The Examination of Life Satisfaction in terms of Emotional Expression, Resilience and Perceived Social Support*

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Abstract: This research investigates the mediating effect of resilience and perceived social support in the relationship between life satisfaction and emotional expression. The research data were collected with Satisfaction with Life Scale, Resilience Scale, The Emotional Expression Questionnaire, and Multidimensional Scale of Perceived Social Support. It was tested using a multiple serial mediation model in accordance with the hypothesis of the research, whether mediation role of resilience and perceived social support in the relationship between life satisfaction and emotional expression. As a result of research, it has been realized that life satisfaction has a significant positive relationship with emotional expression, resilience, and perceived social support. Furthermore, the result of mediation analysis showed that resilience and perceived social support have a mediation role in the relationship between life satisfaction and emotional expression.

Keywords: Life Satisfaction, Emotional Expression, Resilience, Perceived Social Support, University Students

Yaşam Doyumunun Duyguları İfade Etme, Kendini Toparlama Gücü ve Algılanan Sosyal Destek Açısından İncelenmesi

Öz: Bu araştırmada, yaşam doyumu ile duyguları ifade etme arasındaki ilişkide kendini toparlama gücü ve algılanan sosyal desteğin aracılık etkisi araştırılmıştır. Araştırmanın verileri Yaşam Doyumu Ölçeği, Kendini Toparlama Gücü Ölçeği, Duyguları İfade Etme Ölçeği ve Çok Boyutlu Algılanan Sosyal Destek Ölçeği ile toplanmıştır. Araştırmanın hipotezine uygun olarak, yaşam doyumu ile duyguları ifade etme arasındaki ilişkide kendini toparlama gücü ve algılanan sosyal desteğin aracılık rolünün olup olmadığı çoklu sıralı aracı modeli kullanılarak test edilmiştir. Araştırma sonucunda yaşam doyumunun duyguları ifade etme, kendini toparlama gücü ve algılanan sosyal destek ile pozitif ve anlamlı bir ilişkisi olduğu anlaşılmıştır. Aracılık analizi sonucunda, yaşam doyumu ile duyguları ifade etme arasındaki ilişkide kendini toparlama gücü ve algılanan sosyal desteğin aracı rolü olduğu görülmüştür.

Anahtar Sözcükler: Yaşam Doyumu, Duyguları İfade Etme, Kendini Toparlama Gücü, Algılanan Sosyal Destek, Üniversite Öğrencileri

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The history of humankind is examined generally, along with the healing of the conditions of life and the increase of the level of prosperity. It is seen that an adequate level of the needs of the physiological and psychological needs of individuals come into prominence. For example, Maslow's hierarchy of needs examined, it is observed that people have the needs in order such as; biological and psychological (breathing, food, water, sex, and sleep), security (protection against for something, security, border, law), social (belonging and love, group work, family, relationship), dignity (self-respect, success, expertise, independence, status, prestige), cognitive (knowledge and understanding) esthetics (approval, the quest for beauty and balance) and self-actualization (realizing of personal potential, self-actualization, the quest for personal development and peak experiences) (Maslow, 1943). In this context, after being served the needs of the individual's fundamental physiological, safety, and social, doing the things inclined towards performing self-actualization can be expressed to relieve himself as psychologically. From this viewpoint, it can be specified that the self-actualized individual will be happy and satisfied with his life.

