

## RESEARCH

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## ARAŞTIRMA

Açık Erişim

## The Evaluation of The Relationships Between Subjective Well-Being Level of Married Individuals, Humor Styles, Satisfaction of Basic Psychological Needs, and Marital Adjustment

*Evlü Bireylerin Öznel İyi Oluş Düzeyleri ile Mizah Tarzları, Temel Psikolojik İhtiyaçlarının Doyumu ve Evlilik Uyumu Arasındaki İlişkilerin İncelenmesi*

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### ABSTRACT

The main purpose of this study is to investigate the relationship between subjective well-being in married individuals, humor styles, and basic psychological satisfaction with marital adjustment. The data of the research group were collected from 698 married individuals working in the public and private sector in 2018. In collecting the research data, Life Satisfaction Scale, Positive-Negative Affectivity Scale, Humor Styles Scale, Basic Psychological Needs Satisfaction Scale, Marital Adjustment Scale are used. In the findings, there is a full mediator role in both marital adjustment and psychological need satisfaction in the relationship between compatible humor sense and subjective well-being. There is also a total mediator role both in marital adjustment and psychological satisfaction in the relationship between incompatible humor style and subjective well-being. The results were evaluated and discussed in the context of theoretical knowledge.

### Article Information

#### Keywords

Subjective Well-Being  
Humor Styles  
Marital Adjustment  
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#### Anahtar Kelimeler

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### ÖZET

Bu çalışmanın temel amacı; evli bireylerde öznel iyi oluş ve mizah tarzları, temel psikolojik ihtiyaçların doyumu ile evlilik uyumu arasındaki ilişkileri incelemektir. Araştırma grubunun verileri, 2018 yılında Yalova ilinde yaşayan, kamu ve özel sektörde çalışan 698 evli bireyden toplanmıştır. Verilerin toplanmasında, Yaşam Doyumu Ölçeği, Olumlu-Olumsuz Duygulanım Ölçeği, Mizah Tarzları Ölçeği, Temel Psikolojik İhtiyaçlar Doyumu Ölçeği ve Evlilik Uyumu Ölçeği kullanılmıştır. Elde edilen bulgular; uyumlu mizah tarzları ile öznel iyi oluş arasındaki ilişkide hem evlilik uyumu hem de psikolojik ihtiyaç doyumunun tam aracı rolü olduğu, ayrıca uyumsuz mizah tarzları ile öznel iyi oluş arasındaki ilişkide de hem evlilik uyumunun hem de psikolojik ihtiyaç doyumunun tam aracı olduğu şeklindedir. Sonuçlar, kuramsal bilgiler ve yapılan araştırmalar bağlamında değerlendirilip tartışılmıştır.

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**Ethical Statement:** The authors declare that they have carried out the research within the framework of the Helsinki Declaration and with the participation of volunteer participants.

## INTRODUCTION

Millions of people live together in the world. They exist in the relationships that define each other in social environments. Marriage can be defined as one of these social relationships. The need of being in a relationship for man and woman extends over to the existence of primitive humans. Both genders have a feeling of finding a partner they would love to spend their life. For centuries, the dream of many women and men has been to have a marital relationship that they can both love and be loved. Being a spouse to someone enables people to feel more valuable than anyone. Also, it helps them to feel close, be considered important, and to experience a sense of belonging. It allows emotions to be experienced strongly. In addition to this, needs like an economical budget, obtaining a status, having children, mutual love, creating an environment of trust, and planning life together are met through marriage. Although it is known that weaknesses and disruptions can be experienced during this whole process, marriage is the lifestyle preferred by individuals to achieve gains. In this way of life, the basic wishes of individuals are to live in a harmonious relationship.

When marital harmony is examined in a broad frame; it is seen that marriage is a phenomenon that contains all concepts like marital strength, marital process, marital relations, marital satisfaction, quality of marriage, and all of these are included in its definition. Therefore, marital adjustment (Fincham, Hall, & Beach, 2006), which is important for ensuring the happiness of married individuals, is considered as a crucial factor in determining the subjective well-being of married individuals. Although individuals want their marriage to continue, recent research carried out shows that there is a significant increase in divorce rates (Turkey Statistical Institute, 2015). Although the visible part of the divorce is attributed to economic reasons, the invisible part is attributed to the spouses' not knowing about communication and marriage itself (Tarhan, 2014). Similarly, 96.7% of divorces are due to marital conflict (Turkey Statistical Institute, 2012). It is important to investigate the factors affecting the happiness / subjective well-being of married individuals. The goal is to reveal couples' needs in a marital relationship and to obtain information about the ways of ensuring harmonious partnerships.

How married individuals feel, whether they have a good mood or not is just important for their minds but it is also a crucial element for the continuation of the marriage. Ensuring happiness in marriage can help married individuals to have a better mood, to increase their life satisfaction and overall content. Therefore, the effect of the marital adjustment on subjective well-being was investigated in the study. Marital adjustment has an important place in the literature as a factor affecting the subjective well-being process. Subjective well-being; is a concept that examines the emotional evaluations of individuals, focuses on their satisfaction. Also, it carries a universal provision of life satisfaction (Diener, Suh, Robert, Lucas, & Smith, 1999). When the studies carried in Turkey about subjective well-being are taken into consideration, it was determined that there are almost no studies done about married individuals (Sancaktar 2016; Harmless, 2016).

Communication between spouses also plays an important role in marriages. If there is good communication between spouses, it can be an important feature that enables harmony and feelings of happiness in the relationship. Forming pleasant relations between spouses is related to emotions and thoughts shared positively. Destructive communication has been reported to occur with low marital satisfaction and high divorce rates (Gottman & Notarius, 2000). Although there are many different methods to support married individuals to cope with difficult and stressful situations, it is thought that it

would be beneficial to consider positive humor styles in which good humor is used as a feature that will facilitate the harmony and happiness of married individuals.

Humor can make individuals feel happy and it helps to establish stronger and better relationships and to support creativity (Lyubomirsky, King, & Diener, 2005). For this reason, there is an increasing interest in studies that examine humor styles and adjustment between spouses (Cann and Collette, 2014). Humor is a characteristic feature that affects the individual's self, the world s/he lives in, experiences s/he has, and the life process s/he creates through these experiences. Referring to studies conducted in Turkey, there found to be a very limited number of research about humor styles and marital adjustment (Fidanoğlu, 2006; İlhan Güngör, 2008).

