



Determining the relationship between the psychological needs of women and their life satisfaction according to generations

Kadınların kuşaklara göre psikolojik ihtiyaçları ile yaşam doyumları arasındaki ilişkinin belirlenmesi

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ABSTRACT

Aim: The research was conducted to determine the relationship between the psychological needs of women and their life satisfaction according to generations.

Methods: The cross-sectional study was conducted in the September 2020. The sample of the study 576 women living in the province eastern in of Turkey (n=95 X generation - n=363 Y generation - n=118 Z generation) were created. The data were collected via Personal Information Form, Basic Psychological Needs Scale (BPNS) and Satisfaction with Life Scale (SWLS).

Results: Manova analysis results showed that working status according to generations is an important determinant of both the level of meeting psychological needs and life satisfaction in women, while income status is only a determinant of life satisfaction. In correlation analysis, there is a significant positive relationship between the total and sub-dimensions of BPNS and SWLS in women in the X, Y and Z generations (p<0.05).

Conclusion: Employment status of women according to generations affects both the satisfaction of psychological needs and life satisfaction, while the income level affects life satisfaction. In addition, it was determined that meeting the psychological needs of women in all three generations increased their life satisfaction.

Keywords: woman; generations; needs; satisfaction

ÖZET

Amaç: Araştırma, kuşaklara göre kadınların psikolojik ihtiyaçları ile yaşam doyumları arasındaki ilişkinin belirlenmesi amacıyla yapıldı.

Yöntem: Kesitsel tipte olan araştırma, Ekim-Kasım 2020 tarihleri arasında yürütüldü. Araştırmanın örneklemini Türkiye'nin doğusundaki bir ilde yaşayan 576 kadın (n=95 X kuşağı- n=363 Y kuşağı- n=118 Z kuşağı) oluşturdu. Veriler Kişisel Bilgi Formu, Temel Psikolojik İhtiyaçlar Ölçeği (TPİÖ) ve Yaşam Doyumu Ölçeği (YDÖ) ile toplandı.

Bulgular: Manova analizi sonuçları, kuşaklara göre çalışma durumunun kadınlarda hem psikolojik ihtiyaçların karşılanma düzeyinin hem de yaşam doyumunun önemli belirleyicisi olduğunu, gelir durumunun ise sadece yaşam doyumunun belirleyicisi olduğunu göstermiştir (p<0.05). Korelasyon analizinde; X, Y ve Z kuşağındaki kadınlarda TPİÖ toplam ve alt boyutları ile YDÖ arasında pozitif yönde önemli ilişki olduğu belirlendi (p<0.05).

Sonuçlar: Kuşaklara göre kadınlarda çalışma durumu hem psikolojik ihtiyaçların karşılanma durumunu hem de yaşam doyumunu etkilerken, gelir düzeyi yaşam doyumunu etkilemektedir. Ayrıca üç kuşakta da kadınların psikolojik ihtiyaçların karşılanmasının yaşam doyumunu arttırdığı belirlendi.

Anahtar Kelimeler: kadın; kuşak; temel psikolojik ihtiyaçlar; yaşam doyumunu

Introduction

The concept of generation (generation) is a group of people who were born in the same time period, influenced by the social, cultural, and political events of the period in which they were born, experienced the conditions of the same age, and had similar responsibilities (Okan & Yalman, 2013). It is stated that people from the same generation generally exhibit similar behaviors and differ from later generations in terms of lifestyle and perspective on life (Kuyucu, 2014; Hacivelioglu & Bolsoy, 2020). Classification of generations is important for healthy societies. With the classification, generations' perspectives on life, lifestyles, and behaviors in society can be understood better (Zemke, Raines, & Filipczak, 2013).

In the literature, there are five accepted generations, namely the silent zone, the big baby boom generation, the X generation, the Y generation, and the Z generation. The silent generation (born between 1927 and 1945) is distinguished and distinguished by its characteristics such as being quite authoritarian, disciplined, and hardworking. The Baby Boom generation (born between 1946 and 1964) is helpful and highly

adaptable, with individuals who value safety, traditional values. Individuals of the X generation (born between 1965 and 1979) are competitive, have a hard-to-trust, skeptical structure, and attach importance to success and power (Yüksekbilgili, 2015; Yelkikalan & Altın, 2010). Generation Y (born between 1980-2000) is associated with technology, and there are findings indicating that their understanding of diversity in society is high. Generation Z is the generation of individuals born in 2000 and after. It is the generation that was born into technology and has the easiest access to information (Berkup, 2014).

