuals.

Table 4.3. The Mann Whitney-U Test Results of the Integrative Hope Scale to Determine whether the Total and Sub-Size Scores differ according to the Variables of the Working Status of Adults

Point	Groups	N	$\bar{x}_{sira}$	$\sum_{sira}$	U	z	p
The Integrative Hope	Working	293	235,01	68858,50	19627,50	-2,364	,018*
	Nonworking	155	204,63	31717,50			
	Total	448					
Trust - Faith	Working	293	241,81	70851,00	17635,00	-3,897	,000*
	Nonworking	155	191,77	29725,00			
	Total	448					
Perspective Deprivation	Working	293	217,04	63593,00	20522,00	-1,679	,093
	Nonworking	155	238,60	36983,00			
	Total	448					
Positive Future Orientation	Working	293	234,96	68844,50	19641,50	-2,381	,017*
	Nonworking	155	204,72	31731,50			
	Total	448					
Social Relations Individual Values	Working	293	237,85	69690,00	18796,00	-3,011	,003*
	Nonworking	155	199,26	30886,00			
	Total	448					

In Table 4.3, there are links indicating whether the group has an average difference in the study areas of total scores and sub-dimension scores of the

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integrative hope scale. These include your non-parametric Mann Whitney-U test, perspective deprivation scores and scores = 20522,00; p & gt; 0.05); Integrative hope total scores, trust / belief sub-dimension scores, positive future orientation sub-dimension scores and social relations / value-value subscale scores were significantly different in groups (U = 19627,50; U = 17635,00; U = 19641). 50; U = 18796.00; p <.05).

In this study, in the total scores of the integrative hope, in the positive future orientation sub-dimension scores in the trust belief sub-dimension scores, and in the social relations, in this study, the total score of the integrative hopes, trust / belief scores, positive future orientation scores and social relations / value points of the employees is said to be higher than the non-working.

Table 4.4. Mann Whitney-U Test Results for Determining whether Psychological Well-being Scale Scores differ according to Marital Status Variables

Point	Groups	*N*	$\bar{x}_{sira}$	$\sum_{sira}$	*U*	*z*	*p*
Psychological Well Being	Married	270	239,43	64646,00			
	Unmarried	178	201,85	35930,00	19999,00	-3,009	,003*
	Total	448					

In Table 4.4, the non-parametric Mann-Whitney-U test was used to determine whether the total scores of the psychological well-being scale of the sample group showed a significant change according to the marital status. p <.05). According to this finding, it can be said that the levels of psychological well-being of married individuals in the sample group were higher than those of single respondents.

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Table 4.5. Psychological Well-being Scale Scores and Integrative Hope Scale Total Scales and Integrative Hope Scale Confidence / Belief, Perspective Deprivation, Positive Future Orientation, Social Relations / Individual Values

	Well Being	The Integrative Hope	Trust Faith	Perspective Deprivation	Positive Future Orientation	Social Relations Individual Values
Psychological Well Being	1,000	,498**	,713**	-,268**	,553**	,481**
The Integrative Hope	,498**	1,000	,733**	,346**	,610**	,619**
Trust - Faith	,713**	,733**	1,000	-,224**	,644**	1,000
Perspective Deprivation	-,268**	,346**	-,224**	1,000	-,168**	-,189**
Positive Future Orientation	,553**	,610**	,644**	-,168**	1,000	,507**
Social Relations Individual Values	,481**	,619**	,575**	-,189**	,507	1,000

****p<.01**

As can be seen from Table 4.5, with the scores obtained from the Psychological Well-being Scale, the total score obtained from the Integrative

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Hope Scale and the sub-dimensions of the scale to determine the relationship between trust / belief, lack of perspective, positive future orientation, social relations / individual value. Spearman Sequence Differences As a result of the Correlation analysis, the Psychological Well-being Scale scores and the Integrative Hope Scale total scores included between the Psychological Well-being Scale scores and the Integrative Hope Scale Confidence / Belief sub-dimension total scores.

Among the total scores of the Future Orientation sub-dimension, there was a statistically significant positive correlation between the scores of the Psychological Well-being Scale and the total scores of the Integrative Hope Scale Social Relations / Individual Value sub-dimension. Round (r =, 498; r =, 713; r =, 553; r = 481, p <.01). In other words, as the psychological well-being scores of the individuals increase, it can be said that complementary hope scores, trust / belief scores, positive future orientation scores, social relations / individual value points are also increasing. On the other hand, a statistically significant negative correlation was found between the scores of the Psychological Well-being Scale and the total scores of the Integrative Hope Scale Perspective Deprivation sub-dimension (r = -, 268; p <.01). In other words, as the scores of psychological well-being increase, it can be said that the scores of perspective deprivation decreased.

3 Discussion, Results and Recommondations

The correlation between hope and psychological well-being

Considering the relationship between the hopes of individuals and psychological well-being, it can be stated that there is a positive relationship.

It is thought that the individuals who have a high level of psychological well-being will make an effort for self-acceptance, a positive relationship in the relations with the social environment, self-confidence, a targeted experience and

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goals. Another variable, hope, is expected to have an elevated level of hope, a positive outlook on life, a positive perspective on the main and future life, the ability to plan different paths to the goals, and an internal drive (Sarı & Cakır, 2016: 227).

When the relationship between psychological well-being and hope was examined, it was determined that psychological well-being and hope concept were positively and significantly related to the analysis of the applied scales. When the literature is examined, the concepts of hope and psychological well-being can be positively associated with each other. In the field of hope, consistent relationships between the concepts of hope and psychological well-being were determined. When the researches about the concepts of hope and well-being are examined, it is concluded that the sense of hope is an effect that can be improved and the state of well-being is physically and psychologically related.

