

RESEARCH ARTICLE

An Examination of the Determinants of Life Satisfaction in Türkiye: A Logistic Regression Analysis

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Abstract

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November 2025

Volume:22

Issue:6

DOI: 10.26466/opusjsr.1799733

Citation:

Ünal, A. & Bozgeyikli, H. (2025).

An examination of the

determinants of life satisfaction

in Türkiye: A logistic regression

analysis. *OPUS- Journal of*

Society Research, 22(6), 1269-1278.

The purpose of this study is to determine the relationships between satisfaction levels in different domains (income, health, housing, education, work, social relationships, etc.) that predict individuals' life satisfaction and their overall life satisfaction, as well as the relative importance levels of these predictors. Using microdata from the Turkish Statistical Institute's (TÜİK) 2024 Life Satisfaction Survey, the data of 9,462 participants (5,021 women, 4,441 men; mean age = 45.7, SD = 16.5) were examined using binary logistic regression analysis. The life satisfaction variable was divided into two categories, "satisfied" and "not satisfied," based on the average score. The model applied was found to be adequately fitted to the data, accounting for approximately 20% of the variance in life satisfaction. The findings indicate that income satisfaction is the strongest predictor of life satisfaction. Income satisfaction is followed by satisfaction with health, marriage, friendships, social life, housing, work, education, and time for oneself. The age variable negatively predicts life satisfaction, while gender was found to be a non-significant predictor. The findings reveal that life satisfaction in Türkiye is closely related to economic security, physical health, and social relationships. Accordingly, policies aimed at reducing income inequality, practices that increase access to health services, and interventions aimed at strengthening social bonds may be effective in increasing life satisfaction.

Keywords: Life satisfaction, income satisfaction, health satisfaction, logistic regression

Öz

Bu araştırmanın amacı, bireylerin yaşam memnuniyetini yordayan farklı alanlardaki (gelir, sağlık, konut, eğitim, iş, sosyal ilişkiler vb.) memnuniyet düzeylerinin genel yaşam memnuniyeti ile olan ilişkilerini ve bu ilişkilerin göreceli önem düzeylerini belirlemektir. Türkiye İstatistik Kurumu'nun (TÜİK) 2024 yılı Yaşam Memnuniyeti Araştırması'na ait mikro veriler kullanılarak, 9462 katılımcının (5021 kadın, 4441 erkek; Ort. yaş = 45.7, Ss = 16.5) verileri ikili lojistik regresyon analiziyle incelenmiştir. Yaşam memnuniyeti değişkeni, ortalama puan temel alınarak "memnun" ve "memnun değil" olmak üzere iki kategoriye ayrılmıştır. Uygulanan modelin veri ile uyumunun yeterli düzeyde olduğu belirlenmiştir; yaşam memnuniyetine ilişkin varyansın yaklaşık %20'si açıklanabilmektedir. Elde edilen bulgular doğrultusunda, yaşam memnuniyetinin en güçlü yordayıcısının gelir memnuniyeti olduğu sonucuna ulaşılmıştır. Gelir memnuniyetini sırasıyla sağlık, evlilik, arkadaşlık ilişkileri, sosyal yaşam, konut, iş, eğitim ve bireyin kendine zaman ayırma memnuniyeti izlemektedir. Yaş değişkeni, yaşam memnuniyetini negatif yönde yordarken; cinsiyetin anlamlı bir yordayıcı olmadığı görülmüştür. Bulgular, Türkiye'de yaşam memnuniyetinin ekonomik güvenlik, fiziksel sağlık ve sosyal ilişkilerle yakından ilişkili olduğunu ortaya koymaktadır. Bu doğrultuda, gelir eşitsizliğini azaltmaya yönelik politikalar, sağlık hizmetlerine erişimi artıran uygulamalar ve sosyal bağları güçlendirmeyi amaçlayan müdahaleler, yaşam memnuniyetini artırmada etkili olabilir.