While physiological needs are the main determinants of behavior in the first years of life, as the age progresses and the person develops, psychological needs may be the important determinants of behavior. Psychological needs consist of three needs: autonomy, competence, and relatedness, which provide motivation for a person to reach his goals and fulfill his function in the best way (Ryan & Deci, 2000; Ryan & Deci, 2006). Differences according to generations play an important role in shaping these needs. Studies have stated that as age

decreases, the autonomy, competence, and relationship needs of individuals increase (Öner, 2019; Kaya & Altun, 2018).

Another important topic that is affected by the change according to generations is life satisfaction that shapes the individual's attitude towards his life and emotional reactions (Lykken & Tellegen, 1996; Çelik & Tümkaya 2012). Life satisfaction is not only affected by personal tendencies such as temperament, character, and life goals, but also by demographic characteristics such as generation difference (Lykken & Tellegen, 1996; Çelik & Tümkaya 2012). Also, as people age, the factors affecting their life satisfaction change over time (Siedlecki, Tucker-Drob, Oishi, & Salthouse, 2008). While it was reported in the studies that life satisfaction levels decrease with increasing age, contrary to the results (Gülcan & Bal, 2014; Şahin & Sarıdemir, 2017), findings are indicating that it increases (Yenihan, Öner, & Balcı, 2016).

Basic psychological needs are among the main factors affecting life satisfaction (Arslan & Bektaş, 2019). Psychological well-being plays a major role in high or low overall life satisfaction (Deci & Ryan, 2000). In this direction, it is important to determine the life satisfaction and psychological needs of women according to the generations and to make midwifery attempts according to their needs. In the literature review, the basic psychological needs and life satisfaction of women were examined separately in studies, and no study was found that examined the psychological needs and life satisfaction of women according to generations. In this study, it was conducted to determine the relationship between the psychological needs of women and their life satisfaction according to the generations (X, Y, and Z generations).

Methods

Study design and setting

Research conducted cross-sectional, Turkey's eastern province of X (41-55 age range who are in), Y (21-40 age range who are in) and Z generations (20 years and younger ones) were conducted on the women found in the September 2020. The sample size was calculated using Open Epi version 3 statistical software's program (Dean, Sullivan, & Soe, 2013) for sample size for a proportion applying finite population correction because total population in the factory is less than 1 000 000. Using 95% confidence interval at bilateral significance level, 80% power and 5% bias level. The calculated sample size was 384 and by considering 10% non-response rate the total sample size used in the study was at least 422. After the data were collected in the study, women were divided into X, Y, and Z generations according to age groups. A total of 576 women, n = 95 in generation X, n = 363 in generation Y, and n = 118 in generation Z, were reached at the time of data collection. The data were collected via the Google forms platform and on a voluntary basis. Via the Google Forms platform, the questionnaire was delivered to women who were reached via social media tools (such as WhatsApp, Facebook Messenger, Instagram) via messages. First of all, a consent form was sent to the women participating in the study, containing a brief information note about the purpose and content of the research and sending them to participate in the study. During the data collection, all the women who could access the questionnaire and approve the consent form were read. To conduct the research; Ethical approval was obtained from the Health Sciences Non-Invasive Clinical Research Ethics Committee (Decision No: 2020/1113).

Data collection tools

In the study, data collection forms were filled out by women via Google Forms. The data were collected using the Personal Information Form, Basic Psychological Needs Scale (BPNS), and Satisfaction with Life Scale (SWLS).

Personal information form

It was created by researchers to determine some individual characteristics of women. This form consists of questions about the socio-demographic characteristics of women (such as age, educational status, economic status).

