

Examination Of The Effect Of Psychological Well-Being Levels Of Single Adults On Marital Expectations

Süleyman BAŞ¹, Prof. Dr. Ercümen ERSANLI²

¹Sivas Provincial Directorate of Family and Social Services
Sivas, Turkey
suleymanbasa@gmail.com

²Ondokuz Mayıs University, Health Sciences Faculty, Social Work Department
Samsun, Turkey
eersanli@gmail.com



Abstract – The definition of being healthy is based on the individual's physical and mental well-being. The institution of marriage is a phenomenon in which two individuals unite their lives and increase their social actions. Individuals are expected to think healthily in their decision-making processes about the institution of marriage, which contributes to their individual and social development by making radical changes in their lives. Therefore, it is thought that the expectation of marriage should have a relationship with the level of psychological well-being.

The research was conducted to investigate the relationship between the psychological well-being levels of single adults and their marital expectations. In this context, a total of 468 people, 259 women, and 209 men, participated in the study. The sociodemographic Information Form, Psychological Well-Being Scale, and Marital expectation Scale, prepared by the researcher, were used to collect data.

SPSS 21 and AMOS 24 programs were used for data analysis in the research. Demographic data were tabulated by transferring frequency distribution. In order to test the research hypotheses, correlation analysis, t-test, and one-way analysis of variance (ANOVA) were performed over the SPSS program.

According to the research findings, it was found that there is a positive and significant relationship between the psychological well-being levels of single adults and their marital expectations. Therefore, the higher the psychological well-being of the participants, the higher their marital expectations. However, it was found that both the psychological well-being and marital expectations of the participants did not differ significantly according to gender. As it is seen that there is a positive and significant difference between the psychological well-being of individuals and their marital expectations, it is thought that training should be given and awareness studies should be done so that marital expectations and psychological well-being do not affect each other negatively.

Keywords – Psychological well-being, marriage, marital expectation, single adults, gender.

I. INTRODUCTION

There are various life cycles in the life of individuals. These are periods in which various changes are experienced in physical, mental and social areas depending on the growth and maturation of the individual. As the individual begins to grow up, each period in his life has certain roles and responsibilities. Adapting to change and taking on new roles is not a period that takes place in the same direction for every individual. This process, which is influenced by individual differences, affects whether individuals are ready for the period of their lives and how they spend the period they live in.

One of the periods that affect important changes, roles and expectations in an individual's life is marriage. Marriage, which brings with it different roles and duties in a life cycle, is a process in which individuals decide according to different variables.

Undoubtedly, being ready for marriage and deciding to marry is a process affected by individual, familial, financial and social factors. But first of all, marriage is a situation in which individuals decide through internal processes. Deciding on marriage and getting married, which will be discussed at the individual level, includes the individual's emotional readiness for marriage and deciding to marry within the framework of the criteria he or she has set for the marriage. One of the factors affecting the decision-making process of the individual is psychological well-being and expectation from marriage. In this research; by investigating the factors that affecting the psychological well-being of the individual, it will be evaluated whether the factors contributing to psychological well-being have an effect on the expectation of marriage at the same time. In this respect, the relationship between psychological well-being and expectation of marriage will be tried to be understood.

Although there are different dimensions of psychological well-being, it affects many decisions that an individual will make in his or her life. Psychological well-being, which is affected by the familial, environmental, social and economic situation of the individual, is also the factor that has an impact on the decision-making process of marriage. In this respect, the effect of psychological well-being on the marriage process needs to be addressed and discussed through research.

II. SECTION: METHOD

2.1. Aim of the Research

This research was conducted to examine the relationship between the psychological well-being status of single adults and their marital expectations. Within the scope of the research, it is aimed to determine the psychological well-being status of single adults, what their marital expectations are and how these expectations are formed.

