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INVESTIGATION OF THE WELL-BEING LEVELS AMONG PRE-SERVICE TEACHERS IN TERMS OF PATIENCE, SELF-COMPASSION AND PERSONALITY FEATURES

Abstract:

The purpose of the present research is determining the relationships between well-being, patience, self - compassion, and five factor personality traits among pre-service teachers, and finding out whether their patience, self - compassion, and five factor personality trait scores predict their well-being scores. Participants of research were university students from Konya Necmettin Erbakan University chosen by random cluster sampling method. Participants were made up of the total of 225 students, 153 of which were female and 72 were male. In order to determine the well-being scores of students, PERMA well-being scale (Kern, 2015), for Self compassion Scale (Deniz Kesici & Sümer, 2008) and for personality scores Five Factor Personality scale (Bacanli, İlhan & Arslan, 2009) were employed.

The significance of differentiation between the mean score of the Well-Being and gender, age was tested with t-test. Pearson Moments Multiplier Correlation Coefficient was used to determine of relationship among well-being, patience, self compassion and five factor personality traits significantly predict patience. According to the findings of the present research; there were significant and positive correlations between all dimensions of PERMA well-Being and patience; self-compassion in addition to self compassion, patience and PERMA well-being was seen that self compassion and patience significantly predicts well-being. There were significant and positive correlations between all dimensions of PERMA Well- being and patience, self-compassion. There was a significant negative correlation between the students' patience scores and neuroticism dimension of five factor personality traits, where as, there were significant positive relations between extraversion, openness to experiences, agreeableness and conscientiousness dimensions.

Keywords:

Well-being, self-compassion, patience, the measurement of well-being, reliability and validity.

JEL Classification: I30, I30, I30

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Table 1: The Relationships between the Well-being Scores of the Students and their Scores for Patience and Self Perception

	İnterpersonal patience	Life Hardships patience	Daily Hassles patience	Self-Compassion
Positive Emotion	.09	.18	.-06	.32
	.21	.02	.46	.00
Engagement	.-02	.03	.-00	.23
	.80	.72	.99	.00
Relationship	.14	.18	.-01	.20
	.09	.02	.99	.01
Meaning	.15	.30	.05	.22
	.07	.00	.54	.00
Accomplishment	.18	.29	.-01	.20
	.02	.00	.86	.01
Negative Emotion	.-17	.-31	.12	.17
	.03	.00	.14	.01

Health	.11	.20	.-02	.07	
	.16	.01	.74	.39	
Perma Total	.12	.21	.02	.32	
	.13	.01	.73	.00	

Table 2: The Relationships between the Well-being Scores of the Students and their Scores for Personality

	Nevrotizm	Extraversion	Openness	Agreeableness	Conscientiousness
Positive Emotion	.20	.-36	.24	.14	.18
	.-01	.00	.00	.08	.02
Engagement	.-00	.31	.30	.28	.33
	.92	.00	.00	.00	.00
Relationship	.-07	.39	.24	.27	.23
	.36	.00	.00	.00	.00
Meaning	.-20	.29	.23	.28	.48
	.01	.00	.00	.00	.00
Accomplishment	.-13	.25	.28	.32	.55
	.10	.00	.00	.00	.00
Negative Emotion	.41	.04	.02	.-00	.-01
	.00	.62	.92	.92	.90
Health	.-24	.07	.-01	.-01	.06
	.00	.36	.86	.87	.43
Perma Total	.11	.37	.29	.27	.42
	.16	.00	.00	.00	.00

The Relationships between the Well-being Scores of the Students and their Scores for Personality, For table2 there were found positive and significant relation between university student's well being points and interpersonal patiences, daily life patience and whole life patience point(r=.15, p<001).There were not any relation found between university student's well being points and self percept points.(r=-029 , p>001).

Table 3.Do the Well-Being and Patience , Self-perception Five Factor Personality Traits predict the patience in Daily life along with self-determination, self-perception five factor personality traits among the university students?

Mod		R	R²	∆R₂	F	Df	Beta	B	P
	Sabit							9.19	.00
1	İnterpersonal patience	.17a	.03	.02	11.007	2/1163	.16	.09	.00
	Life Hardships patience						.-02	.-02	.54
	Daily Hassles patience								
	Sabit							4.14	.00
2	Self-Compassion	.38b	.14	.14	43.003	3/1162	.36	.06	.00
	Sabit							4.70	
3	Nevrotizm	.50c	.25	.24	32.576	7/1158	-.24	-.09	.00
	Extraversion						-.08	-.02	.05
	Openness						.00	.00	.95
	Agreeableness						.10	.03	.00
	Conscientiousness						.21	.08	.00

- Firstly, as we see for table 3, there were negative relation found between university student's well being points and sensational instability points (r= -.433, p<001).There were any positive relation found between well being points and extraverted points (r= .020 , p>005).There were average significant positive correlation between well being points and receptive experince points(r= .064 p<005).Also there were positive significant relation found between well being points and clemency points (r= .228, p<005).There were positive relation found between well being points and liability points(r=.185 , p<001). When we examine table 4, results of multiple regression analysis related to the Patience, self-perception personality traits predicting the Positive emotion were given. When the Patience predicting Positive emotion is analyzed, it was seen that the Patience solely explained the 4% of Well-being and it was a significant predictor of Well-being (R=21, ∆R²=.05, F=18.321,p <001).During the second stage of the model, it was seen that Patience and self-perception had significant contribution to the model and it explained 14% of Well-being in accompany with Patience and self perception. During the third stage of the model, it was found that five fator personality traits in accompany with Patience and self-perception had significant contributions to the model and it explained the 28% of Well-being in accompany with self-determination, self-perception and personality traits. Among the personality traits of Well-being, neuroticism (β=-.35, p<.001), amenability (β=.14, p<.001), and responsibility (β=.-12, p<.005) are the items which predict best.

Conclusions: 1. A positive and significant correlation was found between all the sub-dimensions of well being and self perception and patience. A positive significant relationship was found between the sub-dimensions of well-being and amenability and a negative significant relationship was observed with neuroticism. 2. When self-perception is separately and jointly evaluated with Patience and five factor personality traits, it is seen to predict all the sub-dimensions of well-being.

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