Basic psychological needs scale

Developed by Deci and Ryan (2000); It is a 21-item scale adapted to the Turkish language by cutter, Üre, Bozgeyikli, and Sünbül (2003), making its validity and reliability. It has three sub-dimensions: the need for autonomy, the need for competence, and the need for Relatedness. The first factor called "Need for Autonomy" consists of 7 items (1, 4, 8, 11, 14, 17, 20), the second factor called "Need for Competence" has 6 items (3, 5, 10, 13, 15, 19), It was stated that the last factor named as "Need for Relatedness" consisted of 8 items (2, 6, 7, 9, 12, 16, 18, 21). The measuring tool graded in the range of "not right at all" and "very correct" is arranged in 5-Likert type. The 9 items (3, 4, 7, 11, 15, 16, 18, 19, 20,) in the scale consist of negative statements and are scored in reverse. In the scale, the lowest and highest scores that can be obtained for each sub-dimension, respectively; 6 and 30 for autonomy; 7 and 35 for proficiency; 8 and 40 for the need for relationship. The lowest score that can be obtained from the total of the scale is 21 and the highest score is 105. As the scores increase, the person feels that his psychological needs are met more, and as the scores decrease, his psychological needs increase. As a result of the reliability analysis, the Cronbach's alpha value obtained from the whole scale was 0.76, while the values for the sub-dimensions were reported as 0.73, 0.61, 0.73, respectively (Kesici, Üre, Bozgeyikli, & Sünbül, 2003). In this study, the Cronbach's alpha value obtained from the whole scale was 0.85, while the values for the sub-dimensions were found as 0.66, 0.57, and 0.66, respectively.

Satisfaction with life scale

The scale was developed by Diener, Emmons, Larsen, and Griffin in 1985. It consists of five items and is a 7-point Likert-type scale. The scale was adapted to Turkish by Köker in 1991. The lowest possible score is 5 and the highest score is 35. As the total score decreases, life satisfaction decreases. As a result of the reliability analysis, the Cronbach's alpha value of the scale was found to be 0.86 (Köker, 1991), while the Cronbach's alpha value of the scale was found to be 0.90 in this study.

Statistical analysis

The data of the study were evaluated using SPSS 25.0 for Windows software (SPSS, Chicago, IL, USA). Descriptive statistics were given as a number, percentage, mean and standard deviation. In comparisons of more than two groups, Single Factor Analysis of Variance, Multivariate Analysis of Variance (MANOVA) to determine the differences between more than two variables, and Pearson Correlation Analysis for the relationship between variables was used. Statistical significance was set at $P < 0.05$.

Results

A total of 576 women [generation X (n =95), generation Y (n=363), generation Z (n=118)] participated in the study. The

Table 1. Distribution of socio-demographic characteristics of women by generation (n=576)

Variables	Generation X (n=95)		Generation Y (n=363)		Generation Z (n=118)	
	n	%	n	%	n	%
Age, y (Mean±SD)	47.48±5.46		26.58±5.88		18.97±1.39	
Educational level						
Literate	25	26.3	14	3.9	2	1.7
Primary school	39	41.1	29	8.0	4	3.4
Secondary school	18	18.9	37	10.2	27	22.9
University	13	13.7	283	78.0	85	72.0
Marital status						
Married	84	88.4	125	34.4	3	2.5
Single	11	11.6	238	65.6	115	97.5
Level of income						
High	13	13.7	50	13.8	16	13.6
Medium	75	78.9	273	75.2	91	77.1
Low	7	7.4	40	11.0	11	9.3
Child presence						
Yes	86	90.5	89	27.0	2	1.7
No	9	9.5	265	73.0	116	98.3
Employment status						
Employed	21	22.1	100	27.5	9	7.6
Unemployed	74	77.9	263	72.5	109	92.4

Table 2. Comparison of the mean scores of women in BPNS and SWLS according to their intergenerational socio-demographic characteristics (n=576)

