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HOPELESSNESS AND SATISFACTION WITH LIFE AMONG DISABLED VETERANS

Malul Gazilerin Umutsuzluk ve Yaşam Doyumu

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ABSTRACT

The aim of this study is to examine the relationship between life satisfaction and hopelessness of disabled veterans and to determine whether the dimensions of hopelessness in explaining their life satisfaction in terms of socio-demographic and professional variables of disabled veterans have a meaningful effect. Satisfaction with Life (5 items) and Beck Hopelessness (20 items) were used as scales in this study. The sample of this study is 159 disabled veterans among the disabled veterans living in Turkey. All of the disabled veterans in this study are male and their mean age is 40.79 ± 6.84 (mean \pm standard deviation). Considering correlation between all sub-scales of Beck Hopelessness, there was a significant correlation between feelings and expectations about the future domain and loss of motivation domain and also there was strong correlation with hope domain. The findings illustrate that there is a significant relationship between life satisfaction and hopelessness in disabled veterans.

Keywords: Disabled veterans, satisfaction with life, hopelessness

ÖZET

Bu çalışmanın amacı Türkiye'deki malul gazilerin yaşam doyumu ile umutsuzluk boyutları arasındaki ilişkileri incelemek ve malul gazilerin hem sosyo-demografik hem de mesleki bilgileri doğrultusunda onların yaşam doyumunu açıklamada umutsuzluğun boyutlarının anlamlı bir etkiye sahip olup olmadığını ortaya koymaktır. Çalışmada yaşam doyumunu ölçmek için beş maddeden oluşan yaşam doyumu ölçeği ve umutsuzluğu ölçmek için Beck ve ark. (1974) tarafından geliştirilen ve yirmi maddeden oluşan umutsuzluk ölçeğinden yararlanılmıştır. Çalışmanın örneklemi Türkiye'de yaşayan malul gaziler içerisinde 159 malul gazi oluşturmaktadır. Çalışmaya katılan malul gazilerin tamamı erkek olup yaş ortalamaları $40,79 \pm 6,84$ (ortalama \pm s.sapma) olarak elde edilmiştir. Malul gazilerin umutsuzluk düzeylerini açıklamada umutsuzluk ölçeğinin geleceğe yönelik duygu ve beklentiler, motivasyon kaybı ile umut boyutları ayrıca ele alınmıştır. Aynı zamanda yaşam doyumu ile umutsuzluk arasında da anlamlı bir ilişki olduğu tespit edilmiştir.

Anahtar Kelimeler: Malul gazi, yaşam doyumu, umutsuzluk

INTRODUCTION

Disabled veterans are a wide and heterogeneous group who dedicated their life to serve for the nation and have incurred service related injuries, which cause loss of specific physical or psychological functions. The exact number of disabled veterans in the world isn't known; but, in USA there were approximately 4 million disabled veterans in 2016. Approximately 1.2 million of them have 70 percent or higher disability degree (U.S. Census Bureau, 2016). On the other hand, according to the official figures in 2012, the number of disabled veterans in Turkey, was approximately 4 thousand (TBMM, 2012).

Disability leads to major changes and devastating effects in the life of disabled veterans. In this context, post military lives of disabled veterans are identified with some challenges, which cause disabled veterans to have increased dependency to their families for socio-economic support and daily care. At the same time, they may experience physical, mental and social problems in their new lives (Foote, Mac Kinnon, Robbins, Pessagno, & Portner, 2015; Kocalevent et al., 2016; Wu & Lewis, 2015). Hence their attitudes and feelings toward the future may differ.

The disabled veterans confronts the individual with a multitude of evolving physical and psychosocial challenges such as impairments in physical functioning, prosthesis

use, pain, changes in family/peer relations, changes in employment status or occupation, and alterations in body image and self-concept. Such stressors challenge the individual's ability to maintain emotional well-being and may engender maladaptive reactions that lead to poor psychosocial adaptation (Tuncay & Musabak, 2015).