Making treatment of individuals who are not in good mental health may reveal potential to perform themselves. From this point of view, it may be essential to have an adequate level of mental health services. As looking at the expenditures in the field of mental health services, it is stated that the countries with high-income levels give more importance to mental health, have more mental health workers employed in this field, and so allocated more budget (Songur et al., 2017). When compared to the beds in psychiatric institutions of the serving in Turkey, it is seen to have a totally 7356 capacity of bed, as 2186 general hospital beds of Ministry of Health, 3932 beds in the Mental Hospitals, 968 beds in University Hospitals, 415 Private Psychiatric Hospitals, 42 beds in Private Hospitals. In Turkey, as of March of 2011, 1625 mental health and disease of specialists are involved as active, and it is stated that the number of specialists per 100 thousand people in mental health and disease is 2.20, and by this number, it is clarified to decline 12.9 mental health and disease specialist per 100 thousand at people in 15 countries of the European Unions (Health of Ministry, 2011). As viewed in terms of the number of service members who have served in the school counselor and mental health field in Turkey, it is stated that 32 thousand 100 hundred a counselor serve (Gür et al., 2018). From this viewpoint, if it is viewed the number of professionals employed in mental health services in Europa and considering the salaries paid to these professionals, it can be said to be a large amount of expenditure to the area of mental health, when it is thought within this context, first of all to, protect individuals mental health and to do studies on the protective factors of mental health to increase life satisfaction, can be quite a contributor to the literature, the country's economy and the prosperity of the country.

As mentioned above, significant financial resources are spent by societies to support people's mental health. Because mental health can affect the individual in many areas such as physical health, professional success, and social relations. It is seen that one of the important variables addressed for the improvement of individuals' mental health is life satisfaction, and this variable has been examined in association with many variables related to mental health in the literature. According to Graves et al. (2007), life satisfaction evaluates individuals' general life. When the literature is examined, it is observed that life satisfaction is a factor that is associated with so many factors. Some of these are variables such as optimism (Hırlak et al., 2017; Sapmaz & Doğan, 2012), self-employment (Wolfe & Patel, 2018), travel satisfaction (Friman et al., 2017), positive and negative effects (Wang et al., 2018). In addition, in the literature, it is stated that one of the variables that predicted life satisfaction is happiness (Brdar et al., 2016). When the literature is analyzed, it is seen to be one of the other vital variables are emotions and emotional expression (Koçak & İçmenoğlu, 2012; Kuppens et al., 2008; Ruvalcaba-Romero et al., 2017; Suh et al., 1998). Emotional expression is defined as the transfer across to the individual how the individuals feel in interpersonal relationships (Ekman, 1993). Emotions can be expressed as having an important place in our lives as an expression of how individuals feel. Emotions, in the day, family, social, and business life we have lived-we feel at the end of the positive and negative experiences, maybe determinant of completing our day as bad or good. From this point of view, awareness of emotions felt for and being sufficient in mental health, and life satisfaction may be important in terms of mental health and

life satisfaction.

Another variable associated with life satisfaction is resilience (Abolghasemi & Varaniyab, 2010; Beutel et al., 2010; Samani et al., 2007). Resilience, a life-threatening situation exposure to violence or situations that are highly uncomfortable to individuals such as losing a loved one, is defined as the ability to maintain the productivity of the person, positive emotions, physical and mental health, as much as possible in an average level of functionality (Bonanna, 2004). When the literature is analyzed, resilience is associated with life satisfaction (Khalatbari, & Bahari, 2010) and reported as a significant variable predictor (Aboalshamat et al., 2018; Ramos-Diaz et al., 2019; Yoo et al., 2005). From this viewpoint, the difficulties that individuals face in life and being able to deal with these challenges and in terms of the influence of these challenges to the individual's life as little as possible, being high resilience in determining satisfaction in life can be defined as a significant factor.

In the literature, one of the variables that are associated with life satisfaction and increasing life satisfaction is defined as perceived social support (Oh et al., 2014). For example, there may be unhappy, sad, and heartbreaking situations in life of individuals. In these cases, individuals can expect to be given support in aspect of psychological from the people of family, business or social life to itself. An individual that can receive this support may feel the intensity of emotions less that are specified as unfavorable instead of feeling lonely and can manage to work out facing challenges in life as a more straightforward way by thinking of the existence of social support. In summary, with the individual's perceived social support, the life satisfaction of individuals may increase. In support of this view, in the literature, perceived social support is associated with life satisfaction (Shahyad et al., 2011).