Variables	BPNS				SWLS			
	Generation X (n=95)	Generation Y (n=363)	Generation Z (n=118)	Test and p value	Generation X (n=95)	Generation Y (n=363)	Generation Z (n=118)	Test and p value
Educational level								
Literate	73.28±9.10	75.00±13.0	73.00±2.82	F=0.541 p=0.777	15.32±5.30	15.0±9.34	24.0±1.41	F=1.146 p=0.334
Primary school	76.41±13.70	72.89±7.38	73.25±3.86		20.12±7.82	17.68±7.73	22.0±3.82	
Secondary school	72.77±12.51	74.86±10.57	71.51±10.08		18.55±6.78	20.70±7.27	19.62±9.08	
University	74.00±11.13	73.98±12.15	74.74±11.30		16.69±9.35	18.63±7.24	18.81±6.46	
Marital status								
Married	74.60±12.27	74.27±10.40	71.33±9.29	F=0.097 p=0.908	18.28±7.34	20.00±7.82	19.00±8.71	F=0.149 p=0.861
Single	74.27±10.01	73.89±12.33	73.99±10.86		16.63±8.42	17.90±7.10	19.20±7.03	
Level of income								
High	75.46±8.90	77.22±11.36	79.81±10.68	F=0.788 p=0.533	15.00±8.73	20.06±7.86	24.25±6.76	F=4.078 p=0.003
Medium	74.70±12.68	74.39±11.21	73.24±10.37		18.57±7.29	19.20±7.24	18.67±6.86	
Low	71.42±9.72	67.50±13.13	71.00±12.48		18.71±6.07	12.90±5.30	16.18±5.75	
Child presence								
Yes	74.34±12.13	74.76±10.45	66.50±7.77	F=0.786 p=0.456	18.02±7.20	19.56±8.01	14.00±7.07	F=0.999 p=0.369
No	76.66±10.87	73.75±12.12	74.05±10.82		18.77±9.99	18.28±7.16	19.28±7.03	
Employment status								
Employed	71.04±11.80	76.74±11.84	73.00±8.91	F=3.747 p=0.024	15.14±8.42	20.63±7.68	22.00±5.78	F=5.592 p=0.004
Unemployed	75.56±11.93	72.99±11.49	74.00±10.97		18.93±6.98	17.86±7.17	18.96±7.10	

F: Multivariate Analysis of Variance (MANOVA)

BPNS: Basic Psychological Needs Scale

SWLS: Satisfaction with Life Scale

average age of women in Generation X included in the study is 47.48 ± 5.46 (range 41-55). It was found that 41.1% of the women in generation X were primary school graduates, 88.4% were married, 78.9% were equal to their income, 90.5% had children and 77.9% did not work. The average age of women in generation Y is 26.58±5.88 (range 21-40). It was determined that 78.0% of women in the generation Y were university graduates, 65.6% were single, 75.2% were equal to their income, 73.0% had no children and 72.5% did not work. The average age of women in Generation Z is 18.97±1.39 (range 14-20). It was determined that 72.0% of women in the generation Y were university graduates, 97.5% were single, 77.1% were equal to their income, 98.3% had no children and 92.4% did not work (Table 1).

The results of MANOVA analysis, which was conducted to examine the level of meeting women's basic psychological

needs and their Satisfaction With Life levels according to some socio-demographic variables between generations, showed that the main effect of the working status variable on both BPNS and SWLS scores was significant (p<0.05). It was determined that only the main effect of the income variable on SWLS scores was significant (p<0.05), but the main effect on BPNS scores was not significant (p> 0.05). Also, MANOVA analysis results showed that the main effect of the variables of educational status, marital status, and presence of children on BPNS and SWLS scores by generations was not significant (p>0.05; Table 2).

In table 3, the comparison of the mean scores of women in the X, Y, and Z generations from BPNS total and sub-dimensions and SWLS is given. When the mean scores of women in the X, Y, and Z generations were compared, it was found that there was no statistically significant difference between the groups (p>0.05; Table 3).

Table 3. Comparison of the mean scores of women from BPNS and SWLS according to their generations (n = 576)

Variables	Generation X (n=95)	Generation Y (n=363)	Generation Z (n=118)	Test and p value
BPNS Total	74.56±11.99	74.02±11.69	73.92±10.80	F=0.099 P=0.906
BPNS autonomy sub-dimension	24.52±4.58	24.43±4.44	24.23±4.37	F=0.126 P=0.882
BPNS competence sub-dimension	21.83±3.59	21.43±3.67	21.69±3.34	F=0.579 P=0.561
BPNS relatedness sub-dimension	28.21±4.84	28.16±4.91	27.99±4.48	F=0.070 P=0.933
SWLS Total	18.09±7.45	18.62±7.41	19.19±7.03	F=0.597 P=0.551

