



## Bolu Abant İzzet Baysal Üniversitesi Eğitim Fakültesi Dergisi (BAİBÜEFD)

Bolu Abant İzzet Baysal University  
Journal of Faculty of Education

2026, 26(1), 542–554. <https://dx.doi.org/10.17240/aibuefd.2026..-1833558>



### Determinants of Life Satisfaction: Relationship Satisfaction, Belonging and Loneliness

Yaşam Doyumunun Belirleyicileri: İlişki Doyumu, Aidiyet ve Yalnızlık

Azmi ÇAĞLAR<sup>1</sup> 

Geliş Tarihi (Received): 01.12.2025

Kabul Tarihi (Accepted): 13.03.2026

Yayın Tarihi (Published): 25.03.2026

**Abstract:** Life satisfaction is a pivotal psychological construct that affects well-being, mental health, and overall quality of life. This study investigates the predictive influences of relationship satisfaction, belongingness, and loneliness on life satisfaction in university students. A cohort of 474 participants underwent assessments measuring these variables. Correlational analyses indicated that relationship satisfaction and belongingness were positively correlated with life satisfaction, while loneliness demonstrated a negative correlation. Hierarchical multiple regression analysis revealed that these factors collectively accounted for 28% of the variance in life satisfaction. Relationship satisfaction constituted a minor yet significant factor, while loneliness and belongingness emerged as more robust predictors. These findings highlight the significance of social and relational factors in influencing life satisfaction. The findings indicate that cultivating significant connections and improving relationship quality may act as protective factors against loneliness, thus enhancing subjective well-being. Future research ought to investigate supplementary mediating variables and analyze these relationships across varied populations to formulate targeted interventions aimed at improving life satisfaction.

**Keywords:** Life Satisfaction, Relationship Satisfaction, Belongingness, Loneliness

&

**Öz:** Yaşam doyumunu; refahı, ruh sağlığını ve genel yaşam kalitesini etkileyen önemli bir psikolojik kavramdır. Bu çalışma, üniversite öğrencilerinde ilişki doyumunu, aidiyet ve yalnızlığın yaşam doyumunu üzerindeki yordayıcı etkilerini araştırmaktadır. 474 katılımcıdan oluşan bir grup, bu değişkenleri ölçen değerlendirmelere tabi tutulmuştur. Korelasyon analizleri, ilişki memnuniyeti ve aidiyet duygusunun yaşam memnuniyeti ile pozitif korelasyon gösterirken, yalnızlığın negatif korelasyon gösterdiğini ortaya koymuştur. Hiyerarşik çoklu regresyon analizi, bu faktörlerin toplu olarak yaşam memnuniyetindeki varyansın %28'ini oluşturduğunu ortaya koymuştur. İlişki memnuniyeti küçük ama önemli bir faktör oluştururken, yalnızlık ve aidiyet daha güçlü öngörücü faktörler olarak ortaya çıkmıştır. Bu bulgular, yaşam memnuniyetini etkileyen sosyal ve ilişkisel faktörlerin önemini vurgulamaktadır. Bulgular, anlamlı bağlar kurmanın ve ilişki kalitesini iyileştirmenin yalnızlığa karşı koruyucu faktörler olarak işlev görebileceğini ve böylece öznel refahı artırabileceğini göstermektedir. Gelecekteki araştırmalar, yaşam memnuniyetini iyileştirmeyi amaçlayan hedefli müdahaleler formüle etmek için ek aracı değişkenleri araştırmalı ve bu ilişkileri çeşitli popülasyonlar arasında analiz etmelidir.

**Anahtar Kelimeler:** Yaşam Doyumu, İlişki Doyumu, Aidiyet, Yalnızlık

**Atıf/Cite as:** Çağlar, A. (2026). Determinants of life satisfaction: relationship satisfaction, belonging and loneliness. *Bolu Abant İzzet Baysal University Journal of the Faculty of Education*, 26(1), 542-554, <https://dx.doi.org/10.17240/aibuefd.2026..-1833558>

**İntihal-Plagiarism/Etik-Ethic:** Bu makale, en az iki hakem tarafından incelenmiş ve intihal içermediği, araştırma ve yayın etiğine uyulduğu teyit edilmiştir. / This article has been reviewed by at least two referees and it has been confirmed that it is plagiarism-free and complies with research and publication ethics. <https://dergipark.org.tr/pub/aibuelt>

Copyright © Published by Bolu Abant İzzet Baysal University– Bolu

<sup>1</sup> Sorumlu Yazar: Dr. Öğr. Üyesi Azmi Çağlar, Bolu Abant İzzet Baysal Üniversitesi, Eğitim Bilimleri Bölümü, [azmi.caglar@ibu.edu.tr](mailto:azmi.caglar@ibu.edu.tr), <https://orcid.org/0000-0001-7924-2229>

## 1. INTRODUCTION

Life satisfaction, defined as an individual's cognitive evaluation of their overall well-being, has attracted significant interest in psychological research because of its effects on mental health, social functioning, and overall quality of life. Life satisfaction, defined as the extent to which individuals perceive their lives as fulfilling, is affected by various factors, including socioeconomic status, physical health, social relationships, and personal accomplishments (Diener, 1984). Empirical research consistently demonstrates that elevated life satisfaction correlates with favorable outcomes, including improved physical health, increased resilience to stress, and enhanced social engagement (Diener et al., 1985). The examination of life satisfaction enhances our comprehension of individual well-being and guides policies and practices intended to enhance public health and societal efficacy.

