

## The Influence of Career Optimism and Relationship Status on University Students' Wellbeing

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**Abstract :** University students are at such a developmental stage that they are in between adolescence and adulthood, which is called emerging adulthood. And this developmental stage can be stressful due to its own nature. The potential stressor can be related to their academic life, career thoughts or beliefs, and the quality of their relationships with their peers, friends, and partners. University life is also a time that they explore and navigate their career goals and relationships. These life events may contribute to their wellbeing and mental health positively or negatively. Also, relationship status can have an impact on individuals' mental health, whether they feel satisfied or not, and can play a role in university students' wellbeing. The relationships between career, relationship, and wellbeing can be multifaceted and complex, and more research is required in this area. Therefore, this study aims to fill this gap in the literature by exploring the influence of career optimism and relationship status on university students' wellbeing. According to the purpose of the research, the following hypotheses are established: 1. University students with higher career optimism will exhibit a higher level of wellbeing. 2. University students in relationships will report a higher level of wellbeing. This research is based on a quantitative method. The scale implementation, correlational, and group comparison analysis were utilized to analyze data. The data was collected from university students in Turkiye by utilizing the Career Optimism Scale and a questionnaire to identify participants' relationship status and demographic variables. The findings and their implications may inspire researchers and practitioners, especially practitioners at counseling centers and career services of universities, in order to tailor psychoeducational and intervention programs to promote university students' mental health.

**Keywords :** career optimism, relationship status, university students, wellbeing

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