

The Factors Associated with Life Satisfaction of the Correctional Officers

Asist. Prof. Dr. Emre ŞENOL-DURAK

Assist. Prof. Dr. Mithat DURAK

Prof. Dr. Tülin GENÇÖZ

----TURKEY----

LIFE SATISFACTION

- ▶the balance between desired personal goals and general living conditions that influences the psychological and physical well-being of the individuals

(Koivumaa-Honkanen, Honkanen, Viinamaki, Heikkilä,
Kaprio, & Koskenvuo 2001).

Factors Associated with Life Satisfaction

Determinants of life satisfaction may vary from **one culture to another** (Tucker, Ozer, Lyubomirsky, & Boehm, 2006) and from **one sample to another**.

Factors Associated with Life Satisfaction

In addition to **marital satisfaction** and **work satisfaction**, higher subjective well-being scores is related with **coping with stress**

(Pavot & Diener, 2004).



Factors Associated with Life Satisfaction

Perceived stress and social support had effects on the life satisfaction.

(Rintala, Robinson-Whelen, and Matamoros, 2005)



Factors Associated with Life Satisfaction

Perceived social support were significantly related with well-being among the mothers caring children diagnosed as cerebral palsy

(Skok, Harvey, & Reddihough, 2006).



Factors Associated with Life Satisfaction

Little or no difference was found according to **gender** and

income



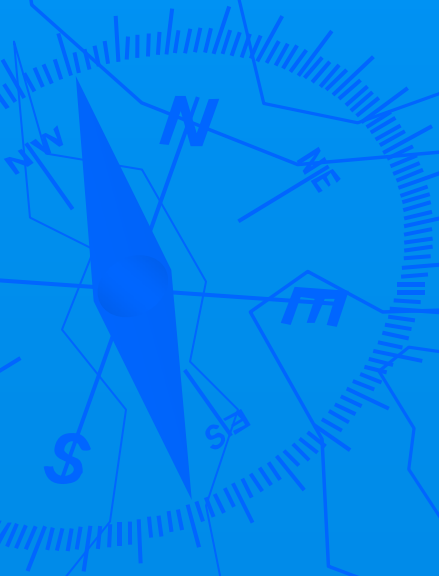
(Pavot & Diener, 2004).

Factors Associated with Life Satisfaction

Practical forms of (active) coping yielded better life satisfaction

scores among care givers of dementia patients

(McConaghy, & Caltabiano, 2005)



Factors Associated with Life Satisfaction

Duckworth, Steen, and Seligman (2005) stated that individuals with **PA** had significantly higher levels of life satisfaction. They emphasized that **NA** was not significantly related with life satisfaction.

On the contrary, elderly individuals having higher scores of **NA** had significantly lower the scores on life satisfaction (Kahn et al., 2003)

Life Satisfaction in Correctional Officers

Working in the correctional settings can be very stressful and the correctional officers are among the groups being exposed prolonged high level of stress

(Şenol-Durak, Durak, & Gençöz, 2006)

Life Satisfaction in Correctional Officers

Determinants of life satisfaction has not been examined with
the correctional officers yet.