When the literature is examined, it is seen that studies are examining the relationships between life satisfaction and expressing emotions (e.g., Kamal et al., 2013; Kim et al., 2020; Kööts-Ausmees et al., 2013; Koçak & İçmenoğlu, 2012). Furthermore, it has been seen to have many concepts that are associated with studies that examine the relationship between life satisfaction and emotional expression. In these studies, it is stated that life satisfaction with the flexibility to emotional expression was associated with positively (Chen et al., 2018) life satisfaction with positive emotions in positive, negative emotions associated with negative (Wang et al., 2018), constantly emotional intelligence predicts life satisfaction and subjective happiness (Szczygiel & Mikolajczak, 2017), emotional intelligence was associated with life satisfaction positively (Cazan & Năstasă, 2015).

When the studies that were made with resilience and emotional expression are examined, however, they have not reached a study that examined the relationship between these two concepts. It is concluded that there is a lot of research examining the relationship between resilience and concepts associated with emotions. These researches showed that the mediating effect of social support and resilience in the relationship between emotion regulation and stress (Cai et al., 2017), cognitive emotion strategies associated with resilience (Min et al., 2013), is stated that all of the four factors of emotional intelligence and resilience has a positive and significant relationship (Sandel, 2007). In addition, it is seen to have a significant relationship between resilience and perceived social support (Chen, 2017; Dawson & Pooley, 2013; Zhang et al., 2018). In another way, however, no research findings directly prove the relationship between emotional expression and perceived social support. Research findings which examined the relationship between emotional intelligence and perceived social support are available (Metaj-Macula, 2017; Rostami et al., 2010). In addition, encouraging parents to express emotions more, it is stated that they provide social support significantly higher (Castle et al., 2008).

Summary, in the literature, although life satisfaction, emotional expression, the relationships among resilience and perceived social support are discussed in the context of numerous research, these variables located along, a test of the mediation model is observed in the absence. However, the relationship between emotional expression and life satisfaction, such as resilience and perceived social support, may affect the mediation. In this context, by considering the results of research relevant to field type (e.g., Abolghasemi & Varaniyab, 2010; Beutel et al., 2010; Cai et al., 2017; Koçak & İçmenoğlu, 2012; Samani et al., 2007; Shahyad et

al., 2011; Oh et al., 2014), it was attempted to be examined whether the mediating effect of resilience and perceived social support in the relationship between life satisfaction and emotional expression has been investigated.

Research Questions

In the current research, there are two hypotheses, and the hypotheses are presented below.

1. Is there a mediating effect of perceived social support and resilience in the relationship between life satisfaction and emotional expression?

2. Is there a mediating role of perceived social support and resilience in the synergetic effect of the relationship between life satisfaction and emotional expression?

Method

Research is done by using the relation scanning model. According to Karasar (2005) with this model, the situation can be examined as it exists. In this context, the relationships between life satisfaction, emotional expression, perceived social support, and resilience was examined with Pearson correlation analysis and the mediator model.

Study Group

The study group of the research consists of 767 university students. Research data were collected from the department of guidance and psychological counseling (N= 156), the preschool (N= 129), the primary mathematics education (N= 91), the Turkish language teaching (N= 42), the special education (N= 35), the primary school (N= 1), the English language (N= 41), the social studies (N= 42) and formation student (N= 207) were collected. Four students did not specify in which department he studied. Twenty-nine students' scores are not available for analysis is, weren't included in the analysis (the form not filled, marking more than one option). For this reason, the working group consists of 748 students. The individuals' surveyed age range is 17 to 38, and 552 of these individuals are women, 196 of whom are men.