2.2. Importance of the Research

Although the increase in divorce rates and the increase in the age of marriage in recent years have directed researchers to areas such as communication in marriage, problem solving, anger control, adjustment, marital satisfaction, marital maturity, marital expectation, no study has been found that investigated the effect of psychological well-being on marital expectation.

It is thought that marriages made without psychological well-being and with unrealistic expectations will not last very long, emotional love does not turn into logical love, and along with this, marital expectations are unrealistic. However, in order to fulfill the expectations of marriage, these expectations must be healthy and sustainable expectations. In this respect, it is thought that there is a need for such a study, which is thought to lead to issues such as noticing the psychological well-being of single adults, recognizing marital expectations, and being ready for marriage. Since there is no study in the literature investigating the effect of psychological well-being on marital expectation, it has a "first" and "original" value.

2.3. Assumptions of the Research

- It is accepted that the individuals participating in the research answered the "Psychological Well-Being Scale" and "Marital Expectation Scale" data collection tools in a way that reflects their real situation, and they are sincere and impartial.
- The statements of the individuals were accepted as true.
- It is assumed that the tools used to collect data, accurately measure the characteristics that are intended to be measured.

2.4. Limitations of the Research

Questionnaire technique was used to collect data in line with the purpose of the research. Due to the risk of face-to-face survey due to the pandemic process and the fact that data can be collected more easily with an online survey, the data were collected with an online survey form. This research is limited to the data obtained from the "Psychological Well-Being Scale" and "Marital Expectation Scale" measurement tools. In addition, since it is difficult to fully reach the main mass of the research due to the opportunity and time constraints, the easy sampling method was preferred. Due to such limitations, the results obtained in the study cannot be generalized and include only the participants in this research.

2.5. Data Collection Tools Used for the Research

Psychological well-being and marital expectation scales, which were previously reliable and validated, were used in the study.

Personal Information Form: The personal information form created by the researcher was used to determine the gender, age, income, educational level, whether they have a profession, whether they are actively working or not, and their living status.

Psychological Well-Being Scale: In the study, Diener et al. (2009), eight items and one-dimensional psychological well-being scale was used. Reliability and validity studies of the related scale were conducted in Turkish by Telef (2013). This scale, which was originally developed with a 7-point Likert type (1-Strongly Disagree, 7-Strongly Agree), was converted into a 5-point Likert type (1-Strongly Disagree, 5-Strongly Agree) in the current study. While the lowest score that can be obtained in the original scale is 8, the highest score is 56. In the current study, since the scale was converted to a 5-point Liker, the lowest possible score was 8, while the highest score was 40. The Cronbach Alpha coefficient showing the reliability level of the scale Diener et al. It was determined as 0.87 by (Telef, 2013).

Marital Expectation Scale: The other scale used in the research is the marital expectation scale, which was developed by Jones and Nelson (1996) and consists of forty items and one dimension. Reliability and validity of the related scale in Turkish language made by Özsoysal et al. (2016). The items in the scale measure marital adjustment, equality and intimacy; the lowest score to be obtained from the scale indicates pessimistic expectation, the medium score indicates real expectation, and the high score indicates idealistic expectation. This scale, which was developed with a 3-point Likert type (1-Strongly Disagree, 3-Strongly Agree) in the original scale, was measured with a 5-point Likert type (1-Strongly Disagree, 5-Strongly Agree) in the current study. While the lowest score that can be obtained in the original scale is 40, the highest score is 120. In the current study, the lowest score that can be obtained is 40, while the highest score is 200. The Cronbach Alpha coefficient, which shows the reliability level of the scale, was determined as 0.79 by Jones and Nelson (Öz Soysal et al. 2016).

2.6. Research Hypotheses

The following hypotheses have been developed as a result of the literature review on the subject.

H1: There is a positive and significant relationship between the psychological well-being of the participants and their marital expectations.

H2: The psychological well-being of the participants differs significantly by gender.

H3: The marital expectations of the participants differ significantly by gender.

