Effects of over-adaptation on subjective well-being in adolescence

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The Over-Adaptation Tendency Scale is designed to assess internal (self-inhibitive personality traits) and external (other-directed behavioral adaptation strategies) characteristics of over adaptation. The relationships among over-adaptation, subjective well-being, and family relationships were investigated using this scale. The scale was administered to undergraduate and graduate students ($N = 408$). The results indicated that for both men and women, all internal aspects of over-adaptation were significantly and negatively associated with the participant’s cognition of past, present, and future subjective well-being. Furthermore, for women, all external aspects of over-adaptation were significantly and positively associated with future subjective well-being and family cohesion was associated with both internal and external aspects. These results are discussed in relation to the characteristics of over-adaptation.

Keywords: over-adaptation, subjective well-being, family relationship, adolescence.

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