

Optimism and System Justification Tendency of University Students¹

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Abstract

The purpose of this research is to investigate if the system justification tendency and demographic variables (gender, old, socio-economic level, mother's and father's educational level, political view) predict the optimism and demographic variables predict the system justification tendency. The study group consisted of 434 students (282 female, 152 male) attending to different university in Ankara. System Justification Scale, Optimism Scale and the Personal Information Form were used to in the research. This research was questioned which variables predict the optimism and system justification with multiple linear regression analysis (stepwise method). Secondly, Point biserial correlation analysis was used to determine relationship between gender and optimism and Pearson's product moment correlation coefficient to determine the relationship between the other variables. The result of these analysis indicated that political view, gender and system justification predicted the optimism; mother's educational level and political view predicted system justification. At the same time, it was seen that female were more optimistic than male; political view approached to the right, the level of system justification and optimism increased. It has also been found that as the system justification tendency increased, the score of optimism increased.

Key Words: Optimism, System Justification, University Students.

Öz

Bu araştırmanın amacı üniversite öğrencilerinin sistemi meşrulaştırma eğilimleri ve demografik değişkenlerin (cinsiyet, yaş, sosyoekonomik düzey, annenin ve babanın eğitim düzeyi, siyasi görüş) iyimserliklerini; demografik değişkenlerin sistemi meşrulaştırma eğilimlerini yordayıp yordamadığının incelenmesidir. Çalışma grubu, Ankara'da farklı üniversitelerde eğitim gören 434 (282 kadın, 152 erkek) üniversite öğrencisinden oluşmaktadır. Araştırmada veri toplama aracı olarak "Sistemi Meşrulaştırma Ölçeği", "İyimserlik Ölçeği" ile "Kişisel Bilgi Formu" kullanılmıştır. Araştırmada ilk olarak iyimserliği ve sistemi meşrulaştırma eğilimini yordayan değişkenlerin hangileri olduğu Çoklu Doğrusal Regresyon Analizi (stepwise yöntemi) ile sorgulanmıştır. İkinci adımda cinsiyetle iyimserlik arasındaki ilişkiyi Nokta Çift Serili Korelasyon Analizi, diğer değişkenler arasındaki ilişkiyi incelemek için Pearson Momentler Çarpımı Korelasyon Analizi yapılmıştır. Analizler sonucunda siyasi görüşün, cinsiyetin ve sistemi meşrulaştırmanın iyimserliği; annenin eğitim düzeyi ve siyasi görüşün de sistemi meşrulaştırma eğilimini yordadığı görülmüştür. Aynı zamanda kadınların erkeklere göre daha iyimser olduğu; sosyoekonomik düzey azaldıkça siyasi görüşün sola yaklaştığı, siyasi görüş sağa yaklaştıkça sistemi meşrulaştırma ve iyimserlik puanının arttığı gözlenmiştir. Ayrıca sistemi meşrulaştırma düzeyi arttıkça iyimserlik düzeyinin de arttığı sonucuna varılmıştır.

Anahtar Kelimeler: İyimserlik, Sistemi Meşrulaştırma, Üniversite Öğrencileri.

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Introduction

Being optimistic is considered as one of the keys to happiness in the increasingly complex conditions of the age we live in. Happiness does not depend on objective conditions of wealth and health, but it depends on the correlation between objective conditions and subjective expectations (Harari, 2012, p.374). The tendency to have generalized positive expectations that everything will go well despite all the challenges and difficulties that may be encountered in life is called optimism (Scheier & Carver, 1992). According to this approach, optimism is accepted as a personality variable, as individuals are consistent in their tendency to approach life optimistically or pessimistically (Carver & Connor-Smith, 2010).

Peterson and Seligman (1984), on the other hand, consider optimism as an explanatory style. An explanatory style is a certain approach that an individual uses when explaining why the events happen to him (Seligman & Csikszentmihalyi, 2000). This approach determines whether an individual is optimistic or pessimistic. It takes its roots from what is learned from caregivers during childhood and adolescence (Seligman, 1990/2009).