BPNS: Basic Psychological Needs Scale
SWLS: Satisfaction with Life Scale

Table 4. Correlation between the total and sub-dimensions of women BPNS and SWLS by generation (n = 576)

Variables	Generation X (n=95)	Generation Y (n=363)	Generation Z (n=118)	Generation X,Y,Z (n=576)
BPNS total- SWLS total	r= 0.423 p=0.000	r= 0.390 p=0.000	r= 0.449 p=0.000	r= 0.405 p=0.000
BPNS autonomy sub-dimension -SWLS	r= 0.503 p=0.000	r= 0.385 p=0.000	r= 0.447 p=0.000	r= 0.416 p=0.000
BPNS competence sub-dimension -SWLS	r= 0.415 p=0.000	r= 0.331 p=0.000	r= 0.336 p=0.000	r= 0.345 p=0.000
BPNS relatedness sub-dimension -SWLS	r= 0.263 p=0.010	r= 0.332 p=0.000	r= 0.394 p=0.000	r= 0.330 p=0.000

BPNS: Basic Psychological Needs Scale
SWLS: Satisfaction with Life Scale

Table 4 shows the correlation between the BPNS total and sub-dimensions of women and SWLS by generations. A statistically significant positive correlation was found between SWLS and BPNS total, BPNS autonomy sub-dimension, BPNS competence sub-dimension and BPNS relatedness sub-dimension in women in the X generation (respectively; r=0.423; r=0.503; r=0.415; r=0.263; p<0.05 for all). A statistically significant positive correlation was found between SWLS and BPNS total, BPNS autonomy sub-dimension, BPNS competence sub-dimension and BPNS relatedness sub-dimension in women in the generation Y (respectively; r=0.390; r=0.385; r=0.331; r =0.332; p<0.01 for all). A statistically significant positive correlation was found between SWLS and BPNS total, BPNS competence sub-dimension, BPNS competence sub-dimension and BPNS relatedness sub-dimension in women in the generation Z (respectively; r=0.405; r=0.416; r=0.345; r=0.330; p<0.01 for all).

Discussion

In this study, where we examined the relationship between the psychological needs of women and their life satisfaction by generations, it was determined that the main effect of women on life satisfaction according to the intergenerational income variable was significant, it was determined that the life satisfaction of women in the X generation decreased as the income level increased, and the life satisfaction increased as the income level increased in the Y and Z generations. In a study examining the life satisfaction of women, it was determined that the life satisfaction of women with high-income levels was also high and it was statistically significant (Sümer, 2018). Similarly, in many studies in the literature, it is stated that the living standards of the individuals increase with the increase in the income level for the X, Y, and Z generations, and accordingly, life satisfaction is also positively affected (Çekiç, Kaya, & Buğa, 2019; Kabasakal & Baş, 2013; Özgür,

Gümüş, & Durdu, 2010; Şeker, & Sirkeci, 2014; Toker, 2012). However, parallel to our finding in Generation X, in the study conducted by Yıldırım et al., It was determined that as the income level of women in the X generation increases, their life satisfaction decreases (Yıldırım & Işık, 2017).

This study found that the main effect of intergenerational women on life satisfaction according to their working status was significant, that the life satisfaction of working women in the Y and Z generations was high, whereas in the X generation, unlike this finding, working women had low life satisfaction. In a study conducted by Soylu and Kabasakal to examine the relationship between married women with life satisfaction and working status, it was determined that working women had higher life satisfaction than non-working women (Soylu & Kabasakal, 2016). There are studies in the literature that are in parallel with our study, and it has been stated that life satisfaction is one of the factors that increase life satisfaction due to the economic security of working status (Cihangir & Çakır, 2019; Çilli, Kaya, Bodur, Özkan, & Kucur, 2004). In this study, we found that non-working women in Generation X had higher life satisfaction than employees. This situation does not coincide with the views of the theorists who stated that the study is very important for mental health (Elms, 2001). The fact that the vast majority of women in generation X have children, perhaps grandchildren, and therefore have more time to devote to family relationships when not working, may have caused higher life satisfaction scores than working participants. In addition, in our study, we determined that the main effect of women on basic psychological needs according to the intergenerational employment variable was significant. According to this result, we determined that the psychological needs of the unemployed women in the X and Z generations and the working women in the Y generation are high. In parallel with our findings in generation Y, in a study conducted on parents, it was found that the working parent had better

psychological well-being than the non-working parent (Eroğlu, 2017). In addition, as stated earlier in Generation X, the desire of these women to devote most of their time to family relations rather than working life may have led to higher levels of psychological needs satisfaction in non-working people than working participants. At the same time, the fact that most of the individuals in the generation Z are students, they do not consider themselves unemployed, and they continue to receive an education that will provide them with job opportunities, these women may have higher psychological need scores in the non-working group.