Although extensive research on life satisfaction has primarily concentrated on cross-sectional surveys and demographic correlations, recent studies have started to investigate its dynamic characteristics over time and in relation to life events (Lucas et al., 2003; Headey & Wearing, 1989). Significant life transitions, including marriage, parenthood, and career changes, can alter individuals' perceptions of life satisfaction; however, these alterations may not be enduring, indicating a capacity for adaptation over time (Diener, 2009). Moreover, cross-cultural research has identified both universal and culturally specific determinants of life satisfaction, indicating that while factors like financial security and health are generally pertinent, cultural norms and expectations influence the experience and expression of satisfaction in various societies (Oishi, 2018). Comprehending these intricate and multifarious relationships is essential for formulating interventions and strategies that can effectively improve life satisfaction across varied populations.

### **Loneliness**

Loneliness is increasingly acknowledged as a major public health issue, especially because of its substantial effect on psychological well-being. Research demonstrates that loneliness is inversely related to psychological well-being, indicating that individuals who experience loneliness frequently report diminished happiness and life satisfaction (Saygın et al., 2015). Research indicates that loneliness contributes to emotional distress, subsequently impacting subjective well-being (VanderWeele et al., 2012; Yang et al., 2022). The mechanisms governing this relationship are intricate; for example, loneliness can induce cognitive and behavioral alterations that intensify feelings of isolation and distress (Hawkley & Cacioppo, 2010). Furthermore, the social dynamics of loneliness indicate that one person's loneliness can affect the emotional states of their social network, generating a ripple effect that exacerbates the experience of loneliness among peers (VanderWeele et al., 2012). Interventions designed to alleviate loneliness have demonstrated limited effectiveness, especially those targeting maladaptive social cognition, underscoring the significance of cognitive elements in the continuation of loneliness (Masi et al., 2010; Gardiner et al., 2016). Moreover, research indicates that loneliness is a substantial predictor of mental health disorders, including depression and anxiety, especially among at-risk groups such as adolescents and the elderly (Lyyra et al., 2021; Eres et al., 2021). The ramifications of these findings highlight the need for focused interventions that seek to mitigate loneliness while simultaneously strengthening social support systems to improve mental health outcomes (Altan Sarıkaya et al., 2021). Ultimately, addressing loneliness is essential for enhancing overall psychological well-being and alleviating its detrimental effects on individuals and communities.

### **Relationship Satisfaction**

The complex interplay between relationship satisfaction and diverse psychological factors has been thoroughly examined, demonstrating that relationship satisfaction is both a consequence of interpersonal dynamics and a significant determinant of wider life outcomes. Research demonstrates that relationship satisfaction is intricately connected to sexual satisfaction, with both elements being mutually dependent;

advancements in one frequently result in improvements in the other, thus promoting a more unified partnership (Khaddouma et al., 2014; Fallis et al., 2016). Moreover, the occurrence of partner phubbing—where one partner is preoccupied with their phone during interactions—has been demonstrated to adversely affect relationship satisfaction, subsequently reducing overall life satisfaction (Yam, 2022; Roberts & David, 2016). This indicates that the caliber of interactions in a relationship is essential for sustaining both relationship and life satisfaction. Moreover, engaging in leisure activities with a partner can improve relationship satisfaction, as shared experiences foster stronger emotional connections (Durko, 2016). The mediating function of relationship satisfaction regarding technoferece underscores the necessity for couples to foster mindfulness and proficient communication to alleviate adverse effects on their relational dynamics (McDaniel & Coyne, 2016). The relationship between relationship satisfaction and life satisfaction highlights the significance of cultivating romantic relationships as a means to improve well-being (Kaufman et al., 2022). Consequently, cultivating relationship satisfaction should be paramount for individuals aiming to enhance their overall life satisfaction and emotional well-being.

### **Belongingness**

Belongingness is an essential psychological concept that profoundly affects individuals' emotional and social welfare. It includes the intrinsic human motivation to establish and sustain enduring interpersonal connections, crucial for cultivating a sense of community and identity (Toikko & Pehkonen, 2018). Research has demonstrated a significant correlation between belongingness and life satisfaction, suggesting that individuals who experience a sense of belonging are more inclined to report elevated levels of life satisfaction (Russell et al., 2016; Wurster et al., 2021). This relationship is especially apparent in educational environments, where students who view themselves as essential participants in their academic community generally exhibit increased motivation and engagement (Asiedu et al., 2014; Kivlighan et al., 2018). The lack of belonging can result in feelings of isolation and distress, negatively impacting mental health and overall quality of life (Manninen et al., 2013; Vaz et al., 2015). The dynamics of belongingness extend to various contexts, including workplaces and social groups, where a supportive environment can cultivate resilience and improve individual performance (Kern et al., 2013; Barr et al., 2016). Consequently, comprehending the elements that foster a sense of belonging is crucial for formulating effective interventions to enhance well-being among varied populations (Cockshaw & Shochet, 2010). Ultimately, fostering belongingness not only enhances individual life satisfaction but also cultivates healthier, more cohesive communities.