Anahtar Kelimeler: Yaşam memnuniyeti, gelir memnuniyeti, sağlık memnuniyeti, lojistik regresyon

Introduction

The fundamental purpose of human life is not merely to survive; it is to derive meaning, fulfillment, and satisfaction from life. In this context, concepts such as happiness, peace, well-being, and subjective well-being come to the fore; the concept of "life satisfaction," which expresses the level of satisfaction individuals feel when evaluating their living conditions, also occupies an important place in the literature (Sousa and Lyubomirsky, 2001). Happiness, a concept close to life satisfaction, is characterized by momentary pleasures as an emotional experience, while life satisfaction is more related to long-term goals and individual satisfaction as a cognitive process (San Martin, 2010). Therefore, life satisfaction occupies an important place in research because it offers a more comprehensive assessment of an individual's life. Indeed, in recent years in Türkiye, the concept of life satisfaction has been addressed in the context of various variables such as income inequality (Telli, 2025), housing and its surroundings (Hatipoğlu-Şahin and Tereci, 2021), religiosity and meaning in life (Korkmaz, 2025), and tax burden (Bişgin, 2024). The concept of life satisfaction provides a general overview of an individual's life, while also covering satisfaction levels in various areas of life such as health, education, family, social relationships, work life, housing, and leisure time. However, although there is a relationship between overall life satisfaction and satisfaction levels in different areas of life, significant differences can be observed between these areas of life (López-Gómez et al., 2020). For example, Cummins (1996), in his meta-analysis study conducted to determine the sub-dimensions that constitute life satisfaction, identified seven key areas: close relationships, health, productivity, material well-being, security, social belonging, and emotional well-being. It was concluded that the most decisive of these areas were close relationships and health. A more recent study proposed that life satisfaction can be explained by four fundamental dimensions: a) work or daily activities, b) social relationships and family, c) health, and d) income. Among these areas, social relationships and family life have the highest impact on overall life satisfaction, followed by work and health. Income, on the

other hand, was identified as the area with the relatively lowest impact (Kapteyn et al., 2009).

Among comprehensive studies focusing on life satisfaction in the Turkish context, the Life Satisfaction Survey conducted by the Turkish Statistical Institute (TÜİK) stands out. This survey is a national-level questionnaire conducted annually, and its primary purpose is to track individuals' overall happiness levels, their satisfaction in various areas of life (e.g., health, education, income, housing, social relationships, public services, etc.), and changes in these satisfaction levels over time. In their study using microdata from TÜİK's 2019 Life Satisfaction Survey, Ulutürk-Akman (2021) evaluated data obtained from 9,212 individuals using binary logistic regression analysis. The findings revealed that women and married individuals reported higher levels of life satisfaction; satisfaction increased with age and education level, while divorced individuals reported lower life satisfaction. Furthermore, it was determined that income, housing, health, and social life satisfaction significantly increase life satisfaction, while perceived well-being is the strongest predictor variable.

These findings indicate that demographic variables play a decisive role in life satisfaction, in addition to satisfaction with sub-life domains. For example, when evaluated in terms of gender, women's life satisfaction is higher than men's on a global scale (López-Gómez et al., 2020). On the other hand, age is often considered an important demographic variable affecting life satisfaction, and many studies suggest a U-shaped relationship between age and life satisfaction. For example, Steptoe et al. (2015) reported that in high-income countries, life satisfaction is higher among young and older individuals and lower among middle-aged individuals, indicating a U-shaped relationship. However, this relationship can change direction in different cultural and socioeconomic contexts; in some regions, satisfaction is observed to decrease with age. On the other hand, there are also some methodological criticisms of this relationship (Bartram, 2020). This situation shows that findings regarding the age-satisfaction relationship are sensitive to context and the statistical approach used. This situation shows that life satisfac-

