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INTRODUCTION

Sense of Coherence (SOC) is a behavioral, cognitive and emotional orientation that plays an essential role in the interpretation, coping and adaptation to the demands of life. According to literature, SOC is strongly related to positive health¹: acts both directly and indirectly as a protective factor against the negative impact of risk situations (e. g. stressful life events) and impacts positively on well-being and life satisfaction. This topic has been studied mainly in adulthood, and even though studies of SOC and health during adolescence are more frequent², little is known about the relationship between stressful life events, SOC and health in adolescence.

AIMS

❖ To analyze the association between different stressful life events, SOC and life satisfaction during adolescence.

❖ To study the potential moderation effect of SOC on the relationship between these stressful life events and life satisfaction.

METHODS

Sample

n = 560 Spanish adolescents

50.89% 49.11% 13-18 years old
 \bar{x} = 15.47; σ = 1.65

Participants of the 2018 Spanish edition of the WHO survey 'Health Behaviour in School-aged Children' (HBSC)

Instruments

- Sense of Coherence Scale (SOC-13)³
- Diener' Satisfaction with Life Scale (SWLS)⁴
- Stressful life events inventory (SLE) designed *ad hoc* and based on previous researches^{5,6}

Procedure and statistical analyses

- ❖ Data was collected through anonymous, self-completed questionnaires according to guidelines from the international coordination protocol of the HBSC study.
- ❖ After controlling sex and age effects in general linear model, main and interaction effects of stressful life events and SOC on life satisfaction were analyzed.

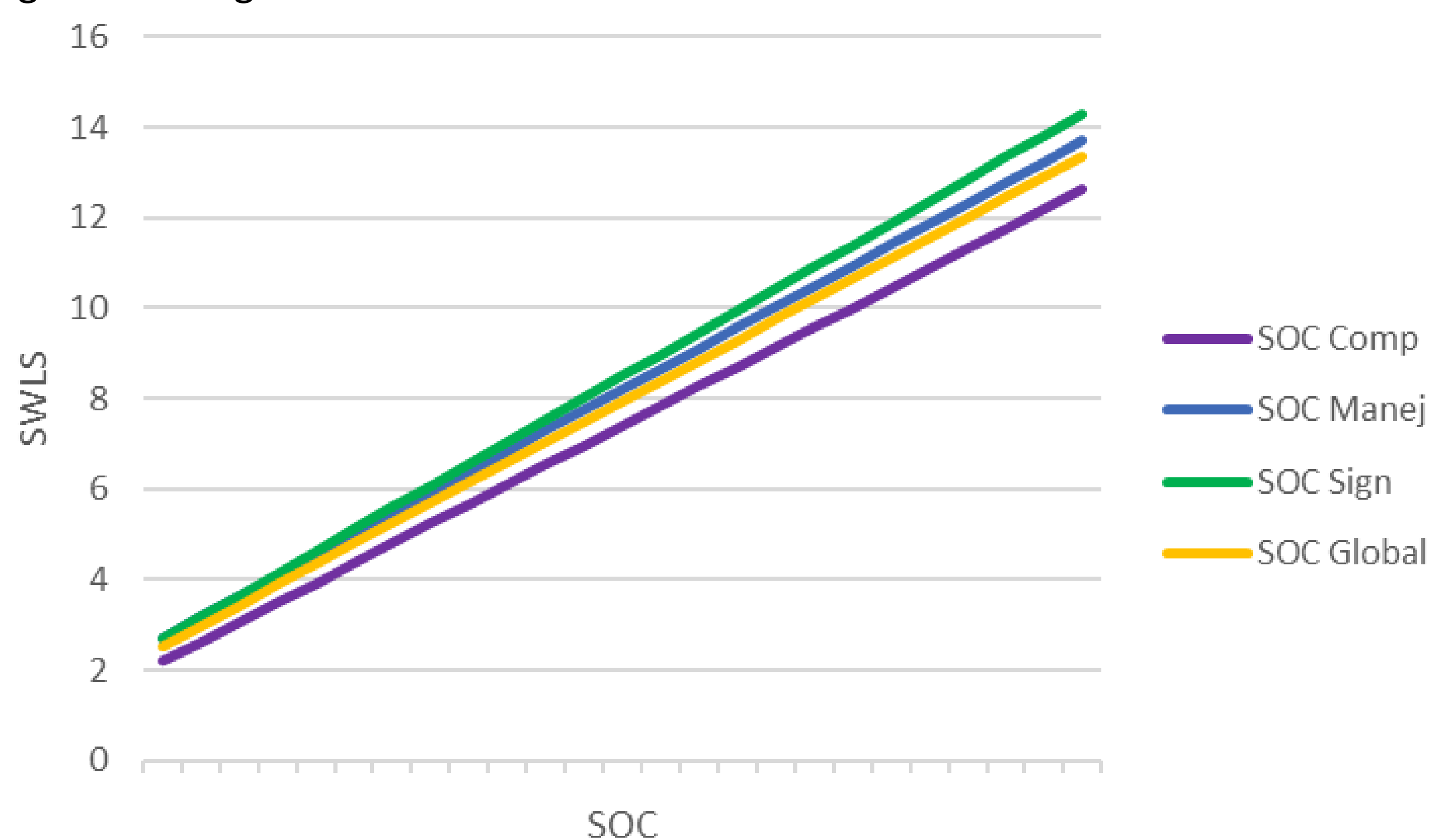
RESULTS

	SWLS			
	<i>B</i>	β	<i>t</i>	Adjusted <i>R</i> ²
Constant	2.191		7.753	
SLE	-.019	-.078	-1.934	.100
SOC Comprehensibility	.201	.191	4.168**	.207
SOC Manageability	.153	.150	3.080**	.213
SOC Meaningfulness	.351	.331	7.834**	.262

Note: ** *p* ≤ .01

Table 1. Simple linear regression of SOC subdimensiones over SWLS.

Figure 1. SOC global and subdimensions SCORE over SWLS



	SWLS				
	<i>B</i>	<i>SE B</i>	<i>F</i>	η ²	Adjusted <i>R</i> ²
Model 1					
Constant	3.331	.442			
SLE	-.153	.041			
SOC global	.436	.091			
SLE*SOC global	.032	.009	11.772**	.023	.348
Model 2					
Constant	4.557	.355			
SLE	-.140	.033			
SOC Comprehensibility	.220	.076			
SLE * SOC Comprehensibility	.024	.008	9.086**	.017	.256
Model 3					
Constant	4.209	.393			
SLE	-.128	.036			
SOC Manageability	.229	.074			
SLE * SOC Manageability	.022	.008	8.208**	.015	.241
Model 4					
Constant	3.223	.397			
SLE	-.068	.036			
SOC Meaningfulness	.416	.077			
SLE * SOC Meaningfulness	.007	.008	.851	.002	.291

Note: ** *p* ≤ .01

Table 2. Multiple linear regression analysis examining the moderating effect of SOC on the relationship between SLE on SWLS

DISCUSSION

Both the global score of SOC and each of its individual dimensions showed a significant positive association with life satisfaction. Moreover, significant moderation effects were found: the strength of the association between the amount of stressful life events experienced and life satisfaction depends on the level of comprehensibility and manageability (but not meaningfulness).

These result are partially in consonance with the academic literature^{7,8}: **SOC seems to buffer the impact of stressful life events on life satisfaction**, so this study remarks the importance of analyzing SOC as a protective factor to promote positive health and well-being in adolescence.

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