### **Present Study**

The interaction among belonging, loneliness, relationship satisfaction, and life satisfaction constitutes a complex yet essential domain of psychological inquiry. In an increasingly interconnected yet frequently isolating world, individuals may encounter profound feelings of loneliness despite being enveloped by social networks. This inconsistency prompts significant inquiries regarding the essence of belonging and its influence on overall life satisfaction. Relationship satisfaction—individuals' perceptions of the quality of their personal relationships—may further complicate this dynamic. Comprehending the interplay of these factors can yield significant insights into individuals' psychological well-being, emphasizing that mere social presence does not equate to authentic social support or a sense of belonging.

Examining these relationships is crucial for multiple reasons. Initially, it tackles an escalating issue in mental health sectors regarding the prevalence of loneliness and its effects on psychological and emotional health. The study could inform interventions designed to enhance social connections and improve relationship quality by examining the impact of belonging and relationship satisfaction on life satisfaction. The findings may enhance the literature by elucidating the mechanisms through which belonging and loneliness influence life satisfaction. This may result in the creation of specialized programs designed to cultivate belonging and improve relationship quality, thereby fostering healthier and more fulfilling lives. The research may facilitate future investigations into additional variables, such as cultural differences or the influence of technology on social relationships, thereby enhancing the

discourse in this critical domain. Within this scope, the purpose of this study is to determine the predictive relationships between relationship satisfaction, belonging, loneliness, and life satisfaction.

## 2. METHOD

### 2.1. Participants

Within the scope of this research, the participants selected to examine the research questions were determined using the convenience sampling method. The conditions for participation in the research were determined as being over 18 years of age, being voluntary to participate in the research, not having a mental illness that would prevent participation in the research, and receiving undergraduate education at a university. A total of 474 individuals who met the participation conditions and volunteered were reached, and the measurement tools determined in line with the research objectives were applied together with the demographic data form. Of the participants, 325 (68.6%) were female and 149 (31.4%) were male. The ages of the participants ranged between 17-40 years (Mean = 21.21; SD = 2.87).

### 2.2. Measures

#### 2.2.1 UCLA loneliness scale short form

The scale was originally developed by Russell, Peplau, and Ferguson (1978) and later adapted into Turkish by Doğan, Akıncı Çötök, and Göçet Tekin in 2011. It is an eight-item measure derived from the original 20-item UCLA Loneliness Scale. The scale follows a four-point Likert-type format, with response options as follows: (1) Never, (2) Rarely, (3) Sometimes, and (4) Always. The total score reflects an individual's overall loneliness level, ranging from 8 to 32, with higher scores indicating more severe loneliness. The internal consistency coefficient (Cronbach's alpha) of the scale has been reported as 0.72.

#### 2.2.2 General belongingness scale

Malone et al. (2012) created the General Belongingness Scale to measure belonging. 12 items (e.g., "I have close bonds with family and friends") are answered on a 7-point Likert scale from 1 (strongly disagree) to 7 (strongly agree). More belonging is indicated by higher scale scores. The scale was adapted in Turkey by Satıcı and Tekin (2016). The validity and reliability of the Turkish version were established by confirmatory factor analysis and internal consistency analysis ( $\alpha = .84$ ).

#### 2.2.3 Relationship satisfaction scale

The scale was designed by Hendrick (1988) and translated into Turkish by Curun (2001). The seven questions include "How well does your partner meet your needs?" It uses a 7-point Likert scale from 1 (not at all) to 7 (very good). Psychometric tests show the scale is valid and reliable.

#### 2.2.4 Life satisfaction scale

Diener et al. (1985) created the life satisfaction scale. Five five-point items make up this unidimensional Likert-type measure. The scale was adapted into Turkish by Dağlı and Baysal in 2016. With 25 potential scores, responses range from 1 (strongly disagree) to 5 (strongly agree). High ratings imply life satisfaction. Cronbach's alpha was .88 for the Turkish scale, indicating excellent internal consistency.

### 2.3. Data Analysis

This study examined relationship satisfaction, belongingness, loneliness, and life satisfaction. The variables' descriptive statistics and correlation values were calculated first. Then, hierarchical multiple regression analysis determined how relationship satisfaction, belongingness, and loneliness influence life satisfaction. Before regression analysis, statistical assumptions were tested. The Durbin-Watson statistic

was 1.74, variance inflation factors were 1.00 to 1.95, and tolerance values were 0.51 to 0.66. These results show no multicollinearity or residual problems. In conclusion, all assumptions met Field's (2022) recommendations.

#### 2.4. Ethical approval of the research

In this study, all the rules specified in the 'Directive on Scientific Research and Publication Ethics of Higher Education Institutions' were followed. None of the actions specified under the second section of the Directive, 'Actions Contrary to Scientific Research and Publication Ethics', have been carried out.