tion cannot be considered independently of cultural context. The influence of key determinants on life satisfaction may vary from society to society. For example, while income level has a stronger effect on life satisfaction in the United States, this effect has been found to be weaker in the Netherlands (Kapteyn et al., 2009). In this context, regularly identifying the sub-areas of satisfaction that determine life satisfaction in Türkiye and determining which areas have the strongest impact on life satisfaction can be instructive for policymakers and practitioners. Examining the relative importance of these factors related to life satisfaction will contribute to the development of social policies aimed at increasing individual well-being, the provision of psychological counseling services, and practices aimed at increasing social welfare. In this regard, the main objective of this study is to reveal the relationship between satisfaction levels in various areas of life (e.g., health, income, housing, social relationships, education, marriage, and work) and overall life satisfaction. The sub-questions of the study are as follows:

1. Do demographic variables (gender, age) significantly predict individuals' levels of life satisfaction?
2. Do satisfaction levels in different areas of life (health, marriage, education, housing, work, income, social life (entertainment, sports, cultural activities), time for oneself, relatives, friends, neighbors, work relationships) significantly predict individuals' overall life satisfaction?

Method

This research was conducted using the correlational survey model, one of the quantitative research methods. The correlational survey model aims to examine the relationships between variables through measurements made on a sample selected from a specific population (Creswell, 2017). The findings obtained in this model are evaluated at the sample level and then used to generalize about the population.

Data Sources

The data for this study were obtained from the microdata set of the Life Satisfaction Survey conducted by TUIK in 2024. This survey has been conducted annually since 2003 and is a national study that aims to measure the general life satisfaction levels of individuals living in Türkiye and their assessments of basic areas of life (TÜİK, 2024). The sample analyzed in this study consists of a total of 9,462 individuals, including 5,021 women and 4,441 men, with an average age of 45.7 (Sd = 16.5).

Data Analysis

The dataset was imported into IBM SPSS Statistics 26, and the variables were recoded and had categories collapsed as needed prior to analysis. The dependent variable, life satisfaction, consists of scores given by participants on a scale of 0–10. These scores were converted into two categories to facilitate interpretation and make them suitable for logistic regression analysis: scores between 0–5 were coded as “dissatisfied” (1), and scores between 6–10 were coded as “satisfied” (2). This distinction was made based on the participants' average score ($\bar{X} = 5.87$). Satisfaction levels with living conditions used as independent variables (e.g., health, income, education, housing, social life, etc.) were measured using five-point Likert-type closed-ended questions (1 = Very satisfied, 2 = Satisfied, 3 = Neutral, 4 = Not satisfied, 5 = Not at all satisfied). For ease of analysis and to ensure statistical balance, the five-point scale was reduced to three categories (1 = Not satisfied, 2 = Neutral, 3 = Satisfied). Given that Likert-type items represent ordinal data (Boone & Boone, 2012), adjacent categories can be meaningfully collapsed when they share similar evaluative meaning. Harpe (2015) further highlights that such collapsing is appropriate when it improves category frequencies and supports more stable model estimation. In some satisfaction areas, a fourth category has been added because certain groups were unable to provide evaluations. For example, unmarried individuals could not answer questions about “marital satisfaction,” unemployed individuals could not

answer questions about “job satisfaction,” and individuals without education could not answer questions about “education satisfaction.” Taking this into account, these individuals were coded as the fourth category in the relevant variables. Thus, data loss was prevented, and the entire sample could be included in the analysis. Logistic regression analysis was used to analyze the data. This analysis method is used to predict the probability of belonging to a category of a dependent variable consisting of two categories (e.g., “life satisfaction: satisfied/not satisfied”) through independent variables (Çokluk et al., 2021). Logistic regression does not require assumptions such as the normal distribution of independent variables (Tabachnick and Fidell, 1996). However, there are some prerequisites for the analysis. The first is the absence of multicollinearity issues. The reviews conducted showed that there were no multicollinearity problems for all independent variables ($VIF < 10$ for all independent variables). The second requirement is that the observed frequency in each cell must be greater than 1. The cross-tabulation analyses conducted showed that the lowest cell count was 29, indicating that the assumption was satisfied.