Meeting the basic psychological needs can be an effective factor for increasing subjective well being. Therefore individuals whose basic psychological needs are met seem happier, more self- confident, and motivated. In return for this, it is stated that individuals whose basic psychological needs are not adequately met, their mental health deteriorates, their happiness and quality of life decrease, and they perceive themselves as passive and inadequate in society (Deci & Ryan, 2000). When these needs are met sufficiently, individuals feel happy and their level of well-being tends to increase (Ryan & Deci, 2000). The satisfaction of psychological and physiological needs is one of the factors influencing the concept of subjective well-being. Individuals primarily meet their physiological needs with marriage, and after they are met, the situation of meeting psychological needs becomes possibly the most important factor (Maslow, 1943). Concepts like marital adjustment, life satisfaction, and live content are directly related to individuals' needs satisfaction. Marital quality is directly related to the physiological well-being of married individuals, and marital adjustment can significantly affect physiological well-being (Kim & Meckenry, 2002). Although it is stated in researches that the basic needs of individuals and meeting these needs are very important for mental health, it is not known how meeting the need for autonomy, competence, and being in a relationship affects one's subjective well-being and also the marriage itself in Turkish society.

Considering that the adaptation of married individuals depends on different variables if basic needs have cared for in the marital relationship, it helps them to feel happy, reach happiness, and make positive connections with their spouses. These are considered as the main factors that affect the increase of well-being of married people. It is expected to reveal the effect of knowing whether married individuals are happy or not and meeting basic needs on subjective well-being. Besides, it is expected that researching the effects of positive humor on marital adjustment and subjective well being can contribute to married individuals for solving problems and ensuring harmonious marriages. It is also expected that the research to contribute experts, therapists works in this field and future research to be done.

### **The Goal of the Research**

The research tried to find an answer to the question of to what extent subjective wellbeing is predicted by the variables of compatible humor styles, incompatible humor styles, psychological need satisfaction, and marital adjustment. In this context, the hypotheses of the research are listed below:

1. Compatible humor style does not affect the satisfaction of the psychological need.
2. Incompatible humor style does not affect the satisfaction of psychological needs.
3. Compatible humor style does not affect marital adjustment.
4. Incompatible humor style does not affect marital adjustment.

5. Psychological needs satisfaction does not affect subjective well-being.
6. Marital adjustment affects subjective well-being.

## METHOD

### Research Model

The conceptual model designed within the context of research has been examined with the structural equation model. The mediating role of marital adjustment and psychological need satisfaction in the relationship between compatible humor styles and incompatible humor styles and subjective well-being was analyzed using the structural equation model technique. Structural equation modeling (SEM); is used by scientists in many different fields (Bentler & Yuan, 1999; Raykov & Marcoulides, 2006) to test the relationship between observed and latent variables in line with a theoretical basis (Jöreskog & Sörbom, 1993) (Leech, Barrett & Morgan, 2005). There a son why SEM has been using in a wide range of areas is that it considers measuring errors belong to variables. It also has effects reaching from one variable to another. It provides the opportunity to develop, predict, and test multivariate models that contain indirect effects between two variables due to the effect of an intermediary variable (Stevens, 2009).

In this study, scores obtained from incompatible humor styles and compatible humor styles were determined as independent variables, scores from the satisfaction of basic psychological needs and marital adjustment scales as mediating variables, and cores from subjective well-being scales as dependent variables.

### Study Group

The research group is consists sum of 698 married individuals, 355 women (51%), and 343 men (49%), who voluntarily agreed to participate in the study and living in the province of Yalova with an accessible sampling method.

**Table 1. Demographic characteristics of the individuals in the research group**

Variable	Group	N	%
Gender	Women	355	51
	Men	343	49
Age Range	20-30	57	8
	31-40	269	39
	41-50	271	39
	50-upper	98	14
Educational Status	Middle School and Lower	29	4
	High School and Upper	657	94

### Ethical Statement

The authors declare that they have carried out the research within the framework of the Helsinki Declaration and with the participation of volunteer participants.

## Data Collection Tools

Research data were collected through Life Satisfaction Scale (LSS), Positive-Negative Affectivity Scale (PNAS), Humor Styles Scale (HSS), Basic Psychological Needs Satisfaction Scale (BPNSS), and Marital Adjustment Scale (MAS).

**Life Satisfaction Scale (LSS).** The scale was developed by Diener et.al. and adapted to Turkish by Yetim (1993). The scale, which consists of five items in total, is the Likert type and scored between 1-7. Life Satisfaction Scale measures three components of subjective well-being (life satisfaction, positive and negative aspects of subjective well-being) based on the individual's assessment. To test the reliability of the scale, two applications were made with three-week intervals, and the test-retest reliability coefficient of the scale and it was found to be .85. In the item analysis study, the correlation coefficient between the item scores of the scale and the total scores was calculated with the Pearson Moments Multiplication Correlation coefficient. Besides, the Cronbach's-alpha reliability coefficient was found as .76 in the study conducted on reliability of the scale. In the life satisfaction scale, the sum score is obtained by adding the values of the items. The score varies between 1-35. The increase in scores indicates an increase in life satisfaction. Cronbach Alpha reliability coefficient of the scale was found .85 for his study. As a result of the CFA analysis conducted to determine the validity of the scale ( $\chi^2$ : 35.927; Sd: 5, / Sd: 7.185 NFI: .98, CFI: .98, RMSEA: .06, SRMR = .060), it was determined that the scale had a good fit.

**Positive-Negative Affectivity Scale (PNAS).** The scale developed by Watson et al. (1988) was adapted to Turkish by Genz (2000). The scale includes 10 positive and 10 negative emotion items and is evaluated according to a 5-point Likert type. Attend ants are asked to mark the option that fits best to them (None 1, Some 2, Moderate 3, Quite 4, Too much 5). Each item of the Positive-Negative Emotion Scale is scored between 1-5 points. Since the scale measures two different types of emotion, positive and negative emotions cores are calculated separately. Total positive and negatives cores range from 6 to 30. In the adaptation study of the scale, the Cronbach's Alpha ( $\alpha$ ) internal consistency coefficient was found to be .83 for Negative Emotion and .86 for Positive Emotion. According to the repetition reliability calculation of the test, a correlation coefficient of .40 for Negative Emotion and .54 for Positive Emotion was obtained (Gençöz, 2000). To get a total score from positive and negative emotions, negative emotion problems were reverse coded and the total PANAS score was obtained (Kim & Hatfield, 2004). Within the context of this study, the Cronbach Alpha reliability coefficient of the scale was found as .74. As a result of the CFA analysis which is conducted to determine the validity of the scale ( $\chi^2$ : 1071,103; Sd: 169,  $\chi^2$  / Sd: 6.638, NFI: .91, CFI: .94, RMSEA: .08, SRMR = .07) proved itself to be well-suited.