The change that disabled veterans live both physically and mentally may affect their satisfaction with life and hopelessness levels. Satisfaction with life express to well-being and positive emotions in daily affairs in terms of happiness and morale (Vara, 1999). Also satisfaction with life is a component of subjective well-being that consists of a cognitive assessment of a person's whole life (Diener, Emmons, Larsen, & Griffin, 1985). Satisfaction with life is related to many factors such as age, gender, working and working conditions, economic level, family life, religion, personality, social conditions, biological and health status (Köker, 1991). These factors can directly affect disabled veterans' lives.

On the other side, disabled veterans may have negative expectations about the future and this can be defined as hopelessness in general terms. Moreover, hopelessness is a cognitive disorder that is perceived by the person according to the expectations and circumstances that may be caused by future negative consequences (Beck, Weissman, Lester, & Trexler, 1974). It is emphasized that hopelessness is the main factor in depression, and that the concepts accompanying despair are helplessness, pessimism, lack of actuation, inability to work and feelings of guilt (Melges & Bowlby, 1969). Hopelessness includes negative thoughts and failures. Beck et al. (1974) describe three aspects of hopelessness: Feelings about the future, loss of motivation, future expectations. Feelings about the future revolved around affectively toned associations such as hope and enthusiasm; happiness; faith; and good times. Loss of motivation is concerned with giving up: deciding not to want anything; and not trying to get something that is wanted. Future expectations includes anticipations regarding what life will be like: a dark future; getting good things; things not working out; and the future being vague and uncertain.

The researches which in terms of psycho-social perspective for disabled veterans in Turkey is extremely limited. In the lives of disabled veterans after returning home, they may face many problems which are physical, mental and social. Therefore, it makes this research more important for the hopelessness and life satisfaction of disabled veterans.

In this study, it is aimed to examine hopelessness and satisfaction with life of disabled veterans. In this context, the relationship between hopelessness in terms of its sub-dimensions for disabled veterans and disabled veterans' satisfaction with life is discussed. The effect of socio-demographic variables on hopelessness and satisfaction with life are also being examined.

METHODS

In this research descriptive model and relational model were used. Descriptive research model has a feature to identify the current situation of the research carried out and has the ability to represent the truth (Ural & Kılıç, 2005). The purpose of descriptive research is to describe the characteristics of the people involved in the research (Büyüköztürk, 2013). In the study, demographic characteristics of the participants were examined descriptively. Relationally, it is examined whether there is a relationship between demographic variables and the satisfaction with life and hopelessness of the disabled veterans.

Participants and Procedures

The population of the research is the disabled veterans in Turkey. The official number of disabled veterans in Turkey, in 2012, was approximately 4 thousands (TBMM, 2012). There isn't any open accessed database that gives information about disabled veterans in Turkey. For that reason one of the non-probability sampling method 'convenience sampling' was used.

The scope of this research is disabled veterans. The researchers were contacted by the manager of a website followed by the disabled veterans and the relatives of martyrs. Information about the research was announced on the website. Veterans were asked to send the contact information to the researcher via internet. As a result of this announcement, the contact information of the 212 disabled veterans gathered. Then, each veteran was contacted via telephone and informed about the research. Questionnaires were sent to the disabled veterans who are volunteer to participate this research. 172 disabled veterans filled the questionnaire. 13 participants were excluded from the scope of the study because of incomplete answers. As a result, the responses of 159 participants were evaluated.

Instruments

An interview form and two scales were used in this study. The interview form created by researchers (18 items) consists of two sections. In the first section, questions about socio-demographic variables; in the second section, questions about professional information were asked. Satisfaction with Life (Diener et al., 1985) (5 items) and Beck Hopelessness (Beck et al. 1974) (20 items) were used as scales in this study.

Satisfaction with Life Scale was developed by Diener et al. (1985). This scale, developed to measure life satisfaction, which consists of 5 items and a rating system of seven includes statements ranging from “1=Strongly Disagree” to “7=Strongly Agree”. The scores obtained from each item can vary from 1 to 7, and the total score can range from 1-35. High scores indicate that life satisfaction is better. Turkish adaptation of the scale was carried out by Köker (1991). The study was conducted on a sample of 150 people (17-21 years) and it was concluded that there was a sufficient relationship between the scores obtained from each item. Test-retest reliability was obtained .85 (Köker, 1991). In our study, internal consistency of the scale was .97.