Optimism offers a wide variety of contributions to human life. Optimists are physically and psychologically healthier than other people (Cassidy, 2000; Segerstrom, 2007; Seligman, 2000; Seligman, 1990/2009; Uğurlu, 2011). It is possible to say that those who can look at life optimistically have reached life satisfaction (Dursun, 2012; Gülcan & Bal, 2014; Güler & Emeç, 2006; Hırlak et al., 2017; Ho et al., 2010; Sapmaz & Doğan, 2012; Yalçın, 2011), are in good emotional and psychosocial condition (Carver et al., 2005), and maintain their mental resilience in the face of difficulties (Nicholls et al., 2008).

According to Fischer and Chalmers (2008), cultures that attach importance to individuality and have political and social equality produce an appropriate atmosphere for the individual to be optimistic. The fact that optimists are far from submissive behavior (Mamirova & Yılmaz, 2019) supports this claim.

In addition to genetic (Bates, 2015; Plomin et al., 1992), biological (Sharot, 2011) and environmental (Kurtz-Nelson & McIntyre, 2017) factors, social dynamics, and some variables arising from the structure of each society are considered to be determinative on optimism (Gençoğlu & Kalkan, 2015; Khallad, 2013; Seligman, 1990/2009). One of these variables appears as the motivation to legitimize the system that the individuals use while explaining the functioning of the order in which they live.

System justification theory argues that people support their belief that the world is stable and orderly, believing that the system is fair and legitimate and that everyone gets what they deserve (Cichocka & Jost, 2014). The expression "system" in the definition covers a wide area from political, economic, religious, and legal systems to family, school, and profession (Wakslak et al., 2011).

As Cichocka and Jost (2014) stated, it is possible to consider system justification as a kind of positive illusion, partly self-deception. When evaluated in terms of disadvantaged groups in society, in particular, it can be considered that they try to overcome their cognitive contradiction with an exaggerated perception of control and unrealistic optimism.

System justification theory argues that people tend to perceive the existing social system as fair by accepting everything as it is (Jost, 1995). It is also stated that this tendency has effects such as providing a coping mechanism by making individuals feel better in difficult times (Harding & Sibley, 2013; Major & O'Brien, 2005), reducing uncertainty, providing the need for order, meeting the existential needs for the meaning of life. (Jost & Hunyady, 2005; Jost et al., 2008). The fact that justification of the system makes people happier and more satisfied through these mitigating functions, and it is suggested that it may also be related to optimism (Cichocka & Jost, 2014; Hammond & Sibley, 2011; Jost et al., 2003; Jost & Hunyady, 2005; Liviatan & Jost, 2011, 2014; Napier et al., 2010).

No study has yet been found in the literature investigating the link between optimism and system justification. This study aims to contribute

to the literature by examining the relationship between the optimism levels of university students, who are and will continue to be the architects of society, and their tendency to system justification.

In this study, the relationship between optimism and the tendency to system justification is revealed through the findings. Identifying this relationship will contribute to the conceptual and theoretical background of optimism and system justification. Thus, this study can be a reference for scientists studying optimism and the tendency to system justification.

The psychological counseling process is affected by the social dynamics that both the counselor and the client depend on. It is considered that study findings on optimism and system justification tendency will help psychological counselors to conceptualize the problems that clients may experience when they are not optimistic about life and to explain both the events that have happened and the social order. The findings can also be used for the client to develop effective coping strategies with social events.

The primary purpose of this study is to reveal whether some demographic variables (gender, age, socioeconomic level, education levels of parents, political view) and the system justification tendencies predict university students' optimism. Another aim of the study is to examine whether demographic variables predict the tendency of system justification. Regarding these purposes, answers were sought to the following questions.

- 1) Do university students' demographic characteristics (gender, age, socioeconomic level, education levels of parents, political view) and system justification tendencies predict their optimism?
- 2) Do the demographic characteristics (gender, age, socioeconomic level, education levels of parents, political view) of university students predict their system justification tendencies?

Method

Research Model

In this study, the relationship between university students' system justification tendencies and their optimism was examined. This study was carried out in a relational model, in which the relationship between both variables and demographic variables was also discussed.

Study Group

University students studying at state universities in Ankara in the 2018-2019 academic year constituted the study group. Table 1 shows the demographic characteristics of the participants with numerical and percentage values.