**Humor Styles Scale (HSS).** The scale was developed by Rod Martin and Patricia Doris (2003) to measure individual differences in humor styles. The scale classifies humor styles in four sub-dimensions. These are Self-Enhancing Humor, Participatory Humor, Self-Destructive Humor, and Aggressive Humor. These four dimensions are grouped as compatible humor styles (Self Enhancing and Participatory Humor) and incompatible humor styles (Self-Destructive and Aggressive Humor). The scale measures two main factors for humor. The first factor measures if humor is used to develop the self or to increase relationships with other people. The second factor measures if humor is useful or harmful and destructive. The combination of these factors creates four different humor styles: Participatory Humor, Self-Enhancing Humor, Aggressive Humor, and Self-Destructive Humor. Humor Styles Scale was adapted to Turkish by Yerlikaya (2003). Factor analysis was performed to test the

construct validity of the scale, and a four-factor structure, each consisting of eight items, was obtained like the original. The obtained factors explained 36.88% of the variance of humor styles. The internal consistency (Cronbach Alfa) coefficient of the humor styles scale, respectively; .78 for self-enhancing humor, .74 for participatory humor, .69 for aggressive humor, and .67 for self-destructive humor. As a result of the CFA analysis conducted to determine the validity of the scale ( $\chi^2$ : 1972,242; Sd: 458,  $\chi^2$  / Sd: 4.306, NFI: .90, CFI: .90, RMSEA: .07, SRMR = .07) has been determined itself to be good fit.

**Basic Psychological Needs Satisfaction Scale (BPNSS).** Based on the theory of self-determination, this scale indicates three universal psychological needs (autonomy, competence, and relevance), and it is emphasized that these needs must be met continuously for people to perform at their best and their well-being. Deci & Ryan, 2000). Basic Psychological Needs Satisfaction Scale evaluates to what extent people meet these three needs. The scale developed by Deci and Ryan (1991) was adapted into Turkish by Bozgeyikli, Bak, Sünbül, and Üre (2003). There are three subscales in which an individual's satisfaction for each of the three needs (autonomy, competence, and relevance) is examined. The internal consistency coefficients of the scale for the total score and subscales were calculated using the Cronbach Alpha method on a total of 250 students. The internal consistency coefficients of the scale are .71, .60, and .74 for the subscales, respectively, and .83 in total. Explanatory (EFA) and confirmatory factor analysis (CFA) were performed to test the construct validity of the scale, and a three-factor structure was obtained as in the original. According to the results of the reliability analysis, the Cronbach-Alpha coefficients were .82 for the autonomy subscale, .80 for the competence subscale, and .81 for the relevance subscale. Within the context of this study, the Cronbach Alpha reliability coefficient of the scale was found to be .77. As a result of the CFA analysis conducted to determine the validity of the scale ( $\chi^2$ : 1200,042; Sd: 183,  $\chi^2$  / Sd: 6.558, NFI: .90, CFI: .91, RMSEA: .075, SRMR = .062.) it can be said that that the scale itself is well-suited.

**Marital Adjustment Scale (MAS).** It was developed by Locke and Wallace (1959) to measure the marital adjustment of the married couple. The validity and reliability study of the scale was conducted by Tutarel-Kışlak (1999). The first factor includes the first 9 items. These items seem to be related to an agreement in situations such as general harmony, emotion, sexuality, social rules. The last 6 items in the second factor are related to relationship styles such as leisure time activities, conflict resolution, and trust. Scores on the scale increase from non-conformance to conformance. Within the context of this study, the Cronbach's alpha reliability coefficient of the scale was calculated as .87. CFA analysis ( $\chi^2$ : 323.985; Sd: 89,  $\chi^2$  / Sd: 3.640, NFI: .90, CFI: .94, RMSEA: .062, SRMR = .040) shows that the scale is well fit.

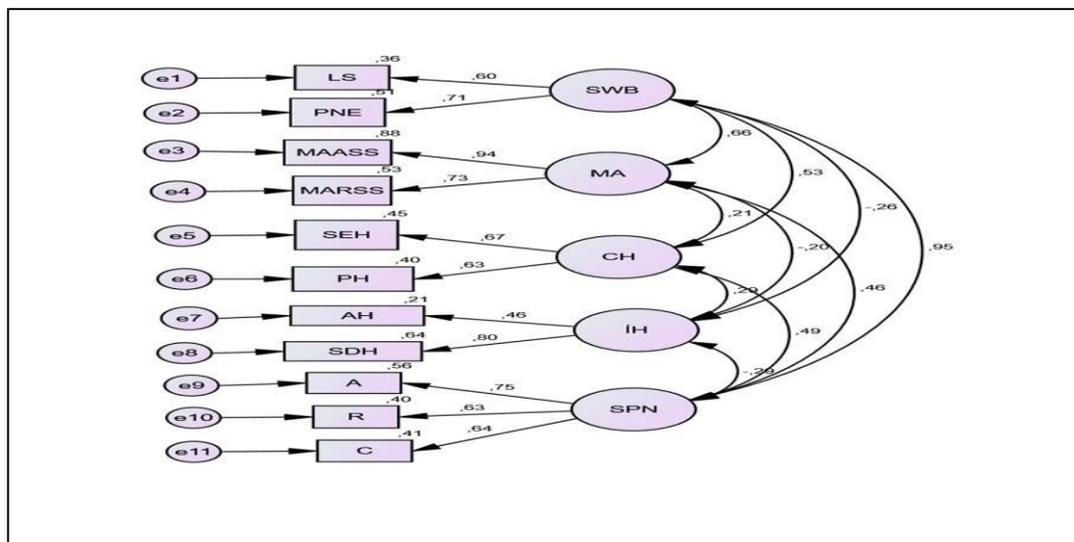
### **Data Analysis**

The role of psychological need satisfaction and marital adjustment was tested using the two-step structural equation analysis procedure. First, an analysis was conducted to reveal their representativeness of each of the measurement model latent variables by the observed variables. After the measurement model values were found to be suitable, the structural model was tested using the maximum likelihood estimation in AMOS Graphics.