Data Collections Tools

Satisfaction with Life Scale. The scale was adapted to the Turkish by Durak et al., (2010), which was developed by Diener et al. (1985) to determine individuals' level of life satisfaction. The lowest score is 5. The highest score is 35, obtained from the scale. The highest score obtained from the scale shows that life satisfaction is the highest. The scale consists of 5 items with seven Likert types (1= strongly disagree and 7= strongly agree). The result of confirmatory factor analysis of the Turkish form of the scale has a unique form of factor as in original of scale (χ^2/df = 2.026, RMSEA = .043, TLI = .98, CFI = .99, and IFI = .99). Scale adaptation in the study, internal consistency coefficient was found as .81.

The Emotional Expression Questionnaire. "The Emotional Expression Questionnaire" developed by King and Emmons (1990) consists of 16 items and three subscales (positive, negative, and intimacy). The items in scale graded between one and seven, the lowest score is 16, and the highest score is 112 obtained from the scale. High scores indicate that level of emotional expression is high. Scale adapted to Turkish by Kuzucu (2011). The scale consists of 15 items that evaluate the emotions of positive, negative, and closeness at which level. The sixth and fourteenth items are graded inverse because of being negative. The scale is Likert type scale (1= doesn't agree, 7= strongly agree). The calculation of scale scores is obtained by adding the score of each item and received high scores show the height of the trends of emotional expression. Confirmatory factor analysis results were conducted to determine the validity of the scale, it was seen that the scale had acceptable fit indices (χ^2/df = 1.65, SRMR .04, GFI .94, AGFI .91, CFI .93, IFI .93, and RFI .96). In the scale test-retest study Pearson product-moment correlation coefficient was found as .85 (p < .01). With the scale's reliability in the second study, the internal consistency coefficient is calculated as .85.

Resilience Scale. The scale developed by Wagnild and Young (1993), was translated to Turkish by Terzi (2016). However, the original scale is twenty-five items, Turkish version includes twenty-four items. The

lowest score that can be gotten on the Turkish form of scale is 24. The highest score is 168 (1= totally disagree, 7= totally agree). The gotten high score means to be high of self-round up power, the gotten low score means to be lowest. The result of Explanatory Factor Analysis was conducted to determine the validity of the scale, the scale of factor loadings was seen to be a chance between .469 and .740 and have 7-factors structure. In the study of criterion validity by using the scale of Generalized Self-Efficacy, Pearson's correlation coefficient was found .83 (p<.01). The internal consistency coefficient of the scale was found .91 for the original form, .82 for the Turkish form, and the test-retest reliability coefficient .84 for the Turkish form.

Multidimensional Scale of Perceived Social Support (MSPSS). MSPSS, developed by Zimet et al. (1988), is consists of twelve items and three sub-dimensions (family, friends, and significant others). The adaptation to Turkish was made by Eker and Arkar (1995). The scale is a 7 Likert type (1= absolutely no, 7= absolutely yes). The lowest score is 12, and the highest is 84, obtained from the scale. The high scores show a high level of perceived social support. To test the construct validity of the scale, Beck Depression Inventory and State-Trait Anxiety Scale correlations were examined, and it was concluded the result of correlations of MSPSS with STAC was between r= -.22 and r= -.55. When looked the correlations of SMPSD with STAC, it is stated to be between r= -.21 and r= -.47. Eker et al. (2001) again reviewed the scale's construct validity. In another study, the internal consistency coefficient of the scale, three sub-dimensions, has been found among .80 and .95. The reliability level of the original form of scale is .88, and test-retest reliability is .85. The reliability of the Turkish form of the scale is .85 in a university sample, .77 in the Health Center Sample, .86 in the kidney patients' sample, .87 in the normal sample, and .88 in a psychiatric sample.

Data Analysis

It was tested by using a multiple serial mediation model in accordance with the hypothesis of the research, whether resilience and perceived social support in aspect of statics has the meaning impact of on the relationship between life satisfaction and emotional expression. Hayes PROCESS Macro was used, and Bootstrapping was applied in the research. The research, tested direct and indirect effects in the model, has been identified using the process program developed by Hayes (2013).

Results

The Result of Descriptive Statistics and Correlation Analysis

Primarily, descriptive statistics related to the normal distribution were examined and reported in Table 1 and Figure 1.