The Beck-Hopelessness Scale was developed by Beck et al. (1974). The scale consists of statements about the individuals' negative expectations about the future. This scale covers three domains. These are feelings about the future (5 items), loss of motivation (8 items), and future expectations (7 items). Totally Beck-Hopelessness Scale consists of 20 items and has two response options for each item “1=Yes” or “2=No”. Turkish adaptation of the scale was first carried out by Seber (1991) and Cronbach's alpha coefficient was found .82.

Later on, another adaptation was carried out by Durak (1994) and Cronbach's alpha coefficient was found .85. In Turkish adaptation, a group of questions did not correlated with any domains and those questions constituted an independent factor in the factor analysis. Consequently, a new sub-scale as “hope domain” for Turkish society was created by (Durak, 1994). On the other hand, feelings about the future and future expectations domains are unified. The internal consistency of the three sub-scales for assessing hopelessness, the following Cronbach's alphas were found: feelings and expectations about the future .78, loss of motivation .72, hope .72 (Durak, 1994). In our study, Cronbach's alpha coefficient of the scale was .91 and

internal consistency of the sub-scales was found: feelings and expectations about the future .83, loss of motivation .75, hope .81.

Data Collection Procedure

The data of this research were gathered through web-site which is frequently visited by disabled veterans. We contacted with manager of the web site, visited frequently by disabled veterans. Online research forms were loaded on this web site. Before filling the form, purpose of the study was summarized and stated that data would be anonymous and participants were asked to fill the questionnaire package after giving informed written consent by clicking the related link.

Statistical Analyses

SPSS 23 was used for the data analysis and the study has a confidence level of 95%. Descriptive analysis was performed for all variables. As a result of test of normality, results showed that it was appropriate for parametric tests. In order to evaluate the correlation between Satisfaction with Life and sub-scales of Beck Hopelessness scale, Pearson correlation was used. Furthermore, *t*-test and an analysis of variance (ANOVA) were used in order to compare scale results with regard to socio-demographic and professional variables. Regarding the differential effects of measures on sub-scales, a hierarchical model was created. Feelings and expectations about the future domain and hope domain were entered in Step-1 and loss of motivation domain were entered in Step-2. No concerns regarding multicollinearity were identified.

FINDINGS

Descriptive analyses

In Table 1, socio-demographic variables of participants are presented. In this study, all of the participants were male and 93.1% of the participants were married. Table 1 also shows that 13.2% of the participants were primary school graduates (5 year-education); 13.8% were secondary school graduates (8 year-education); 43.4% were graduates of high school (12 year-education); and equivalent; 25.2% of the participants had a bachelor's degree; 4.4% of the participants had a postgraduate degree.

As for the distribution by age in this study, it is seen that data were collected from middle aged and older individuals. According to Table 1, 40.9% of the individuals are 40 years old and under the age of 40, and 59.1% of them were 41 years old and over. The average age was 40.79 ± 6.84 . The median and mode ages were 42 and 41. In accordance with Levinson's theory, middle age period comprise between 40-65 years old (Levinson, 1978). For this reason, it was looked at before and after the age of 40, which limits the period of first adulthood and middle adulthood.