## RESULTS

### Examination of the Entire Measurement Model.

The entire measurement model has been analyzed and presented in figure 1. There are five latent (compatible humor, incompatible humor, psychological need satisfaction, marital adjustment, and subjective well-being) and also eleven observed variables in the measurement model. Measurement Model fit indices:  $\chi^2$ : 130,765; Sd: 34,  $\chi^2$ / Sd: 3.846, NFI: .94, CFI: .95, RMSEA: .064 (LO = .05, HI = .07), SRMR: .054. When the fit indices are evaluated after the analysis, it is has found that the measurement model formed complies well with the data obtained (Bayram, 2013; Tabachnick & Fidell, 2014). If the measurement model fails to provide valid goodness of fit values, it will not make sense to switch to the structural model (Şimşek, 2007). After the measurement model was determined to have good fit values, the structural model was started. The measurement model is shown in Figure 1.



**Figure 1. Measurement model: Standardized path coefficients calculated for the measurement model.**

e: error rate; CH: Compatible Humor; PH: Participatory Humor; SEH: Self-Enhancing Humor; IH: Incompatible Humor; AH: Aggressive Humor; SDH: Self-Destructive Humor; SPN: Satisfaction of Psychological Needs; R: Being Related; C: Need for Competence; A: Need for Autonomy; SWB: Subjective Well-Being; LS: Life Satisfaction; PNE: Positive and Negative Emotions; MA: Marriage Adjustment; MASS: Marriage Agreement Sub-Scale; MARSS: Marital Adjustment Relationship Subscale.

When the measurement model is examined, psychological need satisfaction is the variance explained by the sub-dimensions of the latent variable .40 and .41. The variance explained by the sub-dimensions of subjective well-being latent variable is between .36 and .51, the variance explained by the sub-dimensions of the latent variable of marital adjustment is .53 and .88, and the incompatible humor styles are the variance explained by the sub-dimensions of the latent-variable. 21 and .64 and the variance explained by the compatible humor styles sub-dimensions is between .40 and .45. On the other hand, the standardized regression weights of the indicators in the measurement model change between .46 and .94.

### Testing the Structural Model

After the analysis of the measurement model, the structural equation model test was formed and tested to test the mediating role of marital adjustment and psychological need satisfaction between harmonious and incompatible humor and subjective well-being. This examination can be taken as the goal of the study. As the criterion in the evaluation of the model; goodness of fit values were examined. In the frame of examining the structural model, firstly, the full mediation model shown in Figure 2 was tested.

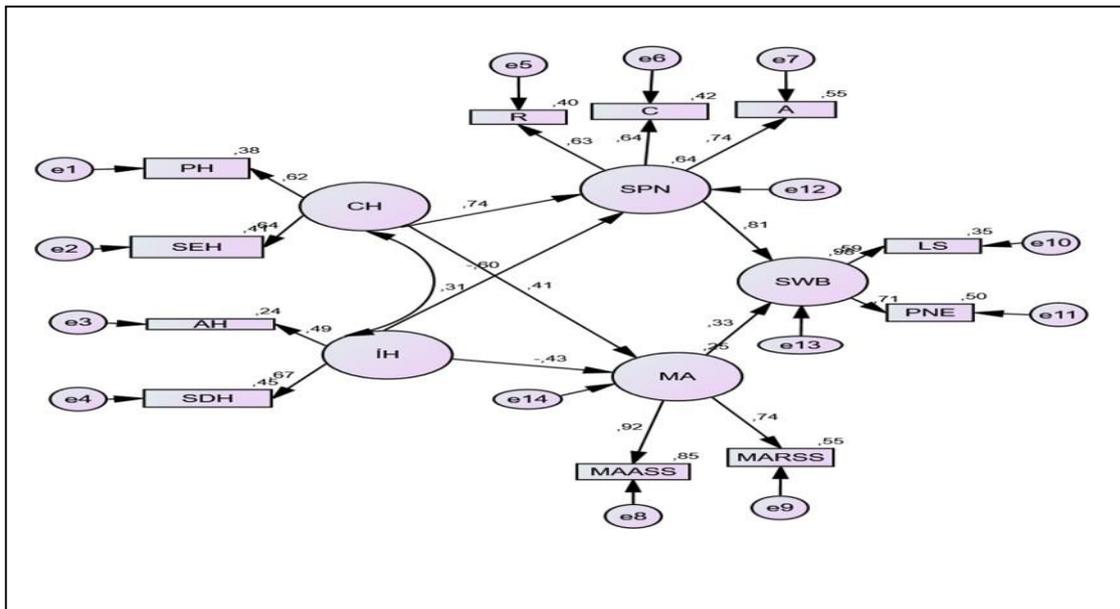


Figure 2. Standardized path coefficients calculated for the first structural model.

Fit indices for the structural model: After the analysis, the fit indices of the model ( $\chi^2 = 149.486$ ,  $sd = 37$ ,  $\chi^2 / sd (37) = 4.04$ , NFI: .93, CFI: .95, RMSEA: .066 (LO = .06, HI = .08), SRMR: .051. These values emphasize that the model fits well (Bayram, 2013; Meydan & Şeşen, 2007; Tabachnick & Fidell, 2014). There is no statistically non-significance in the tested structural model.

### Psychological Needs Satisfaction and Mediating Effect of Marriage Adjustment

Within the framework of structural equation modeling analysis; The mediating role of psychological need satisfaction and marital adjustment in the relationship between compatible and incompatible humor styles of married individuals and their well-being was aimed to be examined. For this, firstly, the model in which psychological need satisfaction and marital adjustment is the complete mediator was tested. It is seen that the findings obtained from the model fit well. After this stage, it was wanted to determine whether the mediator variables were full mediators or partial mediators. For this, paths were drawn from the compatible humor styles and incompatible humor styles, which are the independent variables of the research, to the subjective well-being as the dependent variable, and bootstrap analysis was performed. After the analyzes were made in this way, the model was tested again. The chi-square difference test was not seen necessary because there was no improvement in the obtained goodness of fit values and the paths drawn were not significant (Şimşek, 2007). The fit values of the compared models are given in Table 2.