H4: The psychological well-being of the participants differs significantly depending on whether they have a profession or not.

H5: The marital expectations of the participants differ significantly depending on whether they have a job or not.

H6: The psychological well-being of the participants differs significantly according to their profession status.

H7: The marital expectations of the participants differ significantly according to their employment status.

H8: The psychological well-being of the participants differs significantly according to their living status.

H9: The marital expectations of the participants differ significantly according to their living status.

H10: The psychological well-being of the participants differs significantly according to their monthly income.

H11: The marital expectations of the participants differ significantly according to their monthly income.

H12: The psychological well-being of the participants differs significantly according to their educational status.

H13: The marital expectations of the participants differ significantly according to their educational status.

2.7. Preliminary Study for Research

Before the questionnaire form was created, a field survey was conducted on the subject and a questionnaire consisting of three parts was developed. Before collecting the data with the prepared questionnaire, firstly, the questionnaire was pre-checked by two academicians who are experts in the field in order to determine the accuracy of the questions and expressions in the questionnaire in terms of meaning and content, and then it was applied as a pre-test on twelve people. As a result of both the corrections made by the experts and the feedback received as a result of the pre-test, the questionnaire was updated and the data collection phase

was started. In addition, the completion time of the questionnaire was determined as 4-6 minutes as a result of the pre-test. Since the data will be collected with an online survey, the prepared survey form has been transferred to Google Forms.

2.8. Paradigm and Data Collection Process

The paradigm method was used in the data collection process in the research. Among the paradigm methods, convenience paradigm method was preferred, in which everyone who reached the survey could participate in the research. The questionnaire form prepared for this purpose consists of three parts. In the first part of the form, the personal information section, which includes descriptive questions to measure the demographic information of the participants; In the second part, there are statements about the psychological well-being scale consisting of eight items, and in the last section, statements about the marital expectation scale consisting of forty items. A 5-point Likert-type scale (1-Strongly disagree, 2-Disagree, 3-I agree or disagree equally, 4-Agree, 5-Strongly agree) was used in all of the scale statements in the research, and the participants were asked to evaluate the relevant statements according to these five options. Since the data will be collected online, the survey form was transferred to Google Forms and the survey link related to the online survey was shared on social media. The survey link was active between 03.03.2022 and 03.04.2022 and it was determined that 468 participants filled the survey in this process. Although it is considered sufficient to reach 384 participants, it can be said that the sample size reached in the current study is sufficient.

2.9. Analyses Used for Research

SPSS 21 (Statistical Package for the Social Sciences) and AMOS 24 (Analysis of Moment Structures) package programs were used in the analysis of the data obtained for the purpose of the research. In order to determine the descriptive information of the participants, first of all, frequency analysis was performed through the SPSS program. Afterwards, reliability analysis was performed to determine the reliability of the scales used, and confirmatory factor analysis was performed over the AMOS program to verify the factor structures. In order to test the research hypotheses, correlation analysis, t-test and one-way analysis of variance (ANOVA) were performed over the SPSS program.

III. SECTION: FINDINGS

The information obtained as a result of the frequency analyzes to determine the descriptive characteristics of the participants participating in the research is included in the continuation of the study in tables.

3.1. Findings Regarding the Demographic Characteristics of the Participants

Frequency and percentage results for the demographic information of the participants included in the study are presented in tables, respectively.

Table 1. Demographic Characteristics of Participants

Gender	Frequency	Percentage
Female	259	55,3
Male	209	44,7
Total	468	100

When the gender characteristics of the participants participating in the research were examined, it was determined that 53.3% of the participants were female and 47.7% were male. According to this result, it is seen that the distribution of the participants in terms of gender is close to each other.