Table 1. Demographic characteristics of the participants

| Variable | N | % |
|---------------------------------|-----|------|
| Gender | | |
| Female | 282 | 65 |
| Male | 152 | 35 |
| Age | | |
| 18-21 | 308 | 71 |
| 22-25 | 91 | 21.2 |
| 26-29 | 27 | 6,3 |
| 30+ | 4 | ,9 |
| Socioeconomic Level | | |
| Lower | 6 | 1.4 |
| Lower – Middle | 41 | 9.4 |
| Middle | 283 | 65.2 |
| Middle – Upper | 96 | 22.1 |
| Upper | 5 | 1.2 |
| Mother's Education Level | | |
| Illiterate | 11 | 2.5 |
| Primary school | 214 | 49.3 |
| Middle School | 69 | 15.9 |
| High school | 92 | 21.2 |
| Undergraduate | 44 | 10,1 |
| Graduate | 3 | ,7 |
| Father's Education Level | | |
| Illiterate | 2 | 5 |
| Primary school | 101 | 23.3 |
| Middle School | 75 | 17.3 |
| High school | 129 | 29.7 |
| Undergraduate | 103 | 23.7 |
| Graduate | 14 | 3.2 |
| Political View | | |
| Extreme right-winger | 17 | 3.9 |
| 2 | 19 | 4.4 |
| 3 | 41 | 9.4 |
| 4 | 59 | 13.6 |
| 5 | 179 | 41.2 |
| 6 | 41 | 9.4 |
| 7 | 45 | 10.4 |
| 8 | 9 | 2.1 |
| Extreme left-winger | 8 | 1.8 |

Data Collection Tools

Personal Information Form developed by the researcher to measure socio-demographic information, Optimism Scale developed by Balcı and Yılmaz (2002) to measure the level of optimism, and System Justification Scale developed by Kay and Jost (2003) and adapted into Turkish by Yıldırım and Akgün (2013) were used as data collection tools.

The data collection tool consists of three parts. In the first part, there are questions about the participant's personal and demographic information such as gender, academic average (according to 4 point grading system), perceived socioeconomic level, education level of parents, political views (as the scores decrease it approaches right-wing, as the scores increase it approaches left-wing). In the next section, the level of optimism is measured, and in the last section, the system justification tendency is measured. Introductory information about the data collection tools used in the study is given below.

Optimism Scale: The Optimism Scale developed by Balcı and Yılmaz (2002) consists of 24 items in a four-point Likert type. The highest score that can be obtained from the scale is 96, and the lowest score is 24. In the reliability study conducted during the scale development phase, the internal consistency (Cronbach Alpha) coefficient was found to be 0.96. In the factor analysis performed to determine the structural validity of the scale, it was determined that the scale consisted of a single factor structure (Balcı & Yılmaz, 2002). In this study, the Cronbach's alpha coefficient of the Optimism Scale was calculated as 0.87.

System Justification Scale: The System Justification Scale is an 8-item Likert-type scale developed by Kay and Jost (2003). The scale was developed to measure individuals' perceptions of the justifiability of the prevailing social system. Higher scores would indicate increased levels of system justification. The highest score that can be obtained from the scale is 56, and the lowest score that can be obtained is 8. In the original version of the scale, the Cronbach alpha internal consistency

coefficient was found to be 0.88. In the Turkish adaptation of the scale by Yıldırım and Akgün (2013), the Cronbach Alpha internal consistency coefficient was found to be 0.67. In this study, the Cronbach Alpha coefficient of the scale was calculated as 0.78.

Implementation

After the determination of the data collection tools to be used in the study, permission to use was obtained from the academicians who developed or adapted the data collection tools (Appendix 4), and the necessary permissions for the implementation were obtained from the Gazi University ethics commission (Appendix 5). Afterward, the data collection tools were brought together, and the scale battery was prepared.

The participants were informed with the Informed Voluntary Consent Form regarding the purpose of the study, the purpose for which the information would be used, the voluntary basis of participation in the study, and the information they could leave the study if they felt any discomfort while answering the scales.

Data Analysis

To perform the necessary analyzes on the study fundamental variables, it was checked whether the normal distribution was provided or not. The kurtosis value of the optimism scores was found to be -0.128, and the skewness value was -0.146. The kurtosis value of the system justification scores was found to be -0.450, and the skewness value was 0.559. Therefore, it can be stated that normal distribution was provided for both variables in this study.

Pearson Product-Moment Correlation technique was used to determine the associations between optimism and the tendency to system justification and the associations of both variables with age and other variables. The Point Biserial Correlation technique was used to determine the association between gender and optimism, and gender and the tendency to system justification.