#### Ethics committee permission information

Name of the ethics review board: Bolu Abant İzzet Baysal University Ethics Committee for Human Research in the Social Sciences

Date of the ethical assessment decision: 03.09.2025

Number of the ethical assessment document: 2025/440

### 3. RESULTS

#### Descriptive Statistics

Descriptive statistics, reliability coefficients of the measurement tools used and correlations between variables are given in Table 1. When Table 1 is analysed, it is seen that there is a positive relationship between life satisfaction and relationship satisfaction ( $r = .14, p < .001$ ), a positive relationship between life satisfaction and belongingness ( $r = .53, p < .001$ ) and a negative relationship between life satisfaction and loneliness ( $r = -.46, p < .001$ ).

**Table 1**

*Descriptive Statistics and Reliabilities for the Study Variables*

Variable	1	2	3	4
1. Loneliness	–			
2. Relationship Satisfaction	-.19**	–		
3. Belongingness	-.80**	.21**	–	
4. Life Satisfaction	-.46**	.14**	.53**	–
Mean	1.69	3.89	5.01	3.12
SD	.58	1.56	.89	.77
Skewness	.731	-.817	-.355	-.140
Kurtosis	-.440	-.691	-.423	.178
McDonald $\omega$	.865	.918	.858	.870
Cronbach $\alpha$	.860	.857	.824	.870
Guttman $\lambda_6$	.879	.915	.886	.852

\*\* $p < .001$

## Regression analysis

The regression study predicted life satisfaction using multiple hierarchical regression. Three steps were used to model study variables. The model includes relationship satisfaction, loneliness, and belongingness in order (Table 2). Relationship satisfaction, loneliness, and belongingness explain 28% of life satisfaction variance, indicating a significant model ( $p < .001$ ).

Relationship satisfaction was first included in the model, and it was found that it explained 2 % of the variance in predicting life satisfaction ( $R^2 = 0.021$ , Adjusted  $R^2 = 0.019$ ). Later, loneliness was added to the model, and it was found that it explained 19% of the variance ( $\Delta R^2=.21$ ). Lastly, belongingness, which explains 7% of the variance, was entered into the model in the third step ( $\Delta R^2=0.28$ ). Finally, it was found that relationship satisfaction ( $\beta = .14$ ,  $p < .001$ ), loneliness ( $\beta = -.45$ ,  $p < .001$ ), and belongingness ( $\beta = .45$ ,  $p < .001$ ) significantly predict life satisfaction.

**Table 2**

*Results of Hierarchical Regression Analysis Predicting the Level of Life Satisfaction*

Variable	Step 1				Step 2				Step 3			
	B	SE	$\beta$	t	B	SE	$\beta$	t	B	SE	$\beta$	t
Relationship satisfaction	2.85	.09	.14	3.15*	.02	.02	.05	1.346	.01	.02	.02	.64
Loneliness					-.59	.05	-.45	-10.908**	-.11	.08	-.08	-1.33
Belongingness									.39	.05	.45	6.92**
R <sup>2</sup>	.021				.21				.29			
Adj R <sup>2</sup>	.019				.21				.28			
SE	.76				.68				.65			
F (dfn, dfd)	5.877 <sub>(1,472)</sub>				62.275 <sub>(2,471)</sub>				82.925 <sub>(3,470)</sub>			

Note: \*\* $p < .001$

## 4. DISCUSSION

This study seeks to examine the predictive influences of relationship satisfaction, belongingness, and loneliness on life satisfaction. The results demonstrate that relationship satisfaction and a sense of belonging positively forecast life satisfaction, while loneliness serves as a negative predictor of life satisfaction. The correlation between relationship satisfaction and life satisfaction is a significant research domain that highlights the interdependence of personal relationships and overall well-being. Multiple studies have demonstrated that satisfaction in romantic relationships is a crucial predictor of overall life satisfaction. Schnettler et al. discovered a strong correlation between satisfaction with family life and overall life satisfaction, suggesting that positive experiences in intimate relationships can enhance general life contentment (Schnettler et al., 2020). This corresponds with Yam's findings, which indicated that relationship satisfaction mediates the influence of partner behaviors, such as phubbing, on life satisfaction, implying that adverse relationship dynamics can negatively affect overall life satisfaction (Yam, 2022). Furthermore, the ramifications of relationship satisfaction transcend immediate emotional

conditions. Research conducted by Roberts and David suggests that diminished relationship satisfaction can result in reduced life satisfaction, potentially leading to increased depression levels (Roberts & David, 2016). This sequential mediation underscores the significance of cultivating relationship quality to improve life satisfaction and alleviate mental health concerns. Cheung and Lucas established that life satisfaction is positively correlated with several factors, including domain satisfaction, which significantly includes relationship satisfaction (Cheung & Lucas, 2014). The correlation between relationship satisfaction and life satisfaction is further substantiated by Argan and Mersin, who observed that leisure satisfaction, frequently shaped by relationship dynamics, also enhances overall life quality (Argan & Mersin, 2020). This indicates that satisfying relationships can elevate leisure experiences, consequently enhancing life satisfaction. The research by Liu and Cheung underscores that relationship satisfaction is essential for marital satisfaction, which subsequently influences overall life satisfaction (Liu & Cheung, 2014). The evidence robustly substantiates the claim that relationship satisfaction is a favorable predictor of life satisfaction. The interrelatedness of these constructs underscores the importance of fostering healthy, supportive relationships to improve overall quality of life. Consequently, interventions designed to enhance relationship dynamics may produce substantial advantages for individuals' life satisfaction and well-being.