Table 2. Age Characteristics of the Participants

Age	Frequency	Percentage
18-24	302	64,5
25-31	141	30,1
32-38	18	3,8
39-45	4	.9
46 and above	3	.6
Total	468	100

Information on the age ranges of the participants participating in the research is given in Table 2. Looking at the table, it is seen that the majority of the participants are between the ages of 18-24 with a rate of 64.5%. In addition, 30.1% of the participants are in the 25-31 age range, 3.8% are in the 32-38 age range, 0.9% are in the 39-35 age range, and 0.6% are in the 46 and over age range has been determined. The fact that the majority of the participants are between the ages of 18-31 can be explained by the fact that the marriage age is generally in these age ranges.

Table 3. Educational Characteristics of Participants

Educational Level	Frequency	Percentage
Illiterate	5	1,1
Literate	17	3,6
Primary School Graduate	18	3,8
High school graduate	122	26,1
Bachelor's degree	276	58,9
Master's degree	30	6,4
Total	468	100

Looking at the table showing the educational level of the participants, it is seen that more than half of the participants (58.9%) have a bachelor's degree. In addition, 26.1% of the participants are high school graduates, 6.4% are master's degree, 3.8% are primary school graduates, and 3.6% are literate. Apart from these, it is seen that illiterate (1.1%) participants also participated in the research. Therefore, it can be said that the education level of the participants participating in the research is generally high.

Table 4. Profession and Employment Status of Participants

Profession Status	Frequency	Percentage
Available	280	59,8
Unavailable	188	40,2
Total	468	100
Employment Status	Frequency	Percentage
Working	238	50,9
Not working	230	49,1
Total	468	100

When Table 4 showing whether the participants have a profession and whether they are actively working or not, it is seen that 59.8% of the participants have a profession and 40.2% do not have any profession. In addition, other results are that 50.9% of the participants worked actively during the implementation of the research, while 49.1% did not work actively. With these results, it is seen that approximately half of the participants are actively involved in business life in general.

Table 5. Monthly Income Status of Participants

Monthly Income	Frequency	Percentage
No income	173	37
4.000 TL and below	74	15,8
Between 4.001 TL-6.000 TL	86	18,4
Between 6.001-8.000 TL	65	13,9
8.001 TL and above	70	15
Total	468	100

Descriptive information according to the monthly income of the participants participating in the research is given in Table 5. When the table is examined, it is seen that 18.4% of the participants in the income group between 4.001 TL and 6.000 TL, 15.8% in the income group of 4.000 TL and below, 15.8% in the income group of 8.001 TL and above, and 13.9% in the 6.001-8000 TL income group. The vast majority of the participants (37%) stated that they did not have any income.

Table 6. Living Status Information of Participants

Living status	Frequency	Percentage
With parents	313	66,9
Alone	105	22,4
With a friend	50	10,7
Total	468	100

Within the scope of the research, an answer was sought to the question of who the participants lived with. When Table 6, which includes the results, is examined, it is seen that more than half of the participants (66.9%) live with their families, 22.4% live alone, and 10.7% live with their friend/friends.

3.2. Reliability Analysis Results

Reliability analysis was performed to determine the reliability levels of the scales used in the study. The Cronbach Alpha test, which is the result of the reliability analysis, is used to say that the scales used in a study are reliable. In order to say that the measurement tool is reliable, the Cronbach Alpha coefficient obtained as a result of the relevant test must be higher than .7. The results of the reliability analysis for the measurement tools used in the research are given in Table 7.

Table 7. Reliability Analysis Results

Variable	Number of Items	Cronbach Alpha
Psychological Well-Being Scale	8	.833
Marital Expectation Scale	40	.911
Total	48	.916

When Table 7 is examined, the Cronbach Alpha coefficient value of the psychological well-being scale used in the research is .833; The Cronbach Alpha coefficient of the marital expectation scale was determined as .911. The total coefficient value for both scales used was .916. When the obtained values are compared, it is seen that the reliability level of both the psychological well-being scale and the marital expectation scale are above .70 and both scales have high reliability.

