Abstract

Background: The main aim of this study was to explore the relationships between personal self-concept and satisfaction with life, with the latter as the key indicator for personal adjustment. The study tests a structural model which encompasses four dimensions of self-concept: self-fulfillment, autonomy, honesty and emotions. Method: The 801 participants in the study, all of whom were aged between 15 and 65 (M = 34.03, SD = 17.29), completed the Satisfaction with Life Scale (SWLS) and the Personal Self Concept (APE) Questionnaire. Results: Although the four dimensions of personal self-concept differ in their weight, the results show that, taken together, they explain 46% of the differences observed in satisfaction with life. This implies a weight that is as significant as that observed for general self-esteem in previous research studies. Conclusions: This issue should be dealt with early on, during secondary education, in order to help prevent psychological distress or maladjustment.

Keywords

personal self-concept, personal adjustment, satisfaction with life, adolescence, adulthood.