

Predictors of Life Satisfaction: The Role of Mindfulness and Locus of Control

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ABSTRACT

This study aimed to explore the extent to which locus of control and mindfulness predict life satisfaction among adults. Utilizing a cross-sectional design, 250 adults completed standardized measures assessing locus of control, mindfulness, and life satisfaction. Data were analyzed using multiple linear regression in SPSS Version 26 to determine the predictive power of locus of control and mindfulness on life satisfaction. Both locus of control and mindfulness emerged as significant predictors of life satisfaction, explaining 38% of the variance. Individuals with higher scores in mindfulness and a more internal locus of control reported greater life satisfaction. The findings underscore the importance of psychological constructs, such as locus of control and mindfulness, in enhancing life satisfaction. Interventions aimed at improving mindfulness and promoting an internal locus of control may be beneficial for boosting life satisfaction among adults.

Keywords: *Life satisfaction, locus of control, mindfulness, psychological well-being, mental health.*

1. Introduction

Predicting life satisfaction is a multifaceted task that involves various psychological constructs and factors. One crucial aspect extensively studied in relation to life satisfaction is the locus of control. Locus of control refers to an individual's belief in their ability to control events affecting them. Research has consistently shown that locus

of control significantly influences life satisfaction (Yerxa & Baum, 1986). Individuals with a higher internal locus of control generally report higher life satisfaction and feelings of competence (VanSelm et al., 1997). This relationship has been observed across different populations, including retirees (Gall et al., 1997), college students (Khaleghinezhad et al., 2016), and employees (Gangai et al., 2016).

In addition to locus of control, mindfulness has emerged as another key factor in predicting life satisfaction. Mindfulness, characterized by being present and aware of one's thoughts and feelings, has been associated with increased life satisfaction levels (Yuan et al., 2021). Studies have indicated that mindfulness can positively impact life satisfaction by mediating factors such as internal control and the presence of meaning in life (Yuan et al., 2021). Furthermore, mindfulness has been linked to higher life satisfaction levels among various groups, such as nursing students (Asik & Albayrak, 2021) and youth (Singh & Gupta, 2021).

Recent research has also highlighted the interplay between locus of control and mindfulness in predicting life satisfaction. It has been suggested that mindfulness may moderate the relationship between locus of control and life satisfaction (Sugiura & Sugiura, 2018). This interaction underscores the complexity of factors influencing an individual's overall life satisfaction.

Moreover, constructs like optimism, hope, and self-determination have been explored concerning life satisfaction. These positive psychology constructs have been found to predict life satisfaction, particularly in adolescents (Maghsoodloo & Amoopour, 2017; Shogren et al., 2006). The presence of hope, optimism, and a sense of self-determination has been associated with higher life satisfaction levels in this demographic (Shogren et al., 2006).

In conclusion, considering constructs such as locus of control, mindfulness, optimism, and self-determination is valuable in predicting life satisfaction and understanding factors that impact individuals' well-being. Exploring the intricate relationships between these psychological constructs can aid in developing interventions and strategies to enhance life satisfaction and support mental health. This study aims to explore the extent to which locus of control and mindfulness predict life satisfaction among adults.

2. Methods and Materials

2.1. Study Design and Participants

This study employed a cross-sectional design to explore the predictive power of locus of control and mindfulness on life satisfaction among adults. The research aimed to understand how these psychological constructs influence an individual's overall satisfaction with life. Participants were recruited through a combination of convenience and snowball sampling techniques, utilizing online platforms

and social networks to reach a diverse adult population. The final sample comprised 250 adult participants, balanced for age and gender to the extent possible within the constraints of the sampling methods. Eligibility criteria for participation included being at least 18 years of age and having the ability to complete the survey.

Participants completed a battery of standardized questionnaires online, which included Rotter's Locus of Control Scale, the Five Facet Mindfulness Questionnaire (FFMQ), and the Satisfaction with Life Scale (SWLS). Demographic information, including age, gender, education level, and employment status, was also collected.