Results

According to the logistic regression analysis, the model's level of fit with the data was found to be adequate (Hosmer–Lemeshow test = 14.689; $p = .065$) and the correct classification rate is 67%. The model explains approximately 20% of the variance in life satisfaction (Cox & Snell $R^2 = .153$; Nagelkerke $R^2 = .204$).

Demographic Predictors of Life Satisfaction

Age is a variable that significantly predicts life satisfaction in a negative direction ($\beta = -.007$; $p < .001$), indicating that life satisfaction tends to decrease as individuals get older. However, the gender variable was not a significant predictor ($p = .084$), suggesting that there is no significant difference in life satisfaction between men and women.

Life-Domain Predictors of Life Satisfaction

Health satisfaction is a strong predictor of life satisfaction ($p < .001$). Those who are moderately satisfied with their health are 1.88 times more likely to be satisfied with life than those who are dissatisfied, while those who are satisfied are 2.30 times more likely.

Marital satisfaction was found to be significant ($p < .001$). Individuals who are satisfied with their marriage are 2.14 times more likely to be satisfied with life than those who are dissatisfied. However this effect is not significant for those who are moderately satisfied ($p = .201$). Although there is a tendency for life satisfaction to increase among unmarried individuals, this difference is not significant ($p = .095$).

Educational satisfaction is a significant predictor ($p = .009$). Individuals who are satisfied with their education are 1.19 times more likely to be satisfied with life than those who are dissatisfied. The difference is not significant for those without education ($p = .359$).

Housing satisfaction is also a significant predictor ($p < .001$). Those who are moderately satisfied with their housing are 1.30 times more likely to have life satisfaction, while those who are satisfied are 1.47 times more likely.

Job satisfaction is also a significant predictor ($p = .001$). Individuals who are satisfied with their job are 1.47 times more likely to be satisfied with life than those who are dissatisfied.

Income satisfaction is the strongest variable in predicting life satisfaction ($p < .001$). Compared to those who are not satisfied with their income, individuals who are moderately satisfied are 1.63 times more likely to be satisfied with life, while those who are satisfied are 2.33 times more likely.

Social life satisfaction significantly predicts life satisfaction ($p < .001$). Those who are moderately satisfied with their social life are 1.41 times more likely to be satisfied with life, while those who are satisfied are 1.69 times more likely.

Satisfaction with time for oneself is also a significant predictor ($p = .004$). Those who are satisfied with time for themselves are 1.26 times more likely to have life satisfaction.

Table 1. Results of Logistic Regression Analysis Regarding the Prediction of Life Satisfaction

