



DOES AUTHENTICITY PREDICT SUBJECTIVE HAPPINESS OF TURKISH TEACHER CANDIDATES

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Abstract

Authenticity is associated with adaptive psychological characteristics and may be predictive of subjective happiness. The aim of this study is to investigate the associations of authenticity with subjective happiness. The study was conducted with 317 university students (133 men, 184 women; M age = 20.8 yr.). Participants completed the Turkish version of Authenticity Scale and the Turkish version of Subjective Happiness Scale. Subjective happiness was correlated negatively with two sub-factors of authenticity: accepting external influence and self-alienation and positively with the authentic living factor of authenticity. Self-alienation and accepting external influence predicted negatively and authentic living predicted positively to subjective happiness, accounting for 49% of the variance collectively. The results were discussed in the light of the related literature and dependent recommendations to the area were given.

Key Words: Authenticity, subjective happiness, multiple regression analysis.