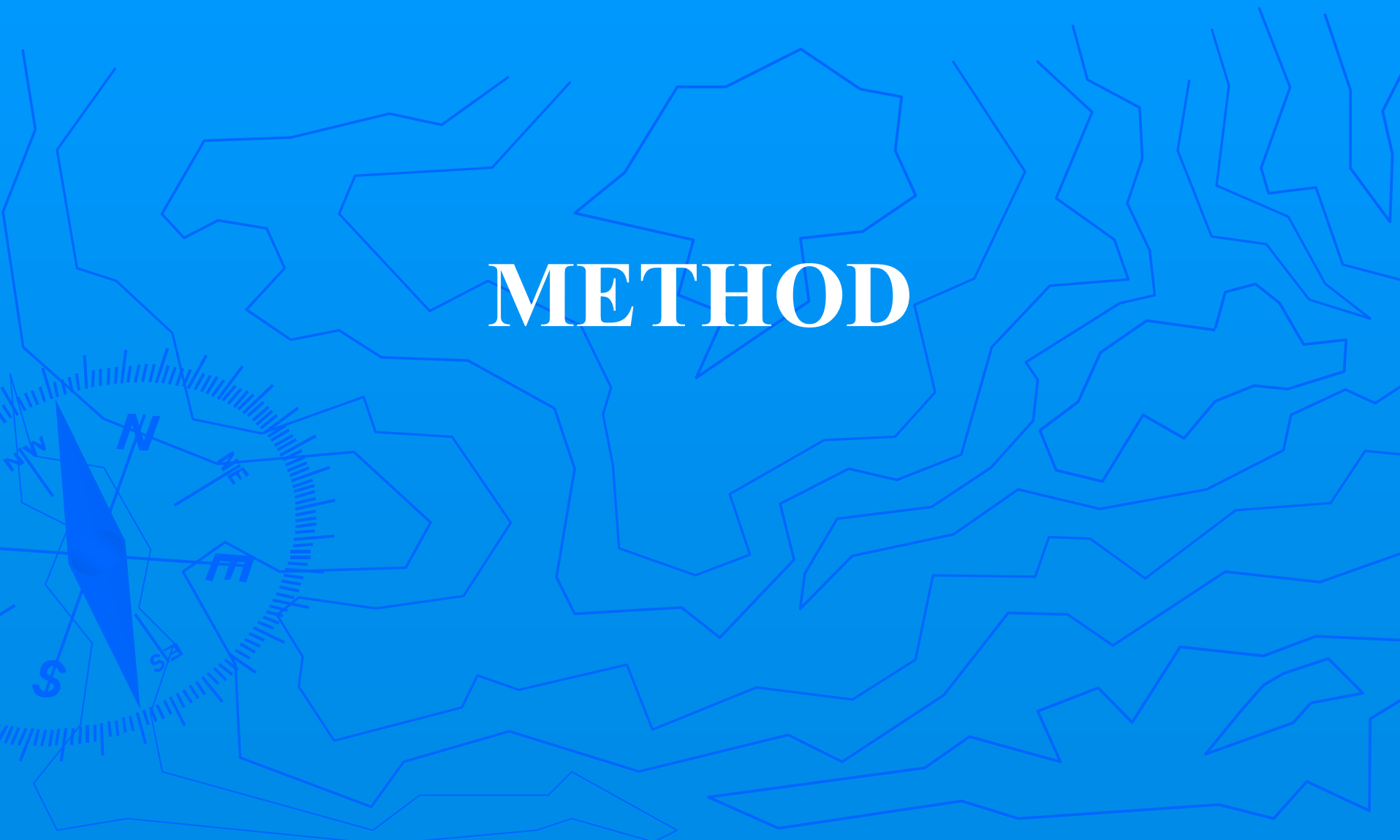


Aim of the Present Study

The present study aims to examine the extent to which correctional officers' life satisfaction associated with environmental (work-related) and personal factors.



METHOD



Method: Participants

722 correctional officers participated in the present study

	Frequency	Percent		Freq.	Percent
<i>Education</i>			<i>Marital Status</i>		
Secondary sch.	114	15.79	Single	221	30.61
High school	455	63.02	Married	501	69.39
University	153	21.19	<i>Prison type</i>		
<i>Gender</i>			Minimum-secur.	25	3.46
Female	81	11.22	Medium-security	543	75.21
Male	641	88.78	Maximum-secur.	154	21.33