Variable	Estimate	Standart error	Wald	p	Odds ratio	%95 Confidence Interval	
						Lower	Upper
Constant	-3.382	.319	112.09	<.001	.034		
Gender (r: Male)	.086	.050	2.98	.084	1.09	.98	1.20
Age	-.007	.002	17.46	<.001	.99	.99	.996
Health satisfaction (r: Not satisfied)			99.95	<.001			
Neutral	.634	.090	49.82	<.001	1.88	1.58	2.24
Satisfied	.836	.084	98.83	<.001	2.30	1.95	2.72
Marriage satisfaction (r: Not satisfied)			66.24	<.001			
Neutral	.327	.256	1.63	.201	1.38	.84	2.29
Satisfied	.761	.230	10.95	<.001	2.14	1.36	3.36
Unmarried	.388	.232	2.78	.095	1.47	.93	2.32
Education satisfaction (r: Not satisfied)			13.33	.004			
Neutral	.042	.081	.26	.609	1.04	.89	1.22
Satisfied	.178	.068	6.81	.009	1.19	1.04	1.36
Uneducated	-.115	.126	.84	.359	.89	.70	1.14
Housing satisfaction (r: Not satisfied)			20.96	<.001			
Neutral	.269	.105	6.57	.010	1.30	1.06	1.60
Satisfied	.387	.086	20.08	<.001	1.47	1.24	1.74
Job satisfaction (r: Not satisfied)			15.75	.001			
Neutral	.094	.165	.32	.569	1.09	.79	1.51
Satisfied	.388	.142	7.41	.006	1.47	1.11	1.94
Unemployed	.258	.143	3.26	.071	1.29	.97	1.71
Income satisfaction (r: Not satisfied)			206.26	<.001			
Neutral	.49	.06	67.13	<.001	1.63	1.45	1.83
Satisfied	.84	.059	203.24	<.001	2.33	2.07	2.62
Social life satisfaction (r: Not satisfied)			51.08	<.001			
Neutral	.35	.072	23.32	<.001	1.41	1.23	1.63
Satisfied	.52	.074	50.24	<.001	1.69	1.46	1.95
Satisfaction with taking time for oneself (r: Not satisfied)			11.21	.004			
Neutral	.07	.077	1.04	.307	1.08	.93	1.25
Satisfied	.23	.074	9.91	.002	1.26	1.09	1.46
Relative satisfaction (r: Not satisfied)			5.84	.054			
Neutral	-.11	.108	1.04	.308	.89	.72	1.10
Satisfied	.07	.094	.64	.421	1.07	.89	1.29
Friend satisfaction (r: Not satisfied)			21.791	<.001			
Neutral	.26	.191	1.98	.159	1.30	.90	1.90
Satisfied	.60	.174	12.10	<.001	1.83	1.30	2.58
Neighbor satisfaction (r: Not satisfied)			.84	.655			
Neutral	.07	.128	.31	.578	1.07	.83	1.37
Satisfied	.10	.113	.79	.372	1.10	.88	1.38

Cox & Snell $R^2 = .153$; Nagelkerke $R^2 = .204$ Hosmer-Lemeshow test = 14.689, $p = .065$; Overall classification accuracy: %67

Satisfaction with friends is also a significant predictor ($p < .001$). The likelihood of life satisfaction among individuals satisfied with their friendships is 1.83 times higher than among those who are dissatisfied.

However, satisfaction with relatives ($p = .054$) and satisfaction with neighbors ($p = .655$) were not among the significant predictors of life satisfaction.

Discussion and Conclusion

The findings of this study reveal that life satisfaction is closely related to satisfaction levels in economic, social, and relational domains. Among the findings, income satisfaction emerged as the strongest predictor. Individuals' perceptions of their income level are closely associated with their life satisfaction, as these perceptions relate not only to their living standards but also to psychological

needs such as a sense of control, security, and predictability. Indeed, Cheung and Lucas (2015) state that income level is meaningfully and positively related to life satisfaction throughout individuals' lives. Furthermore, other studies have also revealed that income inequality and economic insecurity are linked with lower levels of reported life satisfaction (Roth et al., 2017).

This situation is even more striking in the context of Türkiye. As of 2024, Türkiye has been reported as the country with the highest inflation among 155 countries (TheGlobalEconomy, 2024). High inflation, increasing livelihood difficulties, and economic instability make it difficult for individuals to meet their basic needs, which seriously affects life satisfaction. These findings align with Maslow's hierarchy of needs, indicating that life satisfaction is closely tied to the fulfillment of basic physiological and safety needs before higher-order needs can be achieved. (Çoban, 2021). Therefore, income is not merely a material variable; it has become one of the fundamental determinants of life satisfaction, serving as a prerequisite for individuals to achieve high levels of social, emotional, and psychological fulfillment. A high income gives an individual the opportunity to choose the most beneficial option from among more choices and services (Acar, 2019).