Table 1. Socio-demographic variables (N=159)

	N	%
Gender		
Male	159	100.0
Age		
40 and below	65	40.9
41 and above	94	59.1
Mean \pm sd	40.79 \pm 6.84	
Median age	42	
Mode	41	
Lowest – highest data	24-58	
Education		
Primary school graduate	21	13.2
Secondary school graduate	22	13.8
High school graduate or equivalent	69	43.4
Bachelor's degree	40	25.2
Postgraduate degree	7	4.4
Marital status		
Single/widow	11	6.9
Married	148	93.1
Family type		
Nuclear family	124	78.0
Extended family	35	22.0
Number of children		
No children	22	13.8
1	88	55.3
2 and more	49	30.8
Income		
2000 TL and below	16	10.0
2001-3000 TL	46	28.9
3001-4000 TL	37	23.3
4001-5000 TL	41	25.8
5001 TL and above	19	11.9
Residence		
Owner	90	56.6
Tenant	35	22.0
Public House	8	5.0
Parent's House	26	16.4
Car ownership		
Yes	109	68.6
No	50	31.4
Smoking		

Yes	85	53.5
No	74	46.5
Alcohol use		
Yes	54	34.0
No	105	66.0
Frequency of alcohol use (N=54)		
Everyday	2	3.7
Two or three times a week	6	11.1
Once a week	8	14.8
Once a month	13	24.1
Once a year	25	46.3

Significant number of participants were working at a new job. But in contrast, sample of this research were mostly middle and low income people. According to data showed in Table 1, 10% of the participants had income less than 2000 TL, 28.9% between 2001-3000 TL, 23.3% between 3001-4000 TL, 25.8% between 4001-5000 TL and only 11.9% had income more than 5001 TL. In Turkey, minimum wage is 1603,12 TL (Turkish Statistical Institute, 2018). According to Confederation of Turkish Trade Unions, poverty line was 5492 TL and starvation line was 1686 TL (Confederation of Turkish Trade Unions, 2018).

Table 2. Professional variables (N=159)

	N	%
Work unit		
Land forces	89	56.0
Air forces	4	2.5
Naval forces	3	1.9
Gendarme	46	28.9
National police	17	10.7
Working period until being veteran (year)		
5 years and below	118	74.2
6-9 years	15	9.4
10 years and above	26	16.4
Degree of disability		
First degree	4	2.5
Second degree	8	5.0
Third degree	9	5.7
Fourth degree	19	11.9
Fifth degree	37	23.3
Sixth degree	82	51.6
Year of being a veteran		
1985-1990	10	6.3
1991-1995	42	26.4
1996-2000	51	32.1
2001-2005	14	8.8
2006-2010	24	15.1
2011-2015	18	11.3
Current Working Status		
Yes	115	72.3
No	44	27.7
Employment Field (N=115)		
Public Sector	67	56.6
Private Sector	48	22.0

According to Table 2, a considerable part of participants worked in land forces. When the distribution of the working period until being veteran was considered, it is seen that 74.2% of the individuals were veterans for a period 5 years and below. When we look at the data on degree of disability of veterans, it is clearly seen that almost half of veterans were at the sixth degree of disability. The degree of disability which ranges from 1 to 6 is determined by the Social Security Institution in Turkey. As the level of disability increases, the degree of disability approaches to 1 at the most. 'Full blindness of two eyes', 'absence of both hands and all fingers' and 'absence of two legs' are examples for first degree disability. Full blindness of one eye' and 'losing leg or arms' are examples for second degree disability. 'Injury of the internal organs' and head injuries are some examples for third degree disability. 'Deafness' and 'mental problems that don't affect daily life to much' are some of the examples of fourth degree disability. 'Mental illnesses' is an example for fifth degree disability. 'Absence of head and index finger ' and 'difficulty of speaking' are

examples of sixth degree disability (Republic of Turkey Council of Ministers, 1953). The disability degree is used to determine how much social benefit and social right disabled veterans will get.

Comparative analyses

In Table 3, it is seen that there is a correlation between satisfaction with life and each domain of Beck Hopelessness. There was a negatively strong correlation ($p < .01$) between satisfactions with life and feelings and expectations about the future domain ($r = -.566$; $p < .01$) and there was a negatively strong correlation ($p < .01$) between satisfactions with life and loss of motivation domain ($r = -.536$; $p < .01$). Lastly, satisfaction with life was negatively strong correlated with hope domain ($r = -.541$; $p < .01$).