## 5. CONCLUSION

This study examined the predictive influences of relationship satisfaction, belongingness, and loneliness on life satisfaction in university students. The results demonstrate that although relationship satisfaction has a slight positive impact, belongingness significantly contributes to the improvement of life satisfaction. Conversely, loneliness proved to be a significant negative predictor, highlighting its harmful effect on subjective well-being. These findings corroborate prior studies indicating that social connectedness and significant relationships are essential factors influencing life satisfaction.

## 6. LIMITATIONS AND FUTURE IMPLACATIONS

This study, despite its significant contributions, has several limitations that must be recognized. The cross-sectional design precludes causal inferences among relationship satisfaction, belongingness, loneliness, and life satisfaction. Future research should utilize longitudinal designs to investigate the evolving and interdependent relationships among these variables over time. Secondly, the study depended on self-reported measures, which may introduce response biases, including social desirability or subjective misinterpretation of questionnaire items. Integrating multi-method assessments, such as behavioral observations or reports from significant others, could augment the validity of findings. A further limitation pertains to the characteristics of the sample. The study involved university students, thereby constraining the applicability of the findings to wider populations, including working adults, older individuals, or those from diverse socio-cultural backgrounds. Future research should incorporate more diverse samples to ascertain whether the identified relationships persist across various demographic groups. Cultural factors may also affect the relationship between belongingness, loneliness, and life satisfaction. Cross-cultural comparisons may yield additional insights into the influence of societal norms on these psychological constructs. The findings indicate the significance of promoting social connectedness and enhancing relationship quality to improve life satisfaction. Universities and mental health professionals could implement targeted interventions, including peer support programs, counseling services, and community-building initiatives, to mitigate loneliness and enhance students' sense of belonging. Moreover, educational programs that foster healthy relationship dynamics may enhance life satisfaction in young adults. Subsequent research may investigate potential mediating and moderating variables, including self-compassion, social anxiety, or attachment styles, to create more customized and effective interventions. In summary, although this study offers significant insights into the dynamics of relationship satisfaction, belongingness, loneliness, and life satisfaction, rectifying these limitations in subsequent research will enhance the comprehension of these interrelations and their practical implications for mental health and well-being.

## Reference

- Altan Sarikaya, N., Oz, S., & Ozturk, S. (2021). Perceptions of loneliness and well-being of psychiatric patients' families. *Perspectives in Psychiatric Care*, 57(4), 1806-1811. <https://doi.org/10.1111/ppc.12753>
- Asiedu, M., Sarfo, J. O., Adjei, D., Asiedu, N., & Adusei, H. (2014). Model of customer service, belongingness and satisfaction: a multidisciplinary analysis of needs in Ghanaian banking sector. *European Journal of Economic Studies*, (2), 52-61. <https://doi.org/10.13187/issn.2304-9669>
- Barr, S. M., Budge, S. L., & Adelson, J. L. (2016). Transgender community belongingness as a mediator between strength of transgender identity and well-being. *Journal of Counseling Psychology*, 63(1), 87-97. <https://doi.org/10.1037/cou0000127>
- Cheung, F., & Lucas, R. E. (2014). Assessing the validity of single-item life satisfaction measures: Results from three large samples. *Quality of Life research*, 23, 2809-2818.
- Cockshaw, W. D., & Shochet, I. (2010). The link between belongingness and depressive symptoms: An exploration in the workplace interpersonal context. *Australian Psychologist*, 45(4), 283-289. <https://doi.org/10.1080/00050061003752418>
- Curun F. (2001). *The effects of sexism and sex role orientation on romantic relationship satisfaction*. Master Thesis, Unpublished. Ankara: Middle East Technical University.
- Dağlı, A., & Baysal, N. (2016). Yaşam doyumu ölçeğinin türkçe'ye uyarlanması: geçerlik ve güvenilirlik çalışması. *Elektronik Sosyal Bilimler Dergisi*, 15(59). <https://doi.org/10.17755/esosder.263229>
- Diener, E. (1984). Subjective well-being. *Psychological Bulletin*, 95(3), 542-575. <https://doi.org/10.1037/0033-2909.95.3.542>
- Diener, E. (2009). Personality and subjective well-being. In *The Science of Well-Being* (pp. 75-102). Springer.
- Diener, E. D., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The satisfaction with life scale. *Journal of Personality Assessment*, 49(1), 71-75. [https://doi.org/10.1207/s15327752jpa4901\\_13](https://doi.org/10.1207/s15327752jpa4901_13)
- Diener, E. D., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The satisfaction with life scale. *Journal of personality assessment*, 49(1), 71-75. [https://doi.org/10.1207/s15327752jpa4901\\_13](https://doi.org/10.1207/s15327752jpa4901_13)
- Doğan, T., Çötök, N. A., & Tekin, E. G. (2011). Reliability and validity of the Turkish Version of the UCLA Loneliness Scale (ULS-8) among university students. *Procedia-Social and Behavioral Sciences*, 15, 2058-2062. <https://doi.org/10.1016/j.sbspro.2011.04.053>
- Durko, A. M. (2014). *Examining the potential relationship benefits of leisure travel taken with and without one's significant other and children*. Texas A&M University.
- Eres, R., Postolovski, N., Thielking, M., & Lim, M. H. (2021). Loneliness, mental health, and social health indicators in LGBTQIA+ Australians. *American Journal of Orthopsychiatry*, 91(3), 358-366. <https://doi.org/10.1037/ort0000531>
- Fallis, E. E., Rehman, U. S., Woody, E. Z., & Purdon, C. (2016). The longitudinal association of relationship satisfaction and sexual satisfaction in long-term relationships. *Journal of Family Psychology*, 30(7), 822-831. <https://doi.org/10.1037/fam0000205>
- Field, A. (2022). *An adventure in statistics: The reality enigma*. Sage.
- Gardiner, C., Geldenhuys, G., & Gott, M. (2018). Interventions to reduce social isolation and loneliness among older people: an integrative review. *Health & Social Care in the Community*, 26(2), 147-157. <https://doi.org/10.1111/hsc.12367>
- Hawkley, L. C., & Cacioppo, J. T. (2010). Loneliness matters: A theoretical and empirical review of consequences and mechanisms. *Annals of Behavioral Medicine*, 40(2), 218-227. <https://doi.org/10.1007/s12160-010-9210-8>
- Headey, B., & Wearing, A. (1989). Personality, life events, and subjective well-being: Toward a dynamic equilibrium model. *Journal of Personality and Social psychology*, 57(4), 731.