Health satisfaction is another important variable that predicts life satisfaction. Health is a fundamental condition for an individual to maintain both physical and social functioning and better health status is associated with higher reported life satisfaction (Moreno-Agostino et al., 2021). Similarly, marital satisfaction is positively associated with life satisfaction. This finding is consistent with other studies in the relevant literature (Carr et al., 2014; Kasapoğlu, 2018; Khadirnavar and G, 2024; Li and Jiang, 2021; Ng et al., 2009). By offering emotional support, a deep sense of belonging, and mutual trust, marriage constitutes a vital psychosocial context that is associated with higher levels of life satisfaction. Friendship satisfaction, another psychosocial resource, also emerges as a significant predictor of life satisfaction. Friendship strengthens an individual's social connectedness and supports life satisfaction through dimensions

such as relationship quality and frequency of contact (Amati et al., 2018). Friend satisfaction plays a particularly critical role in life satisfaction during adolescence and young adulthood. On the other hand, its importance continues throughout life (Kang, 2023; Schmidt et al., 2022).

Another area of satisfaction that significantly predicts life satisfaction is social life satisfaction. This indicates that individuals support their psychological well-being through social relationships, leisure activities, and cultural interactions. In the Turkish context, social life satisfaction is directly related to individuals' self-actualization not only personally but also socially. In particular, the isolation experienced in large cities, the limited opportunities for socialization, and inequalities in access to cultural activities may be linked to a stronger association between social life and life satisfaction. This finding also aligns with international literature. Brown et al. (2015) showed that individuals who participate in cultural and creative activities have higher life satisfaction. In this regard, it can be said that cultural and social programs aimed at strengthening social life in Türkiye can play a functional role in increasing individuals' life satisfaction.

Housing satisfaction has emerged as a significant predictor of life satisfaction in this study. Living in housing areas where individuals enjoy themselves, feel safe, and are socially satisfied supports their mental well-being and improves their quality of life (Hatipoğlu-Şahin & Tereci, 2018). This finding is consistent with international research. For example a large-scale study conducted in Europe revealed that as the share of housing expenses in income increases, individuals' life satisfaction decreases significantly, highlighting the negative effects of housing costs on psychological well-being (Acolin & Reina, 2022). In the Turkish context, these findings are closely related to current housing issues. In particular, the housing crises that followed the February 6, 2023 earthquakes clearly demonstrated that housing is not only a physical need but also a psychological and social one. Additionally, rapidly rising rental prices are associated with concerns that may coincide with lower life satisfaction, particularly for young people, students, and low-income groups.

Job satisfaction stands out as an important factor affecting individuals' life satisfaction. The spillover model proposed to explain this relationship argues that an individual's positive or negative experiences in their work life directly reflect on their overall life satisfaction (Wright et al., 1999). Indeed, empirical studies on this model have found meaningful and positive relationships between job and life satisfaction. Longitudinal studies reveal a reciprocal interaction between these two variables; however, the effect of life satisfaction on job satisfaction may be stronger (Białowolski & Węziak-Białowolska, 2021). However, the limited predictive power of job satisfaction on life satisfaction in this study can be explained by factors such as the perception of work primarily as a means of livelihood in Türkiye and economic insecurity. Such structural conditions may limit individuals' potential for job satisfaction, thereby overshadowing the effect of job satisfaction on life satisfaction.

While educational satisfaction and satisfaction with time for oneself are also among the meaningful predictors, when the determinants of life satisfaction in our country are examined in general, economic security, health, and close relationships come to the fore. This finding indicates that life satisfaction in Türkiye is based more on basic living conditions, while self-directed areas such as individual autonomy or leisure time quality are still only effective at a secondary level.