3.3. Confirmatory Factor Analysis

Since the scales with proven validity and reliability were used in the study, confirmatory factor analysis was performed on AMOS to confirm the factor structures. In confirmatory factor analysis, goodness of fit values are used to determine whether the factor structures of the research scales are significant or not. Goodness of fit values stated in the present study were also taken into account. The goodness of fit values reached for each scale and the recommended goodness of fit value ranges are given in Table 8.

Table 8. Goodness of Fit Values

Scales	X ² /df	GFI	AGFI	CFI	RMSEA
Psychological Well-Being	4,798	.95	.91	.94	.07
Marital Expectation	4,885	.91	.90	.90	.08
Goodness of Fit	X ² /df	GFI	AGFI	CFI	RMSEA
Well	≤3	≥.90	≥.90	≥.90	≤.05
Acceptable	≤4-5	.89-.85	.89-.80	.89-.85	.06-.08

When the results obtained as a result of the confirmatory factor analysis are examined, it is seen that the goodness of adjustment values of both psychological well-being and marriage expectation scales are in good and acceptable adjustment ranges. Since some goodness-of-fit values were not in the range of good and acceptable goodness-of-fit values, covariance connections were established in line with the modifications suggested within the model, and the final goodness-of-fit values in Table 8 were reached as a result of the covariance connections made. It can be said that the factor structures of the model are compatible with these results.

3.4. Hypothesis Results

3.4.1. Correlation Analysis

Correlation analysis is performed to determine the existence of a relationship between two or more variables and, if there is a relationship, the direction of these relationships. In order to show the direction and severity of these relations, the coefficient value expressed with the letter “r” guides. The result of the correlation analysis of the psychological well-being and marital expectation scales used in the study is given in Table 9.

Table 9. Correlation Analysis Results

Variables		Psychological Well-Being	Marital Expectation
Psychological Well-Being	Pearson Correlation	1	.384**
	Sig. (2-tailed)		.000
	N	468	468
Marital Expectation	Pearson Correlation	.384**	1
	Sig. (2-tailed)	.000	
	N	468	468

** p<.01

When the correlation analysis results in the table are examined, it is seen that there is a positive ($r=.384$, $p<.01$) significant relationship between psychological well-being and marital expectation. Therefore, the higher the psychological well-being of the participants, the higher their marital expectations; the lower the psychological well-being, the lower the marital expectation. With this result, the H1 hypothesis of the research (There is a positive and significant relationship between the psychological well-being of the participants and their marital expectations) was supported.

3.4.2. Evaluation of Participants' Psychological Well-Being and Marital Expectations in terms of Demographic Characteristics

In order to determine whether the psychological well-being and marriage expectations of the participants in the research differ in terms of demographic characteristics, t-test and Anova test were performed. In the present study, it was examined whether there was a significant difference between psychological well-being and marital expectations in terms of gender, age, occupation, employment, income and educational status of the participants. The results obtained as a result of the analyzes are presented in tables.

Table 10. T-Test Results for Evaluating Participants' Psychological Well-Being and Marital Expectations by Gender

Scales	Gender	Mean Score	Standard Deviation	N	t	p
Psychological Well-Being	Female	3,7934	.71911	259	-1,85	.06
	Male	3,9187	.73059	209		
Marital Expectation	Female	3,7005	.55044	259	-1,33	.18
	Male	3,7681	.53602	209		

When Table 10 is examined, it is seen that both psychological well-being and marital expectations of the participants do not differ significantly according to gender. In other words, the psychological well-being of the participants or their marital expectations do not show any difference according to whether they are male or female. According to these results, both H2 (Participants' psychological well-being differs significantly by gender) and H3 (Participants' marital expectations show significant differences according to gender) were not supported and therefore not accepted.