**Table 2. The goodness of fit values and chi-square difference test results obtained from mediation analyzes**

	1	2	3	4	5	6	7	8
SPN	1							
LS	.453**	1						
PNE	.585**	.424**	1					
PH	.338**	.160**	.199**	1				
SHE	.219**	.174**	.207**	.394**	1			
AH	-.228**	-.169**	-.119**	.094*	.098*	1		
SDH	-.162**	-.086*	-.162**	.128**	.133**	.332**	1	
MA	.355**	.435**	.402**	.114**	.141**	-.201**	-.123**	1

p <.05 \*, p <.01 \*\*, N: 698.

Findings from mediation analysis; It is seen that both marital adjustment and psychological need satisfaction play a fully mediating role in the relationship between compatible humor and age. It can be said that both marital adjustment and psychological satisfaction are exact mediates in their relationship incompatible humor styles -which is another independent variable-and well-being. When parts of the paths are seen in the model after his mediation tool analysis. The model obtained on the theoretical basis of the research remained the same. Fit indexes of the model ( $\chi^2 = 149.486$ ,  $sd = 37$ ,  $\chi^2 / sd (37) = 4.04$ , NFI: .93, CFI: .95, RMSEA: .066 (LO = .06, HI = .08), SRMR :. 051. These values indicate that the model fits well (Bayram, 2013; Meydan & Şeşen, 2011; Tabachnick & Fidell, 2014) There is no insignificant way to see the proposed model in the tested model. Parameter estimates including data, direct effect, indirect effect, and total impact and bootstrap confidence intervals are presented in Table 3.

**Table 3. Parameter estimates obtained for the structural model**

Ways	Non-standardized Regression Coefficients	Standardized Regression Coefficients	S. Error	Critical Ratio	Bootstrap Confidence Interval of Standardized Path Coefficients
SEH-CH	1.000	.640	---	---	(.548, .724)**
PH-CH	.959	.616	.101	9.522**	(.511, .712)**
SDH-İH	1.000	.671	---	---	(.532, .826)**
AH-İH	.697	.495	.100	6.971**	(.382, .614)**
R-SPN	1.000	.635	---	---	(.575, .687)**
C-SPN	.721	.645	.055	13.222**	(.576, .707)**
A-SPN	1.052	.742	.072	14.563**	(.688, .789)**
MARSS-MA	1.000	.740	---	---	(.663, .805)**
MASS-MA	3.805	.923	.280	13.566**	(.861, .995)**
LS-SWB	1.000	.595	---	---	(.529, .657)**
PNE-SWB	1.405	.707	.101	13.961**	(.644, .764)**
<b>Direct Effect</b>					
SPN-İH	-.339	-.604	.054	-6.301**	(-.792, -.449)**
MA-İH	-.139	-.433	.025	-5.468**	(-.564, -.300)**
SWB-MA	.802	.329	.125	6.395**	(.215, .438)**
SWB-SPN	1.130	.813	.100	11.358**	(.722, .906)**

SPN-CH	.409	.744	.053	7.702**	(.599, .922)**
MA-CH	.128	.408	.021	6.198**	(.271, .545) **
<b>Indirect Effect</b>					
SWB-CH	.564	.739	---	---	(.579, .917)**
SWB-İH	-.495	-.633	---	---	(-.810, -.482)**
<b>Total Effect</b>					
SWB-CH	.564	.739	---	---	(.579, .917)**
SWB-İH	-.495	-.633	---	---	(-.810, -.482)**
SWB-MA	.802	.329	---	---	(.215, .438)**
SWB-SPN	1.130	.813	---	---	(.722, .906)**

p < .01 \*\*

When the effect sizes of the standardized coefficients in structural equation modeling studies are examined, values less than .10 for the standardized path coefficient ( $\beta$ ) show a "small" effect; .30 and close values are reported to show a "moderate" effect, and values of .50 or more show "large" effect values (Cohen, 1992). Within the framework of these criteria, it is seen that there are medium and large effects in the model. As seen in Figure 2, it was found that harmonious humor styles significantly affect psychological need satisfaction ( $\beta = .74$ ,  $p = .000$ ) and marital adjustment ( $\beta = .41$ ,  $p = .000$ ) moderately. On the other hand, incompatible humor styles affect psychological need satisfaction ( $\beta = -.60$ ,  $p = .000$ ), while affecting marital adjustment ( $\beta = -.43$ ,  $p = .000$ ) moderately. When the analyzes are examined, compatible, and incompatible humor styles affect psychological need satisfaction. It is seen that the set variables explain 64% of the change in psychological need satisfaction ( $R^2 = .64$ ). As a result of the analysis made, it can be said that marital adjustment is affected by compatible and incompatible humor styles, and these two variables explain 25% of the change in marital adjustment ( $R^2 = .25$ ).

One variable whose direct effect on subjective well-being was examined in the analysis process is a marital adjustment and the other is psychological need satisfaction. When the findings obtained from the path analysis are examined, while marital adjustment affects subjective well-being ( $\beta = .33$ ,  $p = .000$ ) moderately, psychological need satisfaction affects subjective well-being ( $\beta = .81$ ,  $p = .000$ ) to a large extent. When the analysis process is examined, it is obtained that the total effect of the marital adjustment on subjective well-being is  $d = .33$ , and the total effect of psychological need satisfaction on subjective well-being is  $d = .81$ . Besides, it was determined that compatible humor styles ( $d = .74$ ) and incompatible humor styles ( $d = -.63$ ) have indirect effects on subjective well-being. As seen from the findings, some variables have direct and indirect effects on subjective well-being.

Compatible humor styles and incompatible humor styles that have indirect effects on subjective well-being together with marital adjustment and psychological need satisfaction, which have a direct effect on subjective well-being, explain 98% of the change in subjective well-being ( $R^2 = .98$ ). Considering these criteria, it shows that as compatible humor styles increase, psychological need satisfaction and marital adjustment will increase, as incompatible humor styles decrease, psychological need satisfaction and marital adjustment will increase, and an increase in marital adjustment and psychological need satisfaction will increase subjective well-being.