Table 3. Pearson correlation between Satisfaction with Life and sub-scales of Beck Hopelessness

	Satisfaction with life	BHS Feelings and expectations about the future	BHS Loss of motivation	BHS Hope
Satisfaction with Life	1			
BHS Feelings and expectations about the future	-0.566**	1		
BHS Loss of motivation	-0.536**	0.759**	1	
BHS Hope	-0.541**	0.796**	0.704**	1

**** $p < 0,01$, * $p < 0,05$**

Considering correlation between all sub-scales of Beck Hopelessness, there was a positively strong correlation between feelings and expectations about the future domain and loss of motivation domain ($r = .759$; $p < .01$) and also there was positively strong correlation with hope domain ($r = .796$; $p < .01$). Moreover, there was a positively strong correlation between hope domain and loss of motivation domain ($r = .704$; $p < .01$).

Table 4. Means, standard deviations, and independent sample *t*-tests (*t*) of Satisfaction with Life and Beck Hopelessness sub-scales of participants

	Satisfaction with life		BHS Feelings and expectations about the future		BHS Loss of motivation		BHS Hope	
	<i>M</i>	<i>t</i>	<i>M</i>	<i>t</i>	<i>M</i>	<i>t</i>	<i>M</i>	<i>t</i>
Age								
40 and below	3.37 (1.59)	2.070*	1.34 (0.34)	-2.535*	1.39 (0.25)	-	1.40 (0.29)	-1.409
41 and above	2.82 (1.67)		1.49 (0.39)		1.54 (0.29)		3.297*	
Marital status								
Single/ widow	2.56 (1.54)	1.016	1.47 (0.38)	-0.374	1.50 (0.30)	-0.186	1.32 (0.29)	1.235
Married	3.09 (1.66)		1.42 (0.37)		1.48 (0.29)		1.45 (0.33)	
Family type								
Nuclear family	3.18 (1.71)	2.130*	1.43 (0.38)	0.051	1.47 (0.29)	-0.362	1.44 (0.33)	-0.205
Extended family	2.59 (1.35)		1.42 (0.37)		1.50 (0.27)		1.45 (0.29)	
Current working status								
Yes	3.23 (1.71)	2.398*	1.40 (0.37)	-1.609	1.45 (0.28)	-	1.41 (0.32)	-1.902
No	2.59 (1.41)		1.50 (0.39)		1.57 (0.28)		2.365*	
Car ownership								
Yes	3.33 (1.68)	3.452*	1.36 (0.36)	-3.270*	1.43 (0.26)	-	1.38 (0.32)	-
No	2.44 (1.43)		1.57 (0.37)		1.60 (0.30)		3.527*	
Smoking								
Yes	2.94 (1.59)	-	1.48 (0.38)	1.746	1.50 (0.30)	1.006	1.49 (0.33)	2.119*
No	3.17 (1.73)		0.856		1.37 (0.36)		1.45 (0.27)	
Alcohol consumer								
Yes	2.64 (1.42)	2.385*	1.59 (0.38)	4.035*	1.56 (0.31)	2.707*	1.60 (0.30)	4.586*
No	3.26 (1.73)		1.34 (0.34)		1.44 (0.26)		1.36 (0.31)	

**p*<0.05

Means, standard deviations, and independent sample *t*-tests (*t*) of satisfaction with life and beck hopelessness sub-scales for age, marital status, family type, current working status, car ownership, smoking and alcohol use are presented in Table 4. A higher score indicates a higher frequency of use of beck hopelessness and satisfaction with life. Results generally show that participants who have higher scores about satisfaction with life reported to had a lower level of hopelessness or vice versa.

Independent sample t-tests were conducted to assess the differences between two groups. There were significant differences for satisfaction with life ($t=2.070$, $p<0.05$) feelings and expectations about the future ($t=-2.535$, $p<0.05$), loss of motivation ($t=-3.297$, $p<0.05$), whereas no difference for hope ($t=-1.409$, $p>0.05$) use between age groups. On the other hand, significant differences were found between car ownership and satisfaction with life. Also there was significant difference between car ownership and all sub scales of hopelessness. Alcohol consumer participants had significant differences as sub-scale beck hopelessness and satisfaction with life. There was significant difference between satisfaction with life and family type. Disabled veterans live in a nuclear family had higher satisfaction with life scores.