The findings indicated that age significantly predicted life satisfaction; however, the strength of this prediction was relatively low. This situation can be explained by the effect of the large sample size on statistical significance. Indeed, some studies show that the relationship between age and life satisfaction is generally weak and that this relationship weakens further when other variables (e.g., health status, social support, income) are controlled for (Doyle & Forehand, 1984; George et al., 1985). In addition, the frequently cited U-shaped relationship between age and life satisfaction is questioned from certain methodological perspectives. Bartram (2020) points out that such findings mostly stem from the inclusion of individual-level variables such as income and marital status as control variables in statistical models, and that this approach is flawed for a fixed variable such as age.

According to Bartram (2020), such variables cannot be considered confounding factors because they cannot be the cause of age, and when included in the model, they can artificially distort the effect of age. From this perspective, the fact that the effect of age on life satisfaction in our study is statistically significant but limited in practice is consistent with similar methodological discussions in literature. The findings indicate that both contextual and statistical factors must be carefully considered when evaluating the age-satisfaction relationship.

On the other hand, gender is not a meaningful predictor. A study conducted with a sample group from 166 different countries found that women have higher life satisfaction than men across all income, education, and employment groups (Joshanoov and Jovanović, 2019). The fact that gender is not significant in Türkiye may be due to the dominance of other areas of satisfaction. On the other hand, the significance of gender as a predictor may increase or decrease regionally. The satisfaction of neighbors and relatives is also not a significant predictor. This situation can be explained by changing social relationship dynamics in the social structure. Neighborhood and kinship relationships no longer provide as strong a social support as they did in the past. This may indicate that these relationships have become more superficial with the processes of urbanization and individualization.

Limitations and Suggestions

Research findings provide important insights into social policies and practices aimed at increasing life satisfaction. The fact that income satisfaction is the strongest predictor variable reveals that economic stability and individuals' purchasing power play a decisive role in terms of life satisfaction. In this regard, developing economic policies that reduce income inequality and preserve purchasing power can support individuals' overall well-being. The high impact of health satisfaction indicates that improving access to and quality of healthcare services can have a direct effect on life satisfaction. Variables related to social relationships, marriage, friendship, and social life satisfaction reveal how

important establishing and maintaining strong relationships is for psychosocial well-being. Therefore, social programs that encourage social interaction can be effective in increasing individual levels of well-being.

Housing satisfaction is a particularly noteworthy finding in the Turkish context. While housing security has returned to the agenda following the earthquakes of February 6, 2023, rapidly rising rents in major cities in recent years have also made housing a serious socioeconomic problem. The increase in housing costs directly affects individuals with fixed or low incomes, especially young people, students, and retirees; insecure housing conditions negatively impact life satisfaction. This situation demonstrates how important not only the need for housing, but also fair and accessible housing policies are for social welfare. In this context, social housing projects, rent control mechanisms, and the planning of post-disaster resettlement processes in a manner befitting human dignity are of critical importance in terms of increasing life satisfaction.

This study has some limitations. First, since the study is based on cross-sectional data, it is not possible to draw definitive conclusions about causal relationships. Second, recoding some variables into categorical form may have reduced the variability in some variables. Finally, since the research was conducted using secondary data, psychological, cultural, or contextual factors that could not be included in the model may have limited the scope of the findings regarding life satisfaction.

Declarations

Funding: No funding was received for conducting this study.

Conflicts of Interest: The authors declare no conflict of interest.

Ethical Approval: This study is based on publicly available secondary data and therefore does not require ethical approval.

Informed Consent: Not applicable.

Data Availability: The data that support the findings of this study were obtained from the Turkish

Statistical Institute. The data are not publicly available due to confidentiality and licensing restrictions. However, researchers may request access to similar datasets from the Turkish Statistical Institute.

AI Disclosure: Artificial intelligence tools (e.g., ChatGPT by OpenAI) were used solely for translation purposes. No AI tools were used for data analysis, interpretation, or substantive manuscript writing.

Author Contributions: Both authors contributed equally to all aspects of the study, including conceptualization, data analysis, interpretation, and manuscript preparation. Both authors have read and approved the final version of the manuscript.

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