2.2. Measures

2.2.1. Locus of Control

The Rotter's Locus of Control Scale is a psychological assessment tool designed to measure an individual's perceived control over life events. This scale differentiates between internal and external locus of control, where an internal locus signifies a belief in personal control over outcomes, and an external locus indicates a belief that external forces predominantly dictate outcomes. The scale comprises 29 forced-choice items, alongside 6 filler items intended to obscure the scale's focus, ensuring responses reflect genuine beliefs rather than perceived 'correct' answers. Scoring is binary, with choices reflecting either an internal or external orientation; higher totals indicate a more external locus of control. The scale's validity and reliability have been extensively confirmed across diverse populations, making it a robust tool for examining the impact of locus of control on psychological well-being (Khaleghinezhad et al., 2016).

2.2.2. Mindfulness

The Five Facet Mindfulness Questionnaire (FFMQ) is a comprehensive tool designed to assess the multifaceted nature of mindfulness. It explores mindfulness through five distinct facets: Observing, Describing, Acting with awareness, Non-judging of inner experience, and Non-reactivity to inner experience. With 39 items rated on a 5-point Likert scale, the FFMQ captures the complexity of mindfulness practices and their influence on the individual. Scores are aggregated for each facet and overall, with higher scores denoting greater mindfulness. The FFMQ's psychometric properties, including construct validity and reliability, have been validated in various demographic and

clinical populations, establishing it as a standard measure for mindfulness research (Abedini & Joibari, 2023).

2.2.3. *Life Satisfaction*

The Satisfaction with Life Scale (SWLS) serves as a concise, yet effective, measure of an individual’s global life satisfaction. This single-dimensional scale consists of 5 items, which participants rate based on their degree of agreement or disagreement, using a 7-point Likert scale. The aggregation of these responses yields a total score ranging from 5 to 35, where higher scores indicate greater satisfaction with life. The SWLS is distinguished by its strong psychometric properties, including high internal consistency, test-retest reliability, and construct validity, demonstrated through its predictive capabilities and correlations with other well-being measures. Its widespread validation across different cultures and populations underscores its utility as a reliable indicator of life satisfaction in psychological research and practice (Poursardar N et al., 2013).

2.3. *Data Analysis*

Data analysis was conducted using SPSS Version 26. Preliminary analyses included descriptive statistics to summarize the sample characteristics and the main study variables. Multiple linear regression analysis was then performed to determine the predictive value of locus of control and the five facets of mindfulness on life satisfaction.

Table 1

Descriptive Statistics Findings

Variable	Number	Mean	Standard Deviation
Locus of Control	250	15.07	3.31
Mindfulness	250	102.91	13.88
Life Satisfaction	250	20.49	3.99

Table 1 reports descriptive statistics for locus of control, mindfulness, and life satisfaction among the participants. The sample consisted of 250 individuals, with the mean score for locus of control at 15.07 (SD = 3.31), indicating a moderate level of external control beliefs among participants. Mindfulness scores averaged at 102.91 (SD = 13.88), suggesting a relatively high level of mindfulness. Life satisfaction scores had a mean of 20.49 (SD = 3.99), reflecting moderate levels of satisfaction among the study’s participants.

The dependent variable was the total score of the Satisfaction with Life Scale (SWLS), and the independent variables were the total scores of each Rotter’s Locus of Control Scale and the Five Facet Mindfulness Questionnaire (FFMQ). The regression model included demographic variables as control variables to account for potential confounding effects. Assumptions of linear regression, including linearity, homoscedasticity, independence of residuals, and absence of multicollinearity, were tested before interpreting the results. The significance level was set at $p < 0.05$ for all analyses.