## DISCUSSION, CONCLUSION & SUGGESTIONS

### **Effects of Compatible Humor Styles on Psychological Needs Satisfaction, Marital Adjustment, and Subjective Well-Being**

Compatible humor styles significantly and positively affect the satisfaction of psychological needs. This finding shows that compatible humor is an important variable in the satisfaction of married individuals' basic psychological needs. In other words, the use of compatible humor styles by married individuals helps to increase the satisfaction of basic psychological needs and marital adjustment. It was found that compatible humor styles significantly affect marital adjustment moderately and positively. Married individuals' use of compatible humor styles, can be accepted as effective variables in satisfaction of basic psychological needs, marital harmony, and increasing subjective well-being. Compatible humor relaxingly affects individuals, causes positive emotions, strengthens relationships by bringing individuals closer. Therefore, it is thought to help both marital adjustment and the satisfaction of basic psychological needs. This study reveals the importance of the satisfaction of the basic psychological needs of married individuals and shows that the humor style used by married individuals has effects on the satisfaction of basic psychological needs. The ability of married individuals to make their own decisions, to express their feelings and thoughts comfortably, in other words, to meet the need for autonomy, to feel competent and successful by overcoming responsibilities, to establish good and close relationships with the environment can be seen as the main factors affecting marital harmony. It has been determined that the use of self-enhancing and participatory humor style by married individuals is effective in the satisfaction of psychological needs. This finding draws attention to the effect of the communication style of married individuals on the satisfaction of basic psychological needs. While the positive and compatible communication style increases the general happiness perception, the negative and incompatible communication leads to a decrease in the perception of happiness of the individuals. Also, incompatible humor affects marital adjustment and satisfaction of basic psychological needs negatively. Although self-determination theory differs from culture to culture, it can be said based on the findings of this study that basic psychological needs have an important place in Turkish culture. Cihangir Çankaya (2009) states that the self-determination model is valid for Turkish culture concerning his research. It is reported that the satisfaction of psychological needs, which are defined as competence, autonomy, relatedness in the self-determination theory, supports motivation and well-being in all cultures (Deci et al., 2001).

Although the relationship between the adjustment of married individuals and many variables has been examined, no study in the literature examines the variables of humor styles, subjective well-being, and married individuals' basic psychological needs satisfaction. Referring to studies conducted in Turkey, very few studies about the humor styles of married individuals (Fidanoglu, 2006; and Ilhan Güngör, 2008) were found. When the results of the researches were evaluated, it was concluded that compatible humor styles positively affect marital adjustment. Regarding these findings, it can be understood that the results are similar to the research conducted. In a study conducted by Çankaya and Canbulat (2014) on subjective well-being and marital adjustment in the domestic literature, subjective well-being levels of married individuals were clarified by considering different variables. In the findings obtained from the research; 31.4% of married individuals' subjective well-being levels are formed by marital problem-solving skills, marital satisfaction, and locus of control independent variables. Many different variables explain the subjective well-being level of married individuals. However, based on research findings, the variables of

humor styles, the satisfaction of basic psychological needs, and marital adjustment explain 98% of the subjective well-being level of married individuals. According to this result, using compatible humor positively affects the satisfaction of basic psychological needs and marital adjustment, and all variables together help to explain a large part of subjective well-being. Married individuals' feeling good about themselves, having positive words and behaviors, expressing themselves, caring about their feelings and thoughts, and receiving positive feedback greatly affect their happiness. These findings show that the variables mentioned effects powerfully when explaining married individuals' subjective well-being level.

There are many separate studies on humor, the satisfaction of psychological needs, and subjective well-being in married individuals abroad. Among these studies, the physiological benefits of humor and laughter (Eisenbraun, 2009) have been proven, it has been revealed that humor enhances the relationship with other people, and the effect of humor on social relationships and communication established with minimal discussion (Ziv, 1984). In the study of Fenwick and Bierama (2008), it was mentioned that laughter and humor have a positive effect on physical health, and the importance of humor in mental and emotional health, establishing relationships with people. Didomenico (2012) explained that humor positively affects the marital relationship. Also, humor in issues such as family satisfaction, communication with the environment, and personal and couple satisfaction provides an effect that facilitates the handling of events (Didomenico, 2012). Mcbrien (1993) revealed that laughter and humor strengthen relationships, guide couples in encouraging success, and thus couples form their humor techniques. Ziv and Gaddish (1988) concluded that understanding the humor of marriage partners positively affects marital satisfaction. Besides, it has been determined that a positive interpersonal relationship style predicts marital satisfaction and marital self-efficacy. Also, it has been showing that self-efficacy in marriage plays a partial mediating role in the relationship between positive interpersonal relationship style and marital satisfaction (Kasapoğlu, Kutlu, & Durmuş, 2017). While the positive contributions of humor to individuals are expressed in the studies conducted, it is seen that the finding that compatible humor increases the satisfaction of basic psychological needs and marital adjustment is also supported. Considering that compatible humor facilitates communication, facilitates coping with difficulties, and positively affects physical and mental health thanks to laughing action, it can be said that compatible humor has positive contributions to married individuals.

Considering the studies on marital adjustment and satisfaction of basic psychological needs, there is no study on the satisfaction of the basic psychological needs of married individuals in the domestic literature. In the international literature on the satisfaction of the basic psychological needs of married individuals examined, it can be seen that the adaptation/satisfaction of individuals, meeting their physiological needs, revealing the goals that will create their motivations, meeting the expectations of marriage, and establishing a family relationship on the conditions affect satisfaction according to Ercegovic and Bubic (2015). Furthermore, they also indicate that the need for relatedness affects adaptation and social acceptance of individuals. It has been determined that their self-definition helps them to reach satisfaction. The need for autonomy plays an important predictive role in ideal marriage prospects. Meeting simple physiological and psychological needs affect the perception of the relationship, attitude, satisfaction, and marriage. Married individuals can be extremely critical of both themselves and their environment due to their high expectations (Young & Klosko, 2016). It has been stated in the studies that married individuals can not get satisfied with their marriage when they can not perform as expected (Koerner, Tallon, & Kusec, 2015; Yan, Wang, Yu, He, & Oei, 2018). Leary and Baumeister

(1995) concluded that connecting and social acceptance needs affect subjective well-being. Meeting social needs provides satisfaction and harmony in relationships. Accordingly, the sense of belonging has an impressive, fundamental, and strong effect on motivation and harmony. The importance of meeting basic psychological needs has been expressed in many studies. The fact that these needs are innate makes them crucial to meet for each person. It is also necessary to meet basic psychological needs, primarily to protect the mental health of individuals. It is thought that individuals with good mental health will have more harmonious and happy marriages.