Table 1. *Results Related to Descriptive Statics and Normal Distribution*

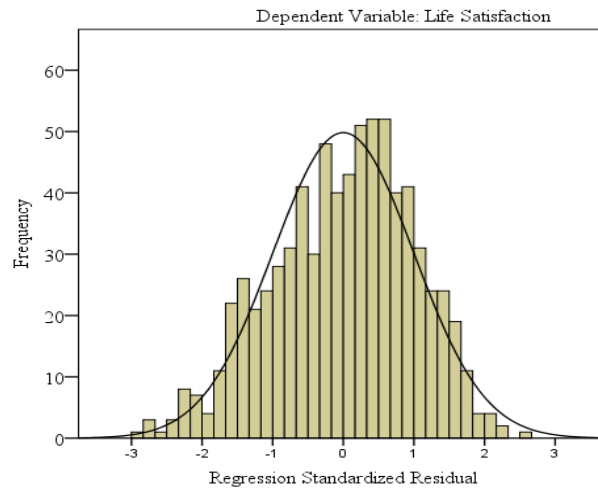|	N	The Lowest	The Highest	$\bar{x}$	Standard Error	Skewness	Kurtosis
Life Satisfaction	748	5.00	35.00	20.81	6.35507	-.199	.452
Emotional Expression	748	30.00	105.00	72.72	11.22184	-.408	.575
Perceived Social Support	748	15.00	84.00	61.58	14.20377	-.431	.401
Resilience	748	43.00	168.00	126.35	19.49638	-.748	.042

Figure 1. Normal Distribution Chart

When Table 1 and Figure 1 are examined, it is seen that the value of the skewness of the data obtained is between -.199 and -.748, the value of the kurtosis is between .042 and .575. In this context, being skewness and kurtosis values of +1 and -1 means that this is not an extreme deviation in the range (Tabachnick & Fidell, 2015). The relationship between life satisfaction, emotional expression, resilience, and perceived social support was determined by correlation analysis, and the analysis results were presented in Table 2.

Table 2. *Results of Correlation Analysis*

		1	2	3	4
Life Satisfaction (1)		1			
Emotional Expression (2)		.219**	1		
Perceived Social Support (3)		.415**	.329**	1	
Resilience (4)		.527**	.316**	.422**	1
	$\bar{x}$	20.81	72.72	61.58	126.35
	SS	6.35	11.22	14.20	19.49

* p < .005, ** p < .001

When Table 2 is examined, it was found that life satisfaction correlates and at a low level (*r*= .22) with emotional expression, with perceived social support (*r*= .42), and resilience (*r*= .53) positively. There was a between emotional expression and positively perceived social support and intermediate level of (*r*= .33) with resilience positively and intermediate level of correlation was found (*r*= .32). When examined, the correlation between perceived social support and resilience was positive (*r*= .42) and intermediate level of correlation.

In the Relationship Between Life Satisfaction and Emotional Expression, Results Regarding the Effect of Social Support and Resilience

In the study considering the results of correlation analysis, in the relationship is between life satisfaction and emotional expression, whether perceived social support and resilience have mediating effects or not has been tested with multiple serial mediation model. The results of multiple serial mediation analyses are presented in Table 3 and Figure 2.

Table 3. *The results of the Serial Mediation Model*

Variables		M_1(Perceived Social Support)			M_2(Resilience)			Y(Life Satisfaction)		
		B	SE	p	B	SE	p	B	SE	p
X (Emotional Expression)	a_1	.416	.043	<.001	a_2 .344	.059	<.001	c' .004	.018	.798
M_1(Perceived Social Support)		------	------	------	d_{21} .489	.047	<.001	b_1 .104	.015	<.001
M_2(Resilience)		------	------	------	------	------	------	b_2 .138	.011	<.001