The stepwise multiple linear regression analysis was performed to determine the variables that predicted optimism. First, the demographic variables were included in the analysis, and then, system justification was included. Also, another stepwise multiple linear regression analysis was performed to determine the variables that predicted system justification.

Results

In the results section, first of all, correlations regarding the associations between all variables are given. Then, two different multiple linear regression analysis was performed to identify the variables that predicted optimism and the tendency to system justification. Lastly, a One-Way Analysis of Variance (ANOVA) was performed to examine whether the optimism levels of the participants and their tendency to system justification differ significantly according to the newspaper they read.

Table 2. Descriptive Statistical Findings on System Justification and Optimism Scores

| | \bar{X} | SD | Range |
|----------------------|-----------|------|-------|
| Optimism | 73.02 | 9.43 | 47-93 |
| System Justification | 22.15 | 9.18 | 8-45 |

As can be seen in Table 2, the optimism mean score of the university students was found to be 73.01 ($SD = 9.43$), and the system justification mean score of the university students was found to be 22.15 ($SD = 9.18$). It was determined that the lowest optimism score was 47, the highest optimism score was 93 ($range = 46$), and the lowest system justification score was 8, the highest system justification score was 45 ($range = 37$).

Correlation Analysis Findings Related to Optimism and Tendency to System Justification

The association between optimism and gender and the tendency to system justification and gender were examined using the Point Biserial Correlation technique and the association between other variables by using Pearson product-moment correlation coefficient. Table 3

shows the findings regarding the correlation analysis.

Table 3. Correlation Table of Optimism and System Justification Tendency with Other Variables

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|---|--------|---------|---------|---------|-------|---------|--------|---|
| 1 | 1 | | | | | | | |
| 2 | -.032 | 1 | | | | | | |
| 3 | -.011 | -.056 | 1 | | | | | |
| 4 | .054 | -.095* | .136** | 1 | | | | |
| 5 | .054 | -.151** | .158** | .573** | 1 | | | |
| 6 | .055 | .035 | -.142** | .080 | -.032 | 1 | | |
| 7 | -.080 | .079 | .086 | -.144** | -.031 | -.492** | 1 | |
| 8 | -.118* | .061 | .070 | -.102* | -.047 | -.246** | .601** | 1 |

* $p < .05$, ** $p < .01$

- | | |
|-----------------------------|-----------------------------|
| 1. Gender | 5. Father's education level |
| 2. Age | 6. Political View |
| 3. Socioeconomic Level | 7. System Justification |
| 4. Mother's education level | 8. Optimism |

As can be seen in Table 3, a negative relationship was found between gender and optimism levels ($r = -.118$; $p = .05$). Accordingly, it can be stated that the optimism levels of females are higher than the optimism levels of males. Age was found to be negatively correlated with the mother's education level ($r = -.095$; $p = .05$) and the father's education level ($r = -.151$; $p = .01$). The socio-economic level was found to be positively correlated with the mother's education level ($r = .136$; $p = .01$) and the father's education level ($r = .158$; $p = .01$). The socio-economic level was found to be negatively correlated with the political view ($r = -.142$; $p = .01$). A moderate positive correlation was found between the mother's education level and the father's education level ($r = .573$; $p = .01$). A moderate negative correlation was found between the political view and system justification ($r = -.492$; $p = .01$). A moderate negative correlation was found between the political view and optimism ($r = -.246$; $p = .01$). A negative correlation was found between the system justification level and the mother's education level ($r = -.144$; $p = .01$). Lastly, a high level of positive correlation was found between system justification and optimism ($r = .601$; $p = .01$).

Multiple Linear Regression Analysis Findings Regarding the Variables Predicting Optimism

In this study, multiple linear regression analysis was used to determine the variables that predict optimism. The total score of the Optimism Scale was used as the predicted variable. The stepwise method was used to determine the appropriate regression model. By using the method several alternative models are explored, with variables being either added or dropped in the process, depending on how important they appear to be statistically (Henderson & Denison, 1989). Accordingly, the determined independent variables were political view, gender, and system justification, respectively.

The political view is the first variable that predicts optimism. The variance explained by this variable was 4.1% (F change [1, 418]=16.52; $p = .05$). Gender, which is included in the equation in the second place after political view, explains 5.5% of the total variance (F change [1, 434] = 6.25; $p = .05$) together with political opinion and contributes 1.4% to the total variance regarding optimism. Finally, the explained variance increased to 37.3% (F change [1, 434] = 183.08; $p = .05$) with the inclusion of the system justification variable into the equation in the third place.