In another study investigating whether marriage affects physiological well-being, it was found that there is a relationship between marital status and mental health. Ensuring the quality/harmony of marriage and meeting physiological needs positively affects the physiology and mental health of people (Gove et al., 1983). It has been demonstrated that psychological satisfaction is achieved when autonomy, trust, and relatedness occur. When these characteristics meet, mental health and psychological needs are met (Ryan & Deci, 2000). They found that there is a strong link between marital adjustment and friendship and that meeting the need for social acceptance positively affects marital adjustment. (Voss, Doyle, & Markiewicz, 1999). Shackelford (2001) reported that meeting simple needs in marriage, economic conditions and high purchasing power are among the factors that affect marital adjustment/satisfaction. As stated in all these studies, meeting the basic psychological needs of married individuals can be considered as an indispensable element for marital adjustment and happiness of individuals.

### **The Effect of Incompatible Humor Styles on Psychological Needs Satisfaction, Marital Adjustment and Subjective Well-Being**

It was concluded that incompatible humor styles significantly and negatively affects the satisfaction of psychological needs. According to this finding, psychological needs satisfaction levels of married individuals using incompatible humor tend to decrease. The use of incompatible humor styles plays a very effective role in decreasing the satisfaction of psychological needs and marital adjustment. Incompatible humor styles, on the other hand, were found to significantly affect marital adjustment moderately and negatively. Using incompatible humor styles leads to a decrease in the satisfaction of psychological needs as well as a decrease in marital adjustment. The use of incompatible humor styles is indirectly effective in decreasing the subjective well-being level of married individuals. The satisfaction of psychological needs and marital adjustment is a complete tool in predicting subjective well-being with incompatible humor. This is compatible with the theoretical framework and reveals similar results with the studies conducted.

In researches, destructive communication has been found to be associated with low marital satisfaction and a high divorce rate (Gottman & Notarius, 2000). Furthermore, humor styles are defined as a significant predictor for physiological and psychological subjective well-being (Ruch & Heintz 2012), and marriage quality is associated with interpersonal interaction. It has been demonstrated that the quality of marriage depends on relationship satisfaction, mutual communication, and chat (Fincham & Bradbury, 1986). According to the study by Hampes (2005), the individual causes loneliness by inadequate social skills and using self-destructive humor. It is stated that there is a significant negative relationship between social isolation, insecurity, emotional deprivation, and marital satisfaction (Esmaili, Mohammadi, & Hakami, 2016). In another study by Cann, Zabatta, and Davis (2011), it was revealed

that humor styles have a predictive feature in establishing and deciding to establish a relationship. Among the reasons why marriages result in divorce, the spouses do not know how to communicate with each other during the marriage.

Cann, Zabatta, and Davis (2011), it was revealed that humor styles have a predictive feature in establishing and deciding to establish a relationship. Among the reasons why marriages result in divorce, the spouses do not know how to communicate with each other during the marriage. Besides, marital interaction and marital satisfaction are among the factors that affect each other positively and increase marital adjustment. (Tarhan, 2014). Gottman and Krokoff (1989) revealed results that marital distress is a communicative phenomenon in their studies. Again according to this research; negative interaction is more common in unhappy and incompatible marriages. Research shows that incompatible humor styles and negative communication negatively affect marital adjustment. These results support the research conducted.

Although it is possible to experience incompatibilities during the marriage process with the effect of many variables, the realization of the variables that lead to incompatibility can change the direction of the marriage. When the results of the studies conducted in this direction are examined, it is possible to recognize the problems in marriage and overcome these problems. It has been determined that couples can have negative emotions when they experience high conflict, but if the problems are overcome with long-term stress management skills and couples reach the marital harmony, the satisfaction, and content in the marriage increases (Krokoff & Gottman, 1989). Besides, it was concluded that as the quality of interaction in marriage increases, marital satisfaction increases. In case the satisfaction is achieved, marital adjustment is also positively affected (Williams, 1977). Miller, Hollis, Olsen, and Law (2013) reported that individuals who try to reach marital happiness and to achieve harmony tend to have better physiological health. The efforts of couples for marital harmony affect the negative and positive feelings experienced during the marriage process. If they wish, couples can change the life-long marriage process in the direction they want and redefine their attitudes towards marriage.

Based on these results, it is likely that married individuals whose personal needs and psychological needs are ignored and unsatisfied, have lower subjective well-being levels. Married individuals care about each other, appreciate each other, meet their needs, support each other in the difficulties encountered in marriage, try to understand, show that they love, and be loved as very important for them to feel happy. It is not easy for people who do not understand, blame, and humiliate each other and also use incompatible humor styles to overcome the difficulties experienced during the marriage process. The accumulation of negative emotions and experiences can cause or relationship deterioration, feeling not close to each other, and marital breakdown. However, because difficulties in marriage are inevitable, the results of the research show that using more positive language towards each other, supporting each other in duties and responsibilities, exhibiting more harmonious behavior will increase both marital harmony and happiness of individuals. Every married individual wants their marriage to continue happily and harmoniously. Therefore, the results should be taken into consideration both by married individuals and professionals providing psychological support to married individuals. Ensuring the happiness of married individuals is essential for a happy and mentally healthy society. Considering that the incompatibilities and problems in the family affect children deeply, it is one of the most important social duties to create solutions to ensure the happiness of married individuals for the healthy upbringing of future generations.

In this context, the variables affecting the happiness of married individuals have been revealed to a great extent with the study.

### **The Effect of Psychological Needs Satisfaction and Marital Adjustment on Subjective Well-Being**

While the satisfaction of psychological needs affects subjective well-being to a large extent and positively, marital adjustment affects subjective well-being moderately and positively. Among the findings of this study, subjective well-being level increases when the needs are met and the desired goals are achieved in marriage. Meeting the needs of married individuals for autonomy, competence, and being related positively affects marital adjustment. It can be said that being able to make their own decisions, successfully overcoming the responsibilities they take, and establishing positive relationships with their environment radically affect the happiness of the individual and marriage. Supporting the spouse to meet all these needs is effective in increasing harmony and happiness. Although Turkish society is accepted as a patriarchal society, it turns out that individuals need to express themselves, share their ideas, and be social. It is thought that meeting these needs for women and men is extremely important. The research was carried out in Yalova, which is located in the Marmara region. Because of the reason that this region is accepted as a developed region might have effects on the results obtained from the research. Researching in provinces with different regions and cultures can contribute to understanding the place of self-determination theory in Turkish society. Besides, considering the dynamic, socio-cultural, and geopolitical structure of Turkish society, determining the subjective well-being level is considered very important to reveal the happiness and mental health of individuals living in society.