- Hendrick, S. S. (1988). A generic measure of relationship satisfaction. *Journal of Marriage and the Family*, 50(1), 93–98. <https://doi.org/10.2307/352430>
- Kaufman, V., Rodriguez, A., Walsh, L. C., Shafranske, E., & Harrell, S. P. (2022). Unique ways in which the quality of friendships matter for life satisfaction. *Journal of Happiness Studies*, 23(6), 2563-2580. <https://doi.org/10.1007/s10902-022-00502-9>
- Kern, A., Montgomery, P., Mossey, S., & Bailey, P. (2014). Undergraduate nursing students' belongingness in clinical learning environments: Constructivist grounded theory. *Journal of Nursing Education and Practice*, 4(3), 133-142. <http://dx.doi.org/10.5430/jnep.v4n3p133>
- Khaddouma, A., Gordon, K. C., & Bolden, J. (2015). Zen and the art of sex: Examining associations among mindfulness, sexual satisfaction, and relationship satisfaction in dating relationships. *Sexual and Relationship Therapy*, 30(2), 268-285. <https://doi.org/10.1080/14681994.2014.992408>
- Kivlighan III, D. M., Abbas, M., Gloria, A. M., Aguinaga, A., Frank, C., & Frost, N. D. (2018). Are belongingness and hope essential features of academic enhancement groups? A psychosociocultural perspective. *Journal of Counseling Psychology*, 65(2), 204.
- Liu, H., & Cheung, F. M. (2015). Testing crossover effects in an actor–partner interdependence model among Chinese dual-earner couples. *International Journal of Psychology*, 50(2), 106-114. <https://doi.org/10.1002/ijop.12070>
- Lucas, R. E., Clark, A. E., Georgellis, Y., & Diener, E. (2003). Reevaluating adaptation and the set point model of happiness: Reactions to changes in marital status. *Journal of Personality and Social Psychology*, 84(3), 527–539.
- Lyyra, N., Thorsteinsson, E. B., Eriksson, C., Madsen, K. R., Tolvanen, A., Löfstedt, P., & Välimaa, R. (2021). The association between loneliness, mental well-being, and self-esteem among adolescents in four Nordic countries. *International Journal of Environmental Research and Public Health*, 18(14), 7405. <https://doi.org/10.3390/ijerph18147405>
- Malone, G. P., Pillow, D. R., & Osman, A. (2012). The general belongingness scale (GBS): Assessing achieved belongingness. *Personality and Individual Differences*, 52(3), 311-316. <https://doi.org/10.1016/j.paid.2011.10.027>
- Manninen, K., Welin Henriksson, E., Scheja, M., & Silén, C. (2013). Authenticity in learning–nursing students' experiences at a clinical education ward. *Health Education*, 113(2), 132-143. <https://doi.org/10.1108/09654281311298812>
- Masi, C. M., Chen, H. Y., Hawkley, L. C., & Cacioppo, J. T. (2011). A meta-analysis of interventions to reduce loneliness. *Personality and Social Psychology Review*, 15(3), 219-266. <https://doi.org/10.1177/1088868310377394>
- McDaniel, B. T., & Coyne, S. M. (2016). “Technoference”: The interference of technology in couple relationships and implications for women's personal and relational well-being. *Psychology of Popular Media Culture*, 5(1), 85-98.
- Oishi, S. (2018). Culture and subjective well-being: Conceptual and measurement issues. In E. Diener, S. Oishi, & L. Tay (Eds.), *Handbook of well-being*. DEF Publishers.
- Roberts, J. A., & David, M. E. (2016). My life has become a major distraction from my cell phone: Partner phubbing and relationship satisfaction among romantic partners. *Computers in Human Behavior*, 54, 134-141. <https://doi.org/10.1016/j.chb.2015.07.058>
- Roberts, J. A., & David, M. E. (2016). My life has become a major distraction from my cell phone: Partner phubbing and relationship satisfaction among romantic partners. *Computers in Human Behavior*, 54, 134-141. <https://doi.org/10.1016/j.chb.2015.07.058>
- Russell, D., Peplau, L. A., & Ferguson, M. L. (1978). Developing a measure of loneliness. *Journal of personality assessment*, 42(3), 290-294. [https://doi.org/10.1207/s15327752jpa4203\\_11](https://doi.org/10.1207/s15327752jpa4203_11)
- Russell, K., Allie, S., & Gluyas, H. (2016). Embracing the power of belongingness: A descriptive mixed method research study. *Open Journal of Nursing*, 6, 449-457.

