

Role of Dispositional Affect in Relationship between Life Events and Life Satisfaction among Adolescents

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Abstract : The aim of this research is to examine moderating role of positive and negative affect, defined as traits, in relationship between a number of stressful life events to which an individual is exposed and life satisfaction. The tendency to experience positive and negative emotions is considered as relatively independent, and life satisfaction depends on presence and intensity of emotions of different valence. However, the role of positive and negative affect can be much more complex. It can change the direction and/or intensity of correlation between a number of stressful life events and life satisfaction. Thus, this question is important for two reasons, (I) better comprehension of inconsistent result of correlation intensity between stressful events and life satisfaction (II) verification on what conditions positive and negative affect have a protective role, and on what conditions the positive and/or negative affect is vulnerability factor. Longitudinal data were collected in two waves from 660 adolescents. Firstly, participants completed the Positive and Negative Affect Schedule. A year later, Life events questionnaire, which measures the number of stressful events in the past six months and Satisfaction with Life Scale were administered. The data were analyzed using hierarchical regression analyses: three-way interaction. The results show that number of life events, positive and negative effect contribute to the level of life satisfaction. The check of moderation role shows the significant three-way interaction of number of life event, and both, positive and negative affect. Individuals who report high level of positive affect, estimate to be moderate to highly satisfied with their lives, regardless of number of stressors to which they are exposed and also how often they experience negative emotions. Individuals, who often experience negative emotions and rarely positive, report the lowest level of life satisfaction. It doesn't change despite the number of stressors they were exposed to. Individuals who report that rarely experience not only positive than also negative emotions estimate different level of life satisfaction depending on number of stressors they were exposed to. Under the influence of numerous stressors, their level of life satisfaction is low, and it's equal to life satisfaction level of individuals who often experience negative and rarely positive emotions. The result of this research shows that tendency to often experience positive emotions is the protective factor in situation when individuals are exposed to high number of stressors. On the other hand, tendency to rarely experience positive emotions present vulnerability factor. Conclusions and practical implications are further discussed.

Keywords : life events, life satisfaction, subjective well-being, positive and negative affect

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