Table 11. T-Test Result for Evaluating Participants' Psychological Well-Being and Marital Expectations According to Their Profession Status

Scales	Having a Profession	Mean Score	Standard Deviation	N	t	p
Psychological Well-Being	Available	3,9357	.73384	280	3,17	.01
	Unavailable	3,7207	.69685	188		
Marital Expectation	Available	3,7470	.51774	280	.77	.43
	Unavailable	3,7064	.58267	188		

When Table 11 is examined, it is seen that the psychological well-being of the participants differs significantly according to whether they have a job or not, and their marital expectations do not differ significantly according to whether they have a profession or not. When the average scores of the answers given to the psychological well-being scale of the employed and non-employed are examined, it is seen that those who have a profession have higher scores than those who do not. According to this result, it can be said that people who have a profession are in a better psychological situation. However, no difference could be determined regarding the marital expectations of the participants. According to these results, H4 (the psychological well-being of the participants differs significantly depending on whether they have a job or not) is supported and accepted; H5 (Participants' marital expectations differ significantly depending on whether they have a profession or not) was not supported and rejected.

Table 12. T-Test Result for Evaluating Participants' Psychological Well-Being and Marital Expectations According to Their Working Status

Scales	Working Status	Mean Score	Standard Deviation	N	t	p
Psychological Well-Being	Working	3,9065	.75582	238	1,73	.08
	Not working	3,7902	.69081	230		
Marital Expectation	Working	3,7249	.54624	238	-.23	.81
	Not working	3,7366	.54385	230		

When Table 12 is examined, it is seen that both psychological well-being and marital expectations of the participants do not differ significantly according to their working status. In other words, the psychological well-being of the participants or their expectations for marriage do not show any difference in terms of whether they work or not. According to these results, both H6 (Participants' psychological well-being differs significantly according to their working status) and H7 (Participants' marital expectations show significant differences according to their working status) were not supported and therefore not accepted.

Table 13. Anova Test Result for Evaluating Participants' Psychological Well-Being and Marital Expectations According to Living Status

Scales	Living Status	Mean Score	Standard Deviation	N	F	p
Psychological Well-Being	With parents	3,7959	.71698	313	3,08	.04
	Alone	3,9976	.73072	105		
	With a friend	3,8725	.74381	50		
	Total	3,8494	.72616	468		
Marital Expectation	With parents	3,7196	.54905	313	.25	.77
	Alone	3,7429	.51786	105		
	With a friend	3,7745	.57792	50		
	Total	3,7307	.54451	468		

One-way analysis of variance was conducted to determine whether there was a difference between the groups in the mean scores of the participants participating in the study on their living status and scale expressions. In order to determine whether there is a difference between the groups, first of all, the variance between the groups should be homogeneous, and the value obtained for the homogeneity test should be greater than .05. As a result of the homogeneity test, the homogeneity value for the

psychological well-being scale was .873, and the homogeneity value for the marital expectation scale was .725. As a result of the Anova test, it was concluded that there was a statistically significant difference between the groups in terms of the psychological well-being of the participants in terms of their living status, but there was no significant difference in their marital expectations. According to these results, while H8 (Participants' psychological well-being differs significantly according to their living status) was supported and accepted, H9 (Participants' marital expectations show a significant difference according to their living status) was not supported and therefore not accepted. The Gabriel test was used to determine which groups differed in terms of psychological well-being. As a result of the Gabriel test, it was seen that there was a significant difference between those living with their families (mean: 3.71) and those living alone (mean: 3.74). Therefore, with this result, it can be said that the psychological well-being of those who live with their families and those who live alone are different from each other.