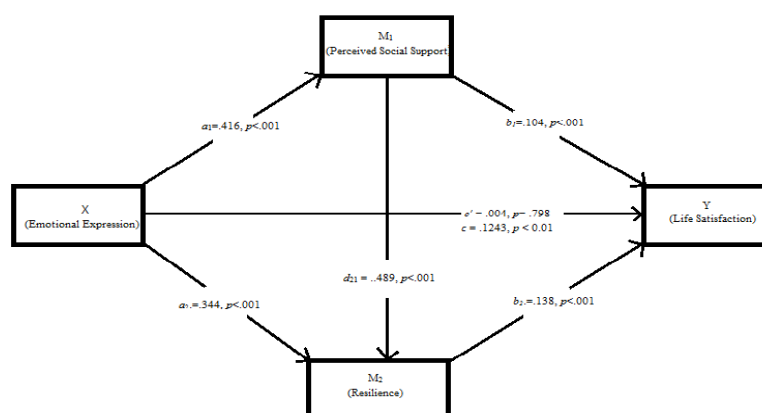| Stable	$\dot{I}m_1$	31.306	3.219	<.001	$\dot{I}m_2$	71.104	4.409	<.001	$\dot{I}_y$	-3.487	1.549	.024
	$R^2 = .108$				$R^2 = .213$				$R^2 = .322$			
	$F(1, 746) = 90.562, p=<.001$				$F(2, 745) = 101.053, p=<.001$				$F(3, 744) = 118.226, p = <.001$			

Figure 2. The figure of the Serial Mediation Model

As seen in Table 3 and Figure 2, the total effect of emotional expression and life satisfaction is statistically significant (β = .1243, $p < 0.01$) (First Level). Moreover, the direct effect of emotional expression on perceived social support (β = .416, $p < 0.01$) and resilience is statistically significant (β = .344, $p <.001$). At the same time, when explained in Table 3 and Figure 2, it is observed that the path coefficient between the first mediation (perceived social support) and the second mediation variables (resilience) is significant (β = .489, $p < 0.01$) (Second level). According to the obtained information, the coefficients of path between life satisfaction and resilience (β = .138, $p < .001$) and perceived social support (β = .104, $p < .001$) of mediation variables are significant (Third level). But, when the mediation variables were added into the model, the path of coefficient between emotional expression and life satisfaction, observed that is not significant (β= .004, $p < .005$) (Fourth level). Summary: In the relationship between life satisfaction and emotional expression, it was inferred that perceived social support and resilience impact mediation in analysis.

In the research, with the mediation of resilience and perceived social support, the indirect effect of emotional expression on life satisfaction was investigated by bootstrap analysis, too. From this point of view, considering the recommendations of Shrout and Bolger (2002), analysis has been performed, producing 1000 data through random sampling of the original data set and presented findings in Table 4 (N = 767).

Table 4. *Indirect Effects of Multiple sequential Intermediary Model and Results for The Confidence Interval*

Ways of Model	Estimates of Point β	%95 Confidence Interval	
		The lowest	The highest
Total indirect effect	.1196	.0890	.1481
EE → PSS → LF	.0434	.0274	.0625
EE → PSS → R → LF	.0283	.0193	.0389
EE → R → LF	.0479	.0313	.0679

EE= Emotional Expression, PSS= Perceived Social Support R= Resilience, LS=Life Satisfaction

When examined in Table 4, the total effect of emotional expression on life satisfaction, because of variables effect of resilience and perceived social support, is observed that at a significant level (means that the difference between direct effect and total effect) (β = .1196, $p <.001$). As a result, at the tested model in research, the relationship between life satisfaction and emotional expression, it was reached that resilience and perceived social support as alone and resilience and perceived social support has Multiple Serial Mediation Effect and, all of the coefficients of path stated in the model are at a significant level.