Table 4. Multiple Linear Regression Findings Regarding the Variables Predicting Optimism

| Predictive Variables | B | β | R ² value | Adapted R ² | Std Error | F change | P |
|----------------------|-------|---------|----------------------|------------------------|-----------|----------|-----|
| Political view | .58 | .10 | .04 | .04 | 9.10 | 16.52* | .17 |
| Gender | -1.47 | -.07 | .06 | .05 | 9.04 | 6.25* | .11 |
| System Justification | .65 | .64 | .37 | .37 | 7.36 | 183.08* | .00 |

* $p = .05$

Multiple Linear Regression Analysis Findings Regarding the Variables Predicting the Tendency to System Justification

In this study, multiple linear regression analysis was used to determine the variables that predict the tendency to system justification. The total score of the System Justification Scale was used as the predicted variable. The stepwise method was used to determine the appropriate regression model. Accordingly, the determined independent variables were political views and mother's

education level, respectively. These findings are included in Table 5.

Table 5. Multiple Linear Regression Analysis Findings Regarding the Variables Predicting the Tendency to System Justification

| Predictive Variables | B | β | R ² value | Adapted R ² | Std Error | F change | p |
|--------------------------|-------|---------|----------------------|------------------------|-----------|----------|------|
| Political View | -2.77 | -.48 | .24 | .24 | 8.06 | 132.68* | .000 |
| Mother's education level | -.97 | -.11 | .25 | .25 | 7.99 | 7.83* | .005 |

* $p < .05$

As can be seen in Table 5, the political view is the first variable that predicts the tendency to system justification. The variance explained by this variable was 24% (F change [1, 418]=132,684; $p = .05$). The mother's education level, which is included in the equation in the second place after the political view, explains 25.3% of the total variance (F change [1, 434] = 7.831; $p = .05$) together with the political view and contributes 1.4% to the total variance regarding the tendency to system justification.

Discussion and Conclusion

Discussion of Multiple Linear Regression Analysis Findings Regarding the Variables Predicting University Students' Optimism

As a result of examining the gender variable in terms of predicting the optimism of the study group, it was determined that females were more optimistic than males. The sample may be in a structure that is affected by social gender. This situation appears to derive from the fact that the two sexes are raised in different environments with different expectations due to the results of social gender. It is considered that women's getting rid of the masculine social order, albeit gradually, as they begin to participate more in education and working life, is also effective in this situation. These recovery steps may have mediated women to have a more optimistic outlook for the future. There are studies in the literature that found women to be more optimistic (Gündoğdu et al., 2005; Puskar et al., 2010). On the other hand, some studies (Açıkgöz, 2006;

Chang et al., 2010; El-Anzi, 2005; Shearman et al., 2011) concluded that males are more optimistic. The majority of studies do not show significant differences between genders in terms of optimism (Aydın & Tezer, 1991; Bal & Gülcan, 2014; Chang, 1996; Çalık, 2008; Demir & Murat, 2017; Gençoğlu et al., 2014; Güleri, 1998; Kalafatoğlu, 2017; Sarı Cenk, 2008; Uğurlu, 2011; Şahin, 2014).

Students' political views are another factor that predicts optimism. As the political view of the research group gets closer to the right-wing, the level of optimism increases. It is known that the right-wing political view in Turkey also defines itself as conservative (Göksu, 2013). Conservatives believe that the world is a place of testing and that there is eternal bliss in the hereafter, even if difficulties are encountered. Conservatives have a more optimistic approach with their explanation styles that rationalize inequality (Napier & Jost, 2008). In this sense, the right-wing political view, which includes conservatism, has psychological mechanisms that instill optimism. Studies that found that individuals' religious orientations and optimism were related (Sethi & Seligman, 1993; Öztürk, 2017) support this judgment.

Optimism is a thinking habit learned since childhood (Seligman, 1990/2009, p.49). It is considered that understandings such as "every cloud has a silver lining" and "tomorrow is another day" in Turkish society pave the way for the individual to be more optimistic from childhood to adulthood. In the studies conducted by Güleri (1998) and Kaya and Göktolga (2014), the future expectations of university students were found to be positive.