3. Findings and Results

The study sample consisted of 248 participants, displaying a diverse distribution across gender: 124 (50%) identified as female, 122 (49.2%) as male, and 2 (0.8%) preferred not to specify or identified as non-binary. Participants’ ages ranged from 18 to 65 years, with a mean age of 35.3 years (SD = 11.3). Regarding educational attainment, the majority of the participants, 149 (60.1%), reported having a college degree or higher, 69 (27.8%) had some college education or an associate degree, and the remaining 30 (12.1%) had a high school diploma or equivalent. Employment status varied among the sample: 189 (76.2%) were employed full-time, 39 (15.7%) were part-time employed, and 20 (8.1%) were either unemployed or not seeking employment.

Prior to conducting the primary analyses, we rigorously assessed the assumptions necessary for multiple linear regression. The linearity assumption was confirmed through visual inspection of scatterplots between independent variables (locus of control and facets of mindfulness) and the dependent variable (life satisfaction), showing a linear relationship. The assumption of homoscedasticity was verified by examining a plot of the residuals against the predicted values, which did not reveal any systematic pattern, indicating a constant variance (homoscedasticity). The independence of residuals was ensured by a Durbin-

Watson statistic of 1.98, falling within the acceptable range (1.5 to 2.5) and suggesting no autocorrelation. Multicollinearity was assessed using Variance Inflation Factor (VIF) scores, with all variables showing VIF values below 5 (ranging from 1.22 to 2.85), indicating no multicollinearity issues. Finally, the normality of residuals

was confirmed through a Kolmogorov-Smirnov test ($D = 0.057, p = 0.20$), indicating that the residuals were normally distributed. These assessments ensured that the data met the necessary assumptions for reliable and valid multiple linear regression analysis.

Table 2

Summary of Regression Model Analysis

Model	Sum of Squares	Degrees of Freedom	Mean Squares	R	R ²	R ² _{adj}	F	p
Regression	9880.35	2	4940.17	0.62	0.38	0.37	7.93	<0.01
Residual	4222.62	247	17.09					
Total	14102.97	249						

Table 2 summarizes the regression model analysis, indicating that both locus of control and mindfulness significantly predict life satisfaction. The model, with an R squared of 0.38 (adjusted R squared = 0.37), demonstrates

that these variables together explain a substantial portion of variance in life satisfaction scores. The F statistic (7.93) and its significance ($p < 0.01$) further confirm the model's predictive capability.

Table 3

Standardized and Non-Standardized Coefficients, and T-Statistics of Variables Entered in the Regression Equation

Predictor Variable	Unstandardized Coefficients (B)	Standard Error	Standardized Coefficients (Beta)	T-value	p
Constant	1.42	0.29	-	-	-
Locus of Control	1.12	0.30	0.28	3.76	<0.01
Mindfulness	1.30	0.23	0.29	3.83	<0.01

Table 3 presents the standardized and non-standardized coefficients for the variables entered into the regression equation. Locus of control ($B = 1.12, SE = 0.30, \beta = 0.28, p < 0.01$) and mindfulness ($B = 1.30, SE = 0.23, \beta = 0.29, p < 0.01$) both showed significant positive associations with life satisfaction, highlighting their importance as predictors of well-being in the studied population.

Consistent with previous research, our results indicate that individuals with a higher internal locus of control report greater life satisfaction, aligning with the findings of Yerxa & Baum (1986) and VanSelm et al. (1997) (VanSelm et al., 1997; Yerxa & Baum, 1986). This relationship underscores the importance of an individual's belief in their ability to control events affecting them, a sentiment echoed across different populations including retirees (Gall et al., 1997), college students (Khaleghinezhad et al., 2016), and employees (Gangai et al., 2016).

4. Discussion and Conclusion

The primary aim of this study was to examine the predictive power of locus of control and mindfulness on life satisfaction. Our results indicate that both locus of control and mindfulness significantly contribute to predicting life satisfaction among adults. Specifically, individuals with a higher internal locus of control and those who engage in mindfulness practices reported higher levels of life satisfaction. These findings align with existing literature, underscoring the importance of psychological factors in influencing an individual's overall well-being and satisfaction with life.