Discussion

The research found that there are positive relationships between life satisfaction, emotional expression,

resilience, and perceived social support. In addition, in the study, resilience and perceived social support are mediator variables in the relationship between life satisfaction and emotional expression. When relevant literature is analyzed, life satisfaction with emotional expression and emotions (Ardahan, 2012; Deniz et al., 2012; Tümkaya et al., 2016); is seen to have a positive way of the relationship between resilience (Abolghasemi & Varaniyab, 2010; Beutel et al., 2010) and social support (Oh et al., 2014; Shahyad et al., 2011). As shown, the results of this research show consistency with the results from previous studies. For example, the research of Donmez (2007) adolescents with high levels of assertiveness express their negative feelings more easily, show more intimacy to their surroundings and life satisfaction is higher. The other research in the literature, the emotional expression that is the lower scale of emotional intelligence, is reported to be a significant predictor of life satisfaction (Koçak & İçmenoğlu, 2012). From this viewpoint, when an individual emotional expression, an individual may experience more satisfaction in social relationships, and this case, the individual's life satisfaction may increase. Therefore, a positive correlation can be found between life satisfaction with emotional expression in the study. The reason why life satisfaction was associated within the study, maybe the perception of participating in sharing with other people through social support, lead them to lives of loneliness and block to despair and create a relaxing effect. Abolghasemi and Varaniyab (2010) state it to develop the necessary resources for increasing resilience to get more satisfaction of the individual, for feeling better and sustaining a good life, from this point of view, for dealing with individual challenges in an easy manner, being high resilience can increase life satisfaction. For this reason, in this study, consistent with the literature, a positive relationship between life satisfaction and resilience can be found.

Emotional expression instead of including only emotions, concerning the expression of the variance, such as anger, joy, sadness, happiness, emotions including both verbal and non-verbal communication, such as import and export both of emotions through help from others that may have an important impact on perceived social support and as stated Bonanna (2004), ability to maintain a positive mental state in the face of life challenges that play an important role on the power variable may contain variations in relation to resilience. Therefore, in this study, the mediation effect of perceived social support and resilience can be found in the relationship between life satisfaction and emotional expression.

As evaluated in general, this research can be considered a very important study in terms of determining variables that could be associated with life satisfaction and having the mediation role of variables in the relationship between life satisfaction with emotional expression. However, the study done by using the relational screening method makes determining causality between variables difficult. Thus, in future research, the mediation model can be tested with the experimental studies in this study. Finally, in line with the research results, intervention studies to increase happiness and life satisfaction of individuals by some practitioners work in the literature, the foreground removal of resilience and social support can be emphasized to be useful.

Implications

Experts working in mental health, resilience, and perceived social support, which affect life satisfaction, an essential variable for mental health, can be considered in the psychological help process. Considering the variable of resilience in the study results, preventive and intrusive psychological counseling and guidance units can be established in every university faculty to return to a healthy mood after the difficulties they experience since it is related to life satisfaction. Furthermore, according to the results of the multiple serial mediator models used in the study, to increase the life satisfaction levels of individuals with low life satisfaction in the psychological counseling process, the mediating effect of resilience and perceived social support can be considered in the relationship between life satisfaction and emotional expression.

Conclusions

The study concluded that resilience and perceived social support had a mediating role in the relationship between life satisfaction and emotional expression. In this context, it can say that to increase an individual's life satisfaction, the level of self-recovery and perceived social support should be high, and the level of expressing their emotions. To increase the number of satisfied individuals with life, it can say that

individuals' self-recovery power, perceived social support, and expressing emotions are interrelated and intertwined.

Declarations

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Authors' Contributions: *This article has been written and revised divided equally by two of the authors.*

Compliance of Ethical Standard Statement: *All procedures performed in studies involving human participants were in accordance with the ethical standards of the institutional and national research committee. In this context, the necessary ethical permission to conduct the study was obtained with the decision numbered "29" at meeting number 10 and dated 06.03.2019 of Sakarya University Social and Human Sciences Ethics Committee.*

Conflict of interest statement: *The authors declare that they have no conflict of interest.*

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