The analysis of variance performed at 95% confidence for each dimension and ANOVA showed statistically significant differences between work unit and hope domain ($F(4, 155) = 3.54$, $p < .005$). On the other hand, there was statistically significant difference between residence type and satisfaction with life ($F(4, 155) = 3.01$, $p < .005$).

Table 5. Hierarchical multiple regression analysis of Satisfaction with Life as a moderator sub-dimension of Hopelessness

	<i>B</i>	<i>Beta</i>	<i>t</i>	<i>Sig.</i>	<i>R</i>	<i>R</i> ²	<i>R</i> ² <i>Adj.</i>	<i>F</i>	<i>VIF</i>
Step 1					.58	.34	.33	40.657**	
BHS Feelings and expectations about the future	-1.63	-.371	-3.458	.00**					2.734
BHS Hope	-1.23	-.245	-2.282	.02*					2.734
Step 2					.60	.36	.34	29.017**	
BHS Feelings and expectations about the future	-1.13	-.259	-2.164	.03*					3.472
BHS Hope	-.94	-.189	-1.717	.08					2.921
BHS Loss of motivation	-1.18	-.207	-2.028	.04*					2.516

** $p<0,01$, * $p<0,05$

Hierarchical multiple regression analysis was utilized to explore the moderating role of loss of motivation in the relationship between feelings and expectations about the future, hope and satisfaction with life. Feelings and expectations about the future

and hope was taken as an independent variable, satisfaction of life as a dependent variable, and loss of motivation as a moderating variable.

For step 1, feelings and expectations about the future and hope explained 34% of satisfaction of life result ($R=.58$, $R^2=.34$, $F=40.657$, $p<0.01$). Variables of loss of motivation, which were included in the second step of the regression analysis, explained 36% of the total variance ($R=.60$, $R^2=.36$, $F=29.017$, $p<0.01$). The standardized regression coefficients (β) and t-test results concerning significance indicated a statistically significant relationship between feelings and expectations about the future ($\beta=-.25$, $p<0.05$) and loss of motivation ($\beta=-.20$, $p<0.01$) satisfaction of life and a non-significant relationship between hope ($\beta=-.18$, $p>0.05$) and satisfaction of life.

DISCUSSION

This study took a broad approach to examine correlate of life satisfaction and hopelessness among the disabled veterans in the sample of Turkey. In general, several variables that disabled veterans have, played an important role in disabled veterans' current satisfaction with life and hopelessness. Several studies show that there is a significant relationship between socio-demographic, occupational traits and satisfaction with life and hopelessness (Tuncay & Musabak, 2015; London, Heflin, & Wilmoth, 2011; Matarazzo et al., 2014; Mroczek & Spiro III, 2005; Seidl et al., 2015; Seligowski et al., 2012; Violanti et al., 2016).

The effects of life satisfaction and hopelessness on disabled veterans vary by age. It is considered that there exists a linear relationship between increasing age and increasing hopelessness level (Karataş, Karataş, & Şenol, 1989). In a few studies conducted with disabled veterans in Turkey, no relation between age and quality of life are found (Başçılar, 2017; Yazicioglu, Duyan, Karatas, & Özgül, 2006). It was found that young people who had active services in the military and who had disabled veterans had higher levels of depression and hopelessness than the older disabled veterans (Green, Grace, Lindy, Glesser, & Leonard, 1999; Hankin, Spiro III, Miller, & Kazis, 1999). According to findings of our research, there was a significant relationship between age and satisfaction with life. Disabled veterans who are below the age of 40 have higher satisfaction with life scores. And also there was a significant relationship between age and hopelessness. Disabled veterans who are above the age of 40 have higher hopelessness score. The main reason for this

result can be seen as a change in the living standards after the disability. For an elderly veteran, adaptation to the new lifestyle may be seen as a more challenging process than younger veterans.