When the results of the studies were evaluated, it was stated that subjective well-being increases life satisfaction and helps to establish a happy marriage and also physical and emotional well-being manifest sit self positively in all stages of life (Carr, Freedman, Cornman, NorbertSchwarz, 2014). It has stated in many studies that the relationship between the perception of unity and togetherness between spouses and subjective well-being is positive and societies are among the Dynamics affecting subjective well-being (Beach, Katz, Kim, & Brody, 2013; Carr, Freedman, Cornman, & NorbertSchwarz, 2014; Whisman, Uebelackerand Weinstock, 2004). Life satisfaction, marital quality, and harmony may so depend on the couples' subjective well-being during this process (Kahneman, 2006). Shapiro, Keyes, and Lee (2008) reported that individuals in marital status are subjectively happier. In a study investigating the effects of the psychological well- being of married and single people on meeting their needs; It is concluded that single individuals are psychologically weaker (Soulsby & Bennett, 2015). In another study investigating the effect of marriage on psychological well-being; It has been demonstrated that the early stages of marriage have a very serious effect on psychological well-being, and this satisfaction increases seven more after having children. In this wise, it has revealed that married couples achieve harmony in their marriage (Woo & Kelly, 2009).

Considering the results of all these studies, it is understood that even being married alone is effective in increasing subjective well-being. However, failure to achieve expected marital harmony and happiness over time and other factors affecting subjective well-being lead to a decrease in the subjective well-being of married individuals. Therefore, supporting marriage that starts well and improves subjective well-being, informing spouses about the problems they will encounter in marital life, and giving them possible solutions can ensure the continuity of subjective well-being. As research and other studies have

stated jointly, it is that what happened during the marriage process affects the harmony and that the increase of positive feelings in marriage is an important factor for increasing subjective well-being. When the results of other studies are examined, it has been determined that individuals with high marital happiness have higher psychological well-being and depression symptoms are less than those with low marital happiness and moderate marital happiness (Dush, Taylor, & Kroeger, 2013). In a study by Washworth (2016), it has been determined that married individuals have higher levels of happiness and achieve higher life satisfaction than never-married individuals. Carr, Freedman, Cornman, and Schwatz (2014) in their study on subjective well-being and marriage; they state that couples increase each other's well-being, marital satisfaction is directly related to life satisfaction. Also, married couples tend to have happy memories more than others. Veldrole, Broadfordand Vail (2010) indicates in their studies, individual communication and subjective well-being have predictive properties on marital adjustment. They concluded that subjective well-being level is effective in the correction of the marriage in cases where the marriage is interrupted, deteriorated, or requires correction again. It is seen that subjective well-being has an important place in research as a factor affecting the marital adjustment process.

When domestic studies are examined, no study has been found on marital adjustment or subjective well-being of the basic psychological needs of married individuals. With this research, although important findings of the basic psychological needs satisfaction of married individuals have been reached, it is thought that new studies should be conducted to fill the gaps in the domestic literature. Because one of the findings obtained through the research is that satisfaction of basic psychological needs has positive effects on subjective well-being. When the studies conducted abroad are evaluated, some studies indirectly support the research findings. Chmielaska (2012), in his research investigating marriage quality and interpersonal addiction; he emphasized that the addiction phenomenon is lower in high marital quality. The same finding has been reported by other studies (Amato, Johnson, Booth, Rogers, 2003; Jankowiak, 2007; Ko, 2012; Plopa, 2008). The results of studies with high marital quality can be interpreted as the effect of meeting married individuals' autonomy needs, competence, and being related. Other studies support these findings. Among them, Adams (1996), in his research on marital status and happiness; indicated that married men and women are happy and their happiness increases, as there as on for this is marriage provides social control, social support, and psychological reward to individuals.

In conclusion, when compared with both the theoretical knowledge and the results of the studies, it is revealed that the variables discussed in the study have an important place in explaining the adjustment and subjective well-being of married individuals. For this reason, it is predicted that it will be beneficial for researchers and workers in this field to consider obtained results from conducted research and information newly added.

Along with the important results it presents, this study has some limitations. The first of the limitations is that the research is limited to married individuals living in the province of Yalova and working in private and public sectors. Broader information can be obtained and generalizations can be made by researching with married individuals living in different provinces and regions with different socioeconomic status. The second of the limitations is that quantitative measurements based on self-report are made. More detailed information can be provided by repeating the study supported by quantitative and qualitative measurements. The results obtained from the study showed that positive humor styles increase the satisfaction of basic psychological needs and marital adjustment, and all these

results have an important effect on the increase of subjective well-being. These findings can be used in counseling and therapy services for married individuals. 80% of the married individuals participating in the study are high school and above graduates. In our country, the lifestyles between the high-education and low-education segments differ from each other.

Considering that these differences affect the marital adjustment of individuals, meeting psychological needs, and subjective well-being levels, it may be important to conduct studies on married individuals with different education levels for comparisons. Other variables that may affect the subjective well-being of married individuals (economic income, number of children, cultural factors, duration of the marriage, physical health, personality structure, living standards, natural resources, age, etc.) can be included in the studies to be conducted.

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### **Author Contributions**

**MKD:** Idea and design, data collection and analysis, interpretation of findings, reporting of the article.

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### **Ethical Statement**

In the writing process of the work titled "**The Evaluation of The Relationships Between Subjective Well-Being Level of Married Individuals, Humor Styles, Satisfaction of Basic Psychological Needs, and Marital Adjustment**", the scientific, ethical and citation rules were followed, there was no falsification on the data collected, the "Turkish Psychological Counseling and Guidance Journal Editorial Board" had no responsibility for all ethical violations, and all the responsibility belongs to the authors. I undertake that it has not been sent to another academic publishing medium for evaluation.