Values as Predictors of Subjective Well-being for Undergraduate Students in Kingdom of Saudi Arabia

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Summary

This study aimed to verify the existence of a Statistical Significance between Values and both components of Subjective Well-Being (Cognitive: represented by Life Satisfaction & Emotional: represented by Happiness). It also aimed to discover the predicted value scores of the respondents to the Values Survey on the Well-Being scale used in this survey. And finally, it aimed to discover the Value System for those respondents who scored high and low well-being scores with both of its components.

It is to be noted that this study followed both Descriptive Predictive Relational approach and the Descriptive Comparative approach in order to verify both hypotheses Relational Predictive & Comparative which this study has laid down. Respondents’ group number was 697 students of both genders studying in Damham University from diverse academic studies. These students were between 18—26 years of age, an average of 20.71, and with a standard deviation of 2.16 for the whole respondents group. Boys’ group average was 21.94 year olds, with a standard deviation of 2.31, and girls’ group average was 20.54 year olds with a standard deviation of 2.095.

Worth to mention that the researcher prepared the well-being scales, and used in her study the International Schwartz Value Survey translated by Mohammad Saied in 2009 as a study tool. This tool was used after modifying it to conform to the Saudi Society, on a respondent group of 100 students (males & females) studying in Damham University. The study tool included 10 basic values and they are: power, hedonism, stimulation, benevolence, achievement, security, self-direction, conformity, tradition, and universalism. The researcher implemented the tool after calculating the psychometric determinants of these scales. The study have reached a conclusion that there is a positive statistically significance between the overall score of well-being & power, security, benevolence, and universalism values. Whereas it equaled with achievement, tradition, conformity, and self-direction values (arranged depending on relations strength). It also concluded that it has no relation to stimulation values. Power values scored the highest overall well-being score and it was 0.334**, life satisfaction 0.256**, and happiness 0.360.

The study also showed the Value System diversity among who scored high well-being scores in comparison to those who scored low scores. In addition, the study showed the possibility of predicting well-being level (overall & sub-scores) through respondents scores using the Value Survey in the study.