ASSOCIATION BETWEEN STRESSFUL LIFE EVENTS AND LIFE SATISFACTION: THE POSITIVE MODERATING EFFECT OF SENSE OF COHERENCE ON ADOLESCENT’S HEALTH

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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 health3: 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 life 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
X = 15.47; σ = 1.65
Participates 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 researches5,6

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

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

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).

REFERENCES


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