In this study, it was determined that when psychological needs are met, age does not play a determining role and there is no difference between generations. Basic psychological needs are innate needs, and meeting these needs gains importance, and it is stated in the literature that basic psychological needs do not differ according to age (Sarı, Yenigün, Altıncı, & Öztürk, 2011; Kaya & Altun, 2018). Although there is no significant relationship as a result of the analysis made; It was found that the scores of basic psychological needs, autonomy, and relationship need scores of women in the generation Z were lower than the scores of the women in the X and Y. In line with our finding, Öner found in his study on individuals in the X and Y generations that the scores of basic psychological needs, autonomy and relationship need scores of those aged 20-29 were lower than those of those aged 30-39 and 40 and over (Öner, 2019). Considering that the age variable is related to the maturation of individuals, this result is thought to be one of the expected results of the study, considering that increasing age will provide more contact with life events that support individuals to meet their basic psychological needs. Also, in our study, we determined that the difference between generations is not a determinant of life satisfaction. Similar to our study, she did not find a significant difference between generation differences and life satisfaction in her study on women in Sumer (Sümer, 2018). However, although there was no significant relationship, according to the results of our study, a negative relationship was found between age and life satisfaction. Similar to our study, in his study on women in Sumer, he found that life satisfaction decreased with increasing age (Sümer, 2018). Yıldırım and Işık stated that there is a negative relationship between life satisfaction and life satisfaction that decreases with increasing age between generations (Yıldırım & Işık, 2017). Similarly, in the study conducted by Jan and Masood to determine the life satisfaction of women, it was stated that there is a negative relationship (Jan & Masood, 2008). We in this study determined that there is a positive relationship between psychological needs and life satisfaction in all generations, and life satisfaction increases as psychological needs are met. As mentioned before, the satisfaction of basic psychological needs is one of the factors affecting life satisfaction in general. When these needs are sufficiently satisfied, people feel happy and their satisfaction with life tends to increase (Ryan & Deci, 2000). In line with our findings in the literature, it has been found in many studies that satisfaction of basic psychological needs is an important predictor of life satisfaction as indicators of well-being and well-being (Cihangir-Çankaya, 2009; Özaydın, Sevinç, & Deniz, 2014).

Study Limitations

The study has several important limitations. First, data were collected via self-report based self-report. Also, the basic

psychological needs and life satisfaction levels of the individuals are limited by the qualities measured by the scales applied in the study. However, it provides solid evidence of the relationship between women's psychological needs and life satisfaction across generations.

Conclusion

As a result of our findings; It has been determined that the employment status between generations is an important determinant of both the level of satisfaction of psychological needs and life satisfaction in women, while income status is only a determinant of life satisfaction. While the level of satisfaction of psychological needs and life satisfaction was not affected by generational differences, it was found that as age increases, the level of meeting psychological needs increases and life satisfaction decreases. As a result of the study, it is seen that the level of satisfaction of psychological needs affects life satisfaction.

These results are important for midwives who provide health services to women in every field, realizing that women's psychological needs and life satisfaction may vary between generations. It is recommended to determine the basic psychological needs of women according to the generations and to plan and implement preventive and protective mental health services to increase life satisfaction.

Conflict of interest

The authors declare that there were no potential conflicts of interest with regard to the research, authorship and/or publication of this article.

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Ethics Committee Approval

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Informed Consent:

Informed consent was obtained from women who participated in this study.

Peer-review

Externally peer-reviewed.

Author Contributions

E.S.B.: Conceptualization, Methodology, Data collection, Formal analysis, Methodology, Writing- original draft, Validation.

E.K.O.: Conceptualization, Methodology, Data collection, Formal analysis, Methodology, Writing- reviewing and editing.

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