Researchers stated that if the individual has a high level of hope, they tend to make sense of power events (Gall and others, 2005: 91). In a different study, the result is; the relationship between hope, optimism and general well-being was found to be positive and significant (Magalette and Oliver, 1999: 541).

Researchers who study the relationship between hope and psychological well-being (Kashdan and others, 2002: 451) stated that hope is a predictor of psychological well-being. Psychological well-being, hope and forgiveness in the study of the relationship between the concepts of psychological well-being in a meaningful way predicted the level of hope (Usta, 2013: 67). In this study, it can be stated that there is a positive and meaningful relationship between hope and psychological well-being, and it supports the findings that have been concluded in previous studies.

When we evaluate the sample group according to their marital status, it can be said that married individuals have higher total scores, confidence / belief scores, positive future orientation scores and social relations / individual value

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scores than married individuals. In other words, it is possible to express that a person's marital status positively affects the variable of hope.

Different results have been reached in the studies. In a study conducted on cancer patients, it was determined that the scores of hope did not change according to the marital status in the analysis between the hope scores and the marital status of the person (Aslan and others, 2007: 21).

In another study, it was determined that the effect of marital status on the level of hope was not significant when the level of hope of elderly people was examined (Erci, Yılmaz & Budak, 2017: 73).

According to a study conducted in inpatients, it is determined that there is a relationship between marital status and hope status, and it is determined that marital status is low in single or widowed individuals compared to married people (Arslantas, 2010: 91).

Discussion Of Whether There Are Significant Differences In The Level Of Hope In Terms Of Age

In the sample group participating in the study, it can be said that those who are in the 31-50 age group have higher total scores of total companion and confidence / belief subscale scores than those in the 20-30 age group. In other words, it can be stated that there is an increase in the level of hope with the advancement of the age status of the individuals.

In a study, when the relationship between hope and individuals with age is examined; A statistically significant difference was found between the hope and age variable (Erci and others, 2017: 74).

Discussion Of Whether There Are Significant Differences In The Working Status Of Hope Levels

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In the sample group participating in the study, it can be stated that the scores of the individuals who have work life, their trust / belief scores, positive future orientation scores, and social relations / individual value scores are higher than those who do not work.

In the light of the results of a study, people with high levels of hope have the ability to be motivated along with their wish to reach their goals and internal control, they can think about the obstacles that they may encounter and consider the different ways to reach the goal. It is determined and stated that working individuals are hopeful (Akçay, 2011: 128).

In another study, parallel results have been reached and hope and job satisfaction in research has been investigated. It can be stated that employees who have high levels of hope in their working life get successful results compared to individuals with low levels of hope (Erkuş and Fındıklı, 2013: 307).

Discussion About Whether There Are Significant Differences In The Level Of Psychological Well-Being In Terms Of Marital Status

With the evaluation of the relationship between psychological well-being and marital status, the difference between the groups was evaluated in favor of those who were statistically married. In other words, the psychological well-being of people who are married is better than single ones.

A total of 205 married teachers (125 male and 80 female) working in the province of Istanbul found that the psychological well-being of married individuals was better than non-married individuals (Ekşi and others,2018: 221). According to the results of Yeşiltepe (2011), it can be stated that the psychological well-being of teachers is related to marriage satisfaction.

The effect of quality on the relationship between marriage and psychological well-being of individuals can be expressed as high. According to the researches, being married and getting married in marriage affect the psychological well-being of the person.

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When examined in the literature, Proulx, Hlems and Buehler (2007) stated that there is a strong and strong relationship between marital and psychological well-being. There are also studies in which different findings are obtained from the results obtained from the studies, that the marriage positively predicts psychological well-being. Timur (2008) 's in the stage of separation and marriage of people who study psychological well-being in their study of psychological well-being, marriage is not a significant predictor of marriage.

Results

When the psychological well-being and hope levels of the individuals in the study group were examined, it was concluded that there was a positive linear relationship.

When the demographic characteristics of the participants are examined, it gives us information about the hope and psychological well-being of the variables such as marital status, age and having children.

When we examine the phenomenon of hope according to age levels, it can be stated that there are more women and men between the ages of 31 and 50 compared to men and women whose age range is 20-30. In other words, we can say that as the age of the person increases, the phenomenon of hope will increase.

When we evaluate the marital status of the demographic characteristics, married individuals have higher hope and psychological well-being than single individuals.

When the working status of another variable was evaluated, it was analyzed that the working participants had more hope and psychological well-being than the non-working participants.

Recommendations

It is thought that the research conducted with male and female participants between the ages of 20 and 50 in Sarıyer District of Istanbul will

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contribute to comparative research by applying them in different socio-cultural districts. In addition, it has been observed that researches on hope and psychological well-being in our country have become widespread but it is observed that there are limited numbers of studies with individuals with different characteristics. In order to generalize the results of the research, diversification of variables, repeating the work in different social circles will contribute to the development of the scope and reliability of the evaluation.

This study evaluated the relationship between hope and psychological well-being in terms of different values. The effect of hope on the well-being of individuals was predicted in terms of age, marital status and gender and it was thought to be useful to determine the direction and intensity of the training and guidance activities. In similar studies, it was observed that hope and psychological well-being were positively related, and that community studies on the effect of living with psychological well-being and the improvement of sense of hope would contribute to our future. Considering the effect of hope on psychological well-being or well-being in the hope, and when the results of the study are evaluated, it will be useful to organize various seminars on how individuals will keep their psychological well-being positive.

Note: The current study was delivered from Eda Nur Kocaman's master's thesis titled 'Investigation of Relationship Between Hope and Psychological Well-Being in a Group of Adults in Terms of Different Variables' which was carried out under supervision of Associate Prof. Bulent Dilmac.

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