CHARACTER STRENGTHS AND PSYCHOLOGICAL WELLBEING

SAMPLE

419 participants

- 80% College students
- 20% Lleida, Spain

Mean age = 19.9

STUDY AIM

To explore two related variables: character strengths and the psychological wellbeing

METHOD

- Study aim establishment, sample recruiting, data collection, statistic analysis, reached conclusions, impact transfer.
- MEASURES
  - VIA-IS (Peterson & Seligman, 2004)
  - Psychological Wellbeing Scale (PWBS; Ryff, 1989)

RESULTS

CHARACTER STRENGTHS | PWBS
---|---
Curiosity | 0.304**
Love of learning | 0.147**
Judgement | 0.138**
Creativity | 0.109**
Social intelligence | 0.204**
Perspective | 0.235**
Bravery | 0.163**
Perseverance | 0.227**
Honesty | 0.206**
Kindness | 0.158**
Love | 0.229**
Teamwork | 0.234**
Fairness | 0.169**
Leadership | 0.272**
Self-regulation | 0.211**
Prudence | 0.135**
Humility | 0.110**
Appreciation & gratitude | 0.170**
Gratitude | 0.275**
Hope | 0.332**
Spirituality | 0.135**
Humor | 0.235**
Zest | 0.273**
Forgiveness | 0.159**

*p < 0.01
**p < 0.05

DISCUSSION

Little literature is devoted to study which character strengths and virtues are closer to the psychological wellbeing.

All strengths of character relate significantly to the psychological wellbeing, especially the strengths of curiosity and hope.