- Satici, S. A., & Gocet Tekin, E. (2016). Psychometric properties of the general belongingness scale in Turkish youth. *Current Psychology*, 35, 625-631. <https://doi.org/10.1007/s12144-015-9329-7>
- Saygin, Y., Akdeniz, S., & Deniz, M. E. (2015). Loneliness and interpersonal problem solving as predictors of subjective well-being. *International Journal of Information and Education Technology*, 5(1), 32. <https://doi.org/10.7763/IJIEET.2015.V5.471>
- Schnettler, B., Miranda-Zapata, E., Orellana, L., Poblete, H., Lobos, G., Lapo, M., & Adasme-Berrios, C. (2020). Domain satisfaction and overall life satisfaction: Testing the spillover-crossover model in Chilean dual-earner couples. *International Journal of Environmental Research and Public Health*, 17(20), 7554. <https://doi.org/10.3390/ijerph17207554>
- Toikko, T., & Pehkonen, A. (2018). Community belongingness and subjective well-being among unemployed people in a Finnish community. *International Journal of Sociology and Social Policy*, 38(9/10), 754-765. <https://doi.org/10.1108/IJSSP-01-2018-0010>
- Tokay Argan, M., & Mersin, S. (2021). Life satisfaction, life quality, and leisure satisfaction in health professionals. *Perspectives in Psychiatric Care*, 57(2), 660-666. <https://doi.org/10.1111/ppc.12592>
- VanderWeele, T. J., Hawkey, L. C., & Cacioppo, J. T. (2012). On the reciprocal association between loneliness and subjective well-being. *American Journal of Epidemiology*, 176(9), 777-784. <https://doi.org/10.1093/aje/kws173>
- Vaz, S., Falkmer, M., Ciccarelli, M., Passmore, A., Parsons, R., Black, M., ... & Falkmer, T. (2015). Belongingness in early secondary school: Key factors that primary and secondary schools need to consider. *PLoS One*, 10(9). <https://doi.org/10.1371/journal.pone.0136053>
- Wurster, K. G., Kivlighan, D. M. III, & Foley-Nicpon, M. (2021). Does person-group fit matter? A further examination of hope and belongingness in academic enhancement groups. *Journal of Counseling Psychology*, 68(1), 67-76. <https://doi.org/10.1037/cou0000437>
- Yam, F. C. (2023). The relationship between partner phubbing and life satisfaction: The mediating role of relationship satisfaction and perceived romantic relationship quality. *Psychological Reports*, 126(1), 303-331. <https://doi.org/10.1177/00332941221144611>
- Yang, M., Wang, H., & Yao, J. (2022). Relationship between intergenerational emotional support and subjective well-being among elderly migrants in China: the mediating role of loneliness and self-esteem. *International Journal of Environmental Research and Public Health*, 19(21), 14567. <https://doi.org/10.3390/ijerph192114567>

## GENİŞLETİLMİŞ ÖZET

### 1. GİRİŞ

Yaşam doyumu, bireylerin yaşamlarını ne ölçüde olumlu değerlendirdiklerini yansıtan öznel iyi oluşun bilişsel boyutudur ve fiziksel sağlık, psikolojik uyum, sosyal ilişkiler ve yaşam kalitesi gibi birçok değişkenle ilişkili önemli bir yapıdır (Diener, 1984). Genç yetişkinlik döneminde sosyal ilişkilerin niteliği ve bireyin sosyal çevresiyle kurduğu bağlar yaşam doyumunun en güçlü belirleyicileri arasında yer almaktadır. Bu bağlamda yalnızlık, bireyin sosyal ilişkilerinin niceliksel veya niteliksel olarak yetersiz algılanması sonucu ortaya çıkan sıkıntı verici bir duygulanım olarak tanımlanmakta ve bireyin psikolojik iyilik halini olumsuz etkileyen temel risk faktörlerinden biri olarak görülmektedir (Hawkley ve Cacioppo, 2010). Yalnızlığın yaşam doyumunu azalttığı, depresyon ve stres düzeylerini yükselttiği daha önceki araştırmalarda pek çok kez vurgulanmıştır (Saygın vd., 2015; VanderWeele vd., 2012). Buna karşılık aidiyet, bireyin sosyal bir grubun parçası olduğunu hissetmesi, kabul gördüğünü ve değer verildiğini algılaması açısından temel bir psikolojik ihtiyaç olup yaşam doyumuyla güçlü bir bağlantıya sahiptir (Toikko ve Pehkonen, 2018). Romantik ilişkiler bağlamında ele alınan ilişki doyumu da bireyin ilişkisinden aldığı memnuniyeti ifade etmekte ve öznel iyi oluşla pozitif yönde ilişkili olduğu bilinmektedir (Fallis vd., 2016; Kaufman vd., 2022). Bu araştırmada üniversite öğrencilerinde ilişki doyumu, aidiyet ve yalnızlığın yaşam doyumunu üzerindeki etkileri incelenmiş, bu üç sosyal değişkenin yaşam doyumundaki toplam varyansa katkıları belirlenmeye çalışılmıştır.