Table 14. Anova Test Result for Evaluating Participants' Psychological Well-Being and Marital Expectations According to Monthly Income Status

Scales	Monthly Income	Mean Score	Standard Deviation	N	F	p
Psychological Well-Being	No income	3,7023	.71355	173	6,99	.00
	4.000 TL and below	3,7821	.70622	74		
	Between 4.001 TL-6.000 TL	3,7892	.74317	86		
	Between 6.001-8.000 TL	4,0673	.68753	65		
	8.001 TL and above	4,1554	.67076	70		
	Total	3,8494	.72616	468		
Marital Expectation	No income	3,7220	.55539	173	.64	.63
	4.000 TL and below	3,7054	.53298	74		
	Between 4.001 TL-6.000 TL	3,7709	.46203	86		
	Between 6.001-8.000 TL	3,7969	.57927	65		
	8.001 TL and above	3,6679	.59329	70		
	Total	3,7307	.54451	468		

A one-way analysis of variance was conducted to determine whether there was a difference between the groups' monthly incomes and the averages of the scores they gave to the scale expressions. As a result of the homogeneity test, the homogeneity value for the psychological well-being scale was .782, and the homogeneity value for the marital expectation scale was .626. As a result of the Anova test, it was concluded that the psychological well-being of the participants had a statistically significant difference between the groups in terms of monthly income, and there was no significant difference in their marital expectations. According to these results, H10 (Participants' psychological well-being differs significantly according to their monthly income) was supported and accepted, while H11 (Participants' marital expectations differ significantly according to their monthly income) was not supported and therefore not accepted. The Gabriel test was used to determine which income groups differ in terms of psychological well-being. As a result of the Gabriel test, it was determined that there were significant differences between those with no income (average: 3.72) and the 6.001-8.000 TL income group (average: 3.79) and the income group of 8.001 TL and above (average 3.66). Therefore, with this result, it can be said that the psychological well-being of people who have no income in terms of income and those with a monthly income of 6.001-8000 TL and 8.001 TL and above are different from each other.

Table 15. Anova Test Result for Evaluating Participants' Psychological Well-Being and Marital Expectations According to Educational Level

Scales	Educational Level	Mean Score	Standard Deviation	N	F	p
Psychological Well-	Illiterate	4,9000	.13693	5	6,99	.01
	Literate	3,7794	.79246	17		
	Primary School Graduate	3,3333	1,15470	3		
	Secondary School Graduate	3,9250	.88110	15		
	High school Graduate	3,8494	.72192	122		

Being	Associate Degree Graduate	3,8933	.73225	75		
	Bachelor's Degree Graduate	3,7823	.70137	201		
	Master's Degree Graduate	4,0667	.65713	30		
	Total	3,8494	.72616	468		
Marital Expectation	Illiterate	4,8150	.19007	5	.64	.00
	Literate	3,8324	.66713	17		
	Primary School Graduate	4,2167	.27651	3		
	Secondary School Graduate	3,7417	.43008	15		
	High school Graduate	3,7020	.49339	122		
	Associate Degree Graduate	3,9350	.52800	75		
	Bachelor's Degree Graduate	3,6427	.52577	201		
	Master's Degree Graduate	3,6333	.62264	30		
	Total	3,7307	.54451	468		

One-way analysis of variance was performed to determine whether there was a difference between the groups in the mean scores of the participants participating in the study for the scale expressions. As a result of the homogeneity test, the homogeneity value for the psychological well-being scale was .206, and the homogeneity value for the marital expectation scale was .267. As a result of the Anova test, it was concluded that the psychological well-being of the participants had a statistically significant difference between the groups in terms of educational level, and that there was a statistically significant difference between the groups in terms of educational status in marital expectations. According to these results, both H12 (Participants' psychological well-being differs significantly according to their educational level) and H13 (Participants' marital expectations show significant differences according to their educational level) were supported and therefore accepted. The Gabriel test was used to determine the differences between the groups with which education level in terms of psychological well-being and marital expectation. As a result of the Gabriel test, it was determined that there were significant differences between illiterate and literate, high school graduates, associate degree graduates and bachelor's degree graduates in terms of psychological well-being. In terms of marital expectation, it was determined that there were significant differences between all groups except primary school graduates.