<i>Shift Status</i>	Frequency	Percentage
No	262	36.29
Yes	460	63.71

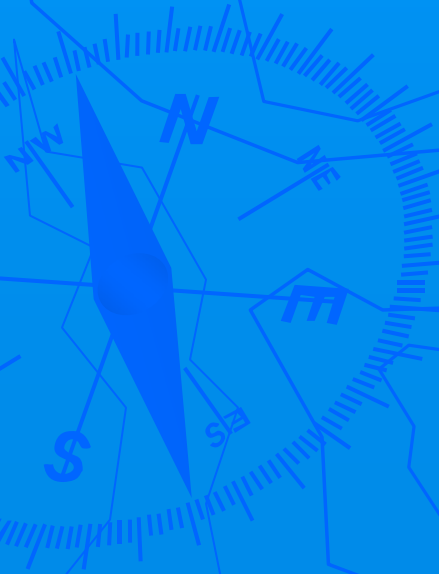
Method: Measures

- ▶ Satisfaction with Life Scale (SWLS),
- ▶ Work Stress Scale for Correctional Officers (WSSCO),
- ▶ Rosenberg Self-Esteem Scale (RSE),
- ▶ Positive and Negative Affect Schedule (PANAS),
- ▶ Multidimensional Scale of Perceived Social Support (MSPSS)
- ▶ The Ways of Coping Inventory (WCI)
- ▶ Demographic Information Form.

Method: Procedure

- ▶ The measures were distributed to the correctional officers after obtaining **approval from the ethical committee of the Ministry of Justice.**
- ▶ **Following the prison rules,** the researchers **informed** the correctional officers about the purpose of the study at locations, such as the corridors, library, meeting hall, kitchen, hobby center, and crisis center.
- ▶ **A booklet** was distributed to each of them.

RESULTS



Descriptive Information

Measures	Mean	Std. Dev.	Min.	Max.
<i>Demographic variables</i>				
Age	36.02	7.25	20	55
Monthly income (Turkish Liras)	1225.62	872.48	800	10000
Duration in the job (in months)	118.32	89.01	1	333
Duration in the institute (in months)	91.09	86.76	1	333
Communication with prisoners (hours/ a day)	8.43	3.68	0	12

Descriptive Information

	Mean	Std. Dv.	Min.	Max.
<i>LIFE SATISFACTION</i>	3.25	1.46	1	7
<i>WORK RELATED VARIABLES</i>				
Perceived Dangerousness of Job	4.91	1.55	0	6
Job Commitment	3.04	1.22	0	6
<i>PERCIEVED SOCIAL SUPPORT</i>				
P. Social Support from Family	5.72	1.44	1	7
P. Social Support from Friends	4.72	1.60	1	7
P. Social Support from Significant Others	3.69	2.04	1	7
<i>SELF ESTEEM</i>	2.95	0.61	0	4

Descriptive Information

	Mean	Std. Dv.	Min.	Max.
<i>STRESS RELATED VARIABLES</i>				
Total work stress	2.65	0.79	0	4
Overload	2.53	0.82	0	4
Role conflict & ambiguity	2.22	0.96	0	4
Threat perception	2.36	0.89	0	4
Physical inadequacies	2.31	1.03	0	4
General problems	2.30	0.91	0	4
<i>AFFECT RELATED VARIABLES</i>				
Positive affect	3.26	0.77	1	5
Negative affect	2.29	0.75	1	5
<i>COPING STRATEGIES</i>				
Problem-focused coping	2.45	0.42	0	4
Emotion-focused coping	1.50	0.47	0	4
Indirect Coping	2.16	0.52	0	4

Results

- ▶ Hierarchical multiple regression analyses were conducted to reveal the significant associates of life satisfaction.
- ▶ Variables were entered into the equation via **three steps**.



Results

► In order to control for the possible effects of **socio-demographic variables**

- gender,
- age,
- education,
- marital status,
- monthly income,
- years in job,
- years in the institution,
- shift status,
- duration of communication with prisoners,
- perception of dangerousness,

.....these first step variables were entered into the equation via **stepwise** method.

Results

- ▶ After controlling for the socio-demographic variables that were significantly associated with the dependent variable, **total work stress (WSSCO)** was **entered** into the equation on the second step.
- ▶ On the last step, **affect related variables** (positive and negative affect), **coping strategies** (problem-focused coping, emotion-focused coping, and indirect coping), **self-esteem**, and **perceived social support** (family, friends, and significant others) were **entered** into the equation.