It was determined that the most predictive variable for optimism in this study was the system justification tendency. Ideologies under the umbrella of system justification function as a bridge of excuses between the individual and the system in case of injustice (Jost et al., 2008). By rationalization of the system, individuals feel better for the short-term, and they use artificial tranquilizers to cope with the system in the face of injustice (Jost & Hunyady, 2003; Sümer, 2018). Individuals with a system justification tendency have less negative repetitive thoughts and use the distraction technique more in negative situations (Akoğlu, 2019). It is considered that university

students' avoidance of negative stimuli and situations by the system justification enables them to have positive expectations about the future.

Optimism functions as a shield that protects individuals from falling into apathy and despair in the face of difficulties (Goleman, 2000). Such unrealistic optimism is often biased but has significant benefits (Jefferson et al., 2017). The efforts of university students to perceive the system as legitimate and the attempts to make sense of the existing order include psychological mechanisms that strengthen their optimism tendency. Eagleton (2015) states that optimists' belief that the future will be good stems from their confidence that the current situation is essentially good (p.18). This situation explains why those who justify the system with the judgment that the existing one is the best can be more optimistic.

Discussion of Multiple Linear Regression Analysis Findings Regarding the Variables Predicting University Students' System Justification Tendency

In this study, the first variable predicting the system justification tendency is the mother's education level. As the level of education increases, individuals become able to question and criticize the order in which they live (Acar et al., 1996). Therefore, it is an expected result that individuals whose mothers have a high level of education have a low system justification tendency. However, the father's education level is not found to be a significant variable. Although efforts to achieve equality between women and men have been carried out for many years, studies in the literature indicate that women are still in a disadvantaged status compared to men. Group members with disadvantaged status are more likely to justify the system. For this reason, it is thought that the father's education level may be ineffective in justifying the system.

Individuals who have difficulty in developing the system of personal assumptions try to find a solution to the identity crisis, which emerged in Turkish society with the rapid change of the age, by trying to find an identity in political teachings (Geçtan, 2002). Thus, individuals evaluate life in

line with the discourses of the political ideology that they think reflects them. This study had found that political view predicts system justification, and as one gets closer to the right-wing, their system justification tendency also increases. It is known that those who express their political views as the right-wing are against social equality, resist change (Sarıbay et al., 2017), and are conservative (Altemeyer, 1981, as cited in Jost et al., 2004). The tendency of those with right-wing political views to maintain and support the existing order just because it exists, along with the tendency of conservatism, lays the groundwork for justifying the system (Butz et al., 2017; Jost et al., 2003; Jost et al., 2007; Jost et al., 2014; Jost et al., 2008; Kluegel & Smith, 1986; Rankinet al., 2009; Van der Toorn et al., 2010). Those with left-wing political views are more inquisitive than right-wingers (Anderson & Singer, 2008) and are less happy because they do not justify existing inequalities (Napier & Jost, 2008; Suppes et al., 2019). Except for one study (Langer et al., 2020), this result of the research is consistent with other studies in the literature (Atabey, 2017; Çetinalp Şahin, 2014; Dirilen Gümüş, 2011; Jost & Thompson, 1999; Moscato et al., 2021; Napier & Jost, 2008; Osborne & Sibley, 2013; Solak, 2008).

Recommendation

It is considered that conducting studies with larger samples and including ethnic identity in the future will contribute to the literature. Individuals with different ethnic identities are sometimes in the disadvantaged group in society. Therefore, ethnic identity differences appear to be an important variable that may affect the results of system justification (Harding & Sibley, 2012).

The fact that university students are economically dependent on their families as of the emerging adulthood period (Arnett, 2000) limits the sample in terms of economic variables such as perceived socioeconomic level. In future studies, working with individuals who have been involved in working life is recommended.

It will be beneficial for future studies to include variables such as hope and life satisfaction among the positive psychology

concepts, and belief in a just world and perception of injustice among the social psychology concepts, in addition to optimism and system justification tendency.

The use of measurement tools based on self-expression in the study suggests that the effect of social desirability may interfere with the response. Also, since system justification is a subconscious motive to reduce the cognitive conflict experienced by the person, it is recommended to measure this motive by using a measurement tool with more expressions which include stereotypes.

Psychological counseling and guidance programs should include activities that strengthen optimism to ensure that university students who will shape the future become individuals who can look at life with an optimistic approach and have high subjective well-being.

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