IV. DISCUSSION AND SUGGESTIONS

4.1. Discussion

Psychological well-being is a concept that cannot be explained solely by the individual's mental health. All issues such as enjoying life, feeling happy and meeting the needs of the individual are among the factors that will make the individual feel good (Keleş, 2017). In the study, it was found that the psychological well-being of the participants did not differ significantly by gender. In addition, it was found that those who have a profession have higher psychological well-being scores than those who do not. Considering the income status of the participants, it was found that psychological well-being showed a significant difference in terms of monthly income, according to the results obtained. Another factor that has an impact on psychological well-being is the educational level of the participants. In the study, it was found that the educational level of the participants made a significant difference in terms of psychological well-being. Many different variables have an effect on psychological well-being. For example, in a study conducted by Keleş (2017), it was found that the level of meaningfulness of the job had an effect on psychological well-being. In addition, in a study conducted by Polatçı (2011) it was predicted that the level of psychological well-being would also have a positive effect on individual performance. In another study conducted by Demir et al. (2021), it was found that the relationship between quality of life and psychological well-being exhibited a positive feature, and there was also a positive relationship between life satisfaction and psychological well-being.

There are many factors that affect the decision of marriage, which is an important period in an individual's life. In the study, it was found that the educational level of the participants made a significant difference on their marital expectations. In terms of gender, it was found that the marital expectations of the participants did not differ significantly by gender. In a study conducted by Akman (1992) on university students' marital expectations, it was found that the gender of the participants did not show a significant difference in terms of marital expectations. This result supports the result of the research. In a study conducted by Güler (2021), it was found that the marital expectation score created a statistically significant difference according to gender.

The main issue discussed in the research is to reveal how psychological well-being affects marital expectation. As a result of the research, it was found that there was a positive and significant relationship between the psychological well-being of the participants and their marital expectations. Studies on the variables affecting marital expectations in the literature have found a significant and positive relationship between marriage maturity and marital expectation, and it has been observed that as marriage maturity increases, marital expectation also increases (Çizmecioğlu, 2020). In a study conducted by Güler (2021), it was understood that the marital expectation and the meaning attributed to marriage have an effect on predicting marital anxiety. In the study, it was also found that as the marital expectation scores increased, the marital anxiety score decreased. This result reveals the relationship between marital expectation and marital anxiety.

4.2. Suggestions

In the recommendations section, some suggestions are listed in the light of the information obtained from the research results in order to make healthy decisions about the institution of marriage, to start healthy families and to contribute to the sustainability of marriage at the same time.

4.2.1. Suggestions for Researchers

- In this study, the city of residence restriction was not made, and the status of the participants in the paradigm living in the same city may make the research more specific.
- This research has not been conducted for a specific group, and it can be done on university students as well.
- The same study can be done again in a way to reveal the rural and urban distinction.
- The same study can be done again for married and divorced individuals.
- The effect of psychological well-being on marital expectations can also be studied with a qualitative study.

4.2.2. Suggestions for Public Institutions and Organizations, Policy Makers and Practitioners

- It is seen that psychological well-being affects the marital expectations and this situation can start and end marriages. In addition, by referring to the increase in the number of divorces in recent years, awareness studies can be carried out to include the whole of the society, where this and similar studies are also referenced.
- It is seen that being healthy is the main factor in reaching realistic expectations, and considering the cycle that this phenomenon positively affects individuals' marital expectations, contributes to healthy marriages, and also indirectly contributes to a healthy society structure, the availability of free and accessible pre-marital trainings, seminars, can be taken into consideration and enacted by policy makers.
- In order to embody the decisions taken before marriage with the motto of "Healthy individuals, healthy decisions and happy marriages", the scales used in this research can be added to the premarital education curriculum and the practitioners in this context can be improved by receiving advanced training.
- It can be ensured that legal limits are set on the execution of practitioners providing services in pre-marital counseling, family counseling and similar fields by professionals, working in the field of mental health, and the existing limits can be re-evaluated in this context.

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