Abstract

Results from 14 Studies carried out along a decade with a Scale of Subjective Well-being and a Scale of Social Adaptation are briefly presented. Associations of well-being and adaptation as they are assessed by these scales with different factors, styles, and personal dimensions (such as clinical indicators, basic personality factors and intelligence factors) were tested. Results show on one side a clear pattern of significant positive correlation (above .60) between subjective well-being and social adaptation and on the other side negative correlations with depression, anxiety, and neuroticism. Although decreasing, correlations with extraversion and other basic factors of personality are still positive and significant. No significant correlation was found with general intelligence, but it was found a significant correlation with emotional intelligence components.

Keywords

Subjective wellbeing, Social adaptation, Personality, Mental health, Intelligence.