### 2. YÖNTEM

Araştırmanın çalışma grubunu yaşları 17 ile 40 arasında değişen, 474 üniversite öğrencisi oluşturmuştur (Ort. = 21.21). Katılımcıların %68.6'sı kadın, %31.4'ü erkektir. Veriler gönüllülük esasına göre çevrim içi olarak toplanmış ve çalışmada UCLA Yalnızlık Ölçeği Kısa Formu (ULS-8), Genel Aidiyet Ölçeği, İlişki Doyumu Ölçeği ve Yaşam Doyumu Ölçeği kullanılmıştır. Öncelikle değişkenlere ilişkin betimsel istatistikler ve korelasyon katsayıları hesaplanmış, ardından yaşam doyumunu yordayan değişkenlerin etkisini değerlendirmek amacıyla hiyerarşik çoklu regresyon analizi uygulanmıştır. Analiz öncesinde çoklu doğrusal regresyon varsayımlarının sağlanıp sağlanmadığı kontrol edilmiş, Durbin-Watson katsayısının 1.74 olması otokorelasyon olmadığını, VIF değerlerinin 1.00 ile 1.95 arasında değişmesi ise çoklu bağlantı probleminin bulunmadığını göstermiştir. Bu doğrultuda verilerin regresyon analizine uygun olduğu belirlenmiştir.

### 3. BULGULAR, TARTIŞMA ve SONUÇ

Korelasyon analizleri yaşam doyumunun ilişki doyumu ( $r = .14$ ), aidiyet ( $r = .53$ ) ile pozitif, yalnızlık ( $r = -.46$ ) ile negatif yönde ilişkili olduğunu göstermiştir. Hiyerarşik regresyon analizinde ilk aşamada modele yalnızca ilişki doyumu dahil edilmiş ve yaşam doyumundaki varyansın %2'sinin açıklandığı görülmüştür. İkinci aşamada modele yalnızlık eklenmiş ve açıklanan varyans %21'e yükselmiştir. Üçüncü aşamada aidiyetin eklenmesiyle modelin açıkladığı toplam varyans %28'e ulaşmıştır. Modele üç değişken birlikte dahil edildiğinde aidiyetin yaşam doyumunun en güçlü pozitif yordayıcısı olduğu ( $\beta = .45$ ), yalnızlığın yaşam doyumunu en güçlü negatif yönde yordadığı ( $\beta = -.45$ ) ve ilişki doyumunun anlamlı ancak daha düşük düzeyde pozitif bir yordayıcı olduğu ( $\beta = .14$ ) belirlenmiştir. Bu bulgular, aidiyet ve yalnızlığın üniversite öğrencilerinin yaşam doyumunu açıklamada romantik ilişkilerden elde edilen doyumdan daha güçlü değişkenler olduğunu göstermektedir. Alan yazındaki çalışmalar da bu sonuçları desteklemekte; aidiyet duygusunun bireyin psikolojik uyumu üzerinde güçlü bir koruyucu etkiye sahip olduğu (Russell vd., 2016; Wurster vd., 2021), yalnızlığın ise yaşam doyumunu ve genel iyi oluşu olumsuz etkilediği belirtilmektedir (Yang vd., 2022). Bu araştırmada ilişki doyumunun yaşam doyumuna katkısı anlamlı olsa da aidiyet ve yalnızlık kadar güçlü bulunmamıştır. Bu durum, genç yetişkinlerin yaşam doyumunu belirlemede romantik ilişkilerin tek başına belirleyici olmadığını, sosyal çevreyle kurulan daha geniş ve bütüncül bağların daha etkili olduğunu düşündürmektedir. Sonuç olarak

yaşam doyumunu artırmaya yönelik çalışmaların öğrencilerin sosyal bağlarını güçlendirmeye, aidiyet duygusunu desteklemeye ve yalnızlıkla baş etmeyi kolaylaştırmaya odaklanması gerektiği söylenebilir. Gelecek araştırmalarda kültürel farklılıklar, kişilik özellikleri veya dijital sosyal etkileşim gibi olası aracı değişkenlerin de incelenmesi önerilmektedir.

## **ETHICAL APPROVAL OF THE RESEARCH**

In this study, all the rules specified in the 'Directive on Scientific Research and Publication Ethics of Higher Education Institutions' were followed. None of the actions specified under the second section of the Directive, 'Actions Contrary to Scientific Research and Publication Ethics', have been carried out.

### **Ethics committee permission information**

Name of the ethics review board: Bolu Abant İzzet Baysal University Ethics Committee for Human Research in the Social Sciences

Date of the ethical assessment decision: 03.09.2025

Number of the ethical assessment document: 2025/440

## **AUTHOR CONTRIBUTIONS**

The research is a single-authored study

## **CONFLICT OF INTEREST**

The author declares that there is no conflicts of interest