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# Investigation of teacher trainees' psychological well-being in terms of time management

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## Abstract

This study is on teacher trainees' well-being in terms of time management, gender, family relationships, incomes, parents' education levels, residence and grade averages. The participants were 186 students between the ages of 20 and 25. The data were collected with a personal information form, time management inventory and psychological well-being scale and analyzed with Pearson correlation technique, t-test and one-way ANOVA. A positive relationship was found between psychological well-being and time planning but those between the former and attitudes toward time and time-consuming things were not significant. The other significant differences were about family relationships and father's education level.

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*Keywords:* Psychological well-being; well-being; time management; teacher trainees; university student; level of education.

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## 1. Introduction

People have always tried to find out how a good life can be achieved and associated it with well-being and happiness. The concept of "well-being" is used as a general mental health term in the literature of psychology (Diener, Lucas & Oishi, 2002; Diener, Sapyta & Suh, 1998; Seligman & Csikszentmihalyi, 2000). It is grouped into two as subjective and psychological well-being and also mentioned that it can be considered to be a multidimensional phenomenon including both subjective and psychological well-being (Ryan & Deci, 2001). While subjective well-being means happiness, relaxation and a relative absence of problems, psychological well-being is usually defined as taking on challenges and making efforts for personal development and growth (Waterman, 1993). Lent (2004) distinguishes between them with counseling psychology perspective. Psychological well-being serves as a guide to clinical studies that can help counselors and clients achieve their objectives and it provides information about the aims and goals of psychological counseling (Cristopher, 1999).

According to Ryff (1989), who made important contributions to the studies on a good life, psychological well-being involves life purposes, awareness of individual potential and the quality of interpersonal relations. Ryff's (1989) model of well-being has a literature basis comprising such concepts as self-realization (Maslow, 1968), the

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