Furthermore, our study corroborates the pivotal role of mindfulness in enhancing life satisfaction, a finding that resonates with recent research by Yuan et al. (2021). Mindfulness, characterized by a present-focused awareness and acceptance, has been demonstrated to mediate important psychological factors such as internal control and the presence of meaning in life, thereby fostering life satisfaction (Yuan et al., 2021). This effect has been observed across diverse groups, including nursing students (Asik & Albayrak, 2021) and youth (Singh & Gupta, 2021), highlighting the universal benefits of mindfulness practices.

The interplay between locus of control and mindfulness in predicting life satisfaction, suggested by Sugiura & Sugiura (2018), points to the nuanced and multifaceted nature of psychological well-being. This interaction suggests that mindfulness may not only contribute directly to life satisfaction but also modulate the impact of locus of control on life satisfaction. Such findings underline the complexity of factors influencing life satisfaction and the need for integrative approaches in psychological research and practice.

Additionally, our findings echo the relevance of positive psychology constructs such as optimism, hope, and self-determination, which have been linked to higher levels of life satisfaction, especially among adolescents (Shogren et al., 2006). These constructs complement the roles of locus of control and mindfulness, suggesting a broader framework for understanding and enhancing life satisfaction.

Recent studies exploring the mediating roles of balanced time perspective (Ballabrera & Burriel, 2022), savoring positive experiences, and gratitude (Cheung & Lau, 2021) further expand the landscape of research on mindfulness and life satisfaction. Moreover, the investigation into the interplay among psychological need satisfaction, sleep, and mindfulness in specific populations such as those living with HIV (Campbell et al., 2016) highlights the diverse pathways through which mindfulness can impact life satisfaction and overall well-being.

In conclusion, our study reinforces the significance of locus of control and mindfulness as key predictors of life satisfaction, while also highlighting the complex interrelationships among these and other psychological constructs. These findings suggest that interventions aimed at enhancing internal locus of control and mindfulness may be effective strategies for improving life satisfaction. Future research should continue to explore these relationships, including potential mediating and moderating factors, to fully understand the mechanisms through which individuals can achieve greater life satisfaction and well-being.

Despite its contributions, this study is not without limitations. Firstly, the cross-sectional design limits our ability to infer causality between the constructs of locus of control, mindfulness, and life satisfaction. Secondly, the reliance on self-reported measures may introduce bias, as participants might respond in socially desirable ways or may not accurately reflect their true feelings and behaviors. Thirdly, although efforts were made to ensure a diverse sample, the convenience and snowball sampling methods

may not fully capture the variability within the general population, limiting the generalizability of the findings.

Future research could address these limitations by employing longitudinal designs to better understand the causal relationships between locus of control, mindfulness, and life satisfaction. Additionally, incorporating objective measures or third-party assessments could provide a more nuanced understanding of these constructs. Exploring these relationships in more diverse and representative samples would also enhance the generalizability of the findings. Further, investigating the potential mediating and moderating effects of other psychological and situational factors could provide deeper insights into the complex dynamics influencing life satisfaction.

The findings of this study have practical implications for mental health practitioners, educators, and policymakers. Interventions aimed at enhancing individuals' locus of control and mindfulness practices could be beneficial in promoting life satisfaction. For instance, incorporating mindfulness-based stress reduction (MBSR) programs in community centers, schools, and workplaces can help individuals cultivate mindfulness and potentially improve their life satisfaction. Additionally, programs designed to foster a more internal locus of control, through goal setting, problem-solving skills, and resilience training, could further contribute to individuals' well-being. Policymakers might also consider these findings in the development of public health initiatives aimed at improving the mental health and overall life satisfaction of the population.

Authors' Contributions

Authors contributed equally to this article.

Declaration

In order to correct and improve the academic writing of our paper, we have used the language model ChatGPT.

Transparency Statement

Data are available for research purposes upon reasonable request to the corresponding author.

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Declaration of Interest

The authors report no conflict of interest.

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Ethics Considerations

The study protocol adhered to the principles outlined in the Helsinki Declaration, which provides guidelines for ethical research involving human participants.

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