Predictors in set

F for set

t for w/in set
Predictors

df

Beta
(β)Model R²
Change

Dependent Variable: LIFE SATISFACTION

Totally explained variance = 28%

	Predictors in set	F for set	t for w/in set Predictors	df	Beta (β)	Model R ² Change
I.	<i>Control variables</i>	23.82***		1, 720		.047
	Family Income		4.88***	720	.22	
II.	<i>Control variables</i>	18.52***		1, 719		.035
	Job Commitment		4.30***	719	.19	
III.	<i>Control variables</i>	12.99***		1, 718		.024
	Perception of Dangerousness		-3.61***	718	-.16	
IV.	<i>Control variables</i>	5.69*		1, 717		.010
	Prison Type		2.39*	717	.10	
V.	<i>Stress</i>	32.24**		1, 716		.056
	Total Stress		-5.68***	716	-.26	
VI.	<i>Coping- Affect-Esteem-Support</i>	8.014***		9, 707		.110
	Problem-focused Coping		.77	707	.04	
	Emotion-focused Coping		4.87*	707	.20	
	Indirect Coping		1.42	707	.06	
	Positive Affect		-.68	707	-.03	
	Negative Affect		-3.34***	707	-.16	
	Support From Family		3.00**	707	.14	
	Support From Friends		-.51	707	-.03	
	Support From Significant Others		1.99*	707	.09	
	Self-Esteem		.83		.04	

* $p < .05$ ** $p < .01$ *** $p < .001$

Note. Prison type was coded as 1 for minimum security, 2 for medium security, and 3 for maximum security prisons

Results

According to the results of regression analyses, totally nine variables, namely,

- Having high monthly income,
- Having higher job commitment,
- Lower dangerousness perception,
- Working in the high security prison,
- Exposing lower Work Stress,
- Having lower Negative Affect,
- Higher Emotion-Focused Coping, and
- Higher Social Support from Family or Significant Others

were found to be significantly associated with the Life Satisfaction.

DISCUSSION



Discussion

A significant implication of the results is the importance of studying both **work environment** and **personal factors** to life satisfaction of correctional officers.



Discussion

Consistent with the other researches conducted with different samples, **perceived stress** (Rintala et al., 2005), **social support** (Skok et al., 2006) and **negative affect** (Kahn et al., 2003) are significantly associated with the life satisfaction of the correctional officers.

Discussion

Inconsistent with the other findings (Pavot, & Diener, 2004),

monthly income is significantly associated with the life

satisfaction of the correctional officers.



Discussion

Inconsistent with the other findings (Duckworth et al., 2005),

NA is significantly associated with the life satisfaction of the
correctional officers.



Discussion

➤ Correctional officers working in maximum-security prisons had higher life satisfaction than those working in minimum- or medium-security prisons.

DUE TO

- Clearer, and less ambiguous roles
- Not faced with the roles beyond their responsibilities
- Better the physical conditions
- Adequate number of personnel
- Spending more time with their families, and significant others

Discussion

- **Emotion-focused coping** is better strategy than problem-focused coping in the correctional setting.
- Therefore, emotion/affect regulation is important than planning the ways of coping those individuals.

Discussion

- Perceived support from external resources (from family and significant other) works well and increase life satisfaction.
- On the other hand, support from institutional sources (especially from work friends) does not change life satisfaction.
- This may be related with the stressful nature of the prison.
- In fact, perceived support from different kind of sources may cause conflicted emotions due to perception of trust.

Discussion

- Prison environment has its **own nature**.
- These differences may be related with the different nature of the prison environment.

Discussion

The study relied on a **homogeneous** sample of correctional officers. This sampling limitation may limit **generalizability** of the results to other populations.



Discussion

Further research is warranted to better understand the complex associations of these factors in **different cultures** and in **different settings**.



Acknowledgement

- ▶ This project is partially supported by
 - A grant from The Scientific and Technological Research Council of Turkey (TUBITAK) (Project no: SOBAG 105K155)
 - A grant from TUBITAK-BIDEP
 - A grant from AIBU

For Further questions and comments;

emresenoldurak@yahoo.com

Abant Izzet Baysal University

Department of Psychology

THANK YOU....