Başçılar (2017) found a significant relationship between working status and quality of life. According to these findings, disabled veterans who have a job, had higher physical and mental dimension of quality of life scores. Supporting this, findings of our research showed that satisfaction with life is increasing when disabled veterans have a job. Working in a job can provide both a material welfare and the development of social interactions of individuals.

In terms of having a car, there were both physical and psychosocial reasons of buying a car for disabled veterans. Physically, in Turkey, as a disabled person, it is very hard to use public transportation. Especially in cities, crowded public buses and unfriendly environment conditions for disabled persons make harder to wonder around the city. Having an automobile designed according to the disability situation facilitates daily life of the disabled veterans. From psychosocial perspective having a property is also a part of the process that allow us to communicate non-verbally and to achieve the satisfaction of self-expression through consumption. So, there was a significant relationship between self and consumption. People express themselves through the congruence of self-images and images of owned or desired products (Belk, Bahn, & Mayer, 1982, p. 4). Therefore, after the physical and psychosocial destruction, the possession of automobile as an attitude expressing themselves is an important result. In our study, there was a significant relationship between car ownership and satisfaction with life and hopelessness. Başçılar (2017) found that there is a significant relationship between car ownership and social and environmental sub-scales of quality of life. According to our results, we understand that ownership of car makes life easier for disabled veterans and increase the satisfaction with life.

The current evidence about the relationship between alcohol consumption and life satisfaction is very limited. Levy, Bell, and Lin (1980) found a linear relationship between increasing alcohol consumption and increasing life satisfaction. But in our study in contrast to Levy et al. (1980) research, negative relationship is found between increasing alcohol consumption and decreasing life satisfaction. Alcohol use can be seen as an avoid responsibilities (Steinberg, Adams, Montemayor, & Gullota, 1989). Also, the social acceptance of perpetual alcohol consumption in

terms of Turkish society can be seen as limited. In this respect, the possibility of increasing the continuity of alcohol consumption may include the risk of exclusion by the society. Such a possibility might negatively affect the life satisfaction of disabled veterans.

The findings illustrate that disabled veterans who have lower hopelessness level correlated higher satisfaction with life. As shown in Table 4, satisfaction with life is explained by feelings and expectations about the future, hope and loss of motivation in Step 2 for disabled veterans samples beyond the prior controlled for Steps 1 variables. At the same time, hopelessness accounted for a significant amount of variance in disabled veterans' satisfaction with life. The results appear in Table 4 and reveal that the coefficient for hope dropped to non-significance in the second stage, loss of motivation mediates the relationship between hope and satisfaction with life; it is indicative of full mediation. In conclusion there is a strong correlation between satisfaction with life and hopelessness of disabled veterans. Each domain of hopelessness is correlated with satisfaction with life.

Conclusion

The aim of this study is to examine hopelessness and satisfaction with life of disabled veterans. In this context, the relationship between socio-demographic variables, hopelessness, its sub-dimensions and satisfaction with life for disabled veterans is evaluated.

Socio-demographic factors such as age, family type, working status, car ownership and using alcohol are found to be related to satisfaction with life. Car ownership and alcohol using are found to be related to all sub-scales of hopelessness.

Satisfaction with life, as the dependent variable of the study, in this sample is found to be related to hopelessness. That is, a change in the level of disabled veterans' hopelessness will affect their satisfaction with life. The results of our study suggest that there is a significant role for higher satisfaction with life in relation to lower levels of hopelessness in disabled veterans, and any change are likely to affect to disabled veterans. These are the strengths of our study.

However, there are also some limitations of this research. First, non-sampling method was used in this study. Therefore, it is not possible to generalize research findings to all disabled veterans in Turkey. Second, the sample of this research is

small. Third, research questions were answered by self-report method. This method may cause self-report bias.

It is possible to examine further research recommendations in three basic categories. First, it is foreseen that the larger research group will increase the representation of the results. Second, qualitative research will allow for more in-depth examination of the problem area. Third, funds provided by governmental organizations for the support of the research will allow more comprehensive research that examine disabled veterans in the psychosocial context.

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