

Subjective Well-Being According to Gender in The Light of TUIK Data

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Abstract

The concept of subjective well-being is used to quantify the level of satisfaction that individuals experience with their lives. The happiness and satisfaction of individuals within a society serve as an indicator of the social well-being of that society. This information provides a basis for guidance for policymakers. Furthermore, global rankings that incorporate subjective well-being, such as happiness reports conducted globally, are instrumental in illustrating how a country is perceived from an external perspective. A number of factors have been identified as determinants of private well-being, including gender, marital status, level of education, social relations, level of health, sense of security, individual freedoms, income level, employment status, career progression and the quality of the environment. Subjective well-being exhibits considerable variation between different societies and between genders within the same society. It is crucial for policymakers who are committed to enhancing social subjective well-being to gain an understanding of the discrepancies between genders. The social roles ascribed to genders influence their perception of life, their preferences and lifestyle. It is therefore crucial for researchers and policy makers engaged in the field of subjective well-being to gain an understanding of the impact of gender on this phenomenon. The objective of this study is utilize structural equation modelling to elucidate the causal relationships between variables and their effects on subjective well-being in women and men, employing data from the Turkish Statistical Institute (TurkStat). It was established that women are able to differentiate between their professional and personal lives, while men are not. Additionally, it was discovered that women are influenced by transportation within the scope of public services, while this variable is not statistically significant for men.

Keywords: Subjective well-being, social welfare, gender, life satisfaction research

Öz

Öznel iyi oluş, bireylerin yaşamlarından ne kadar memnun olduklarını ölçen bir kavramdır. Toplumda bireylerin kendilerini mutlu ve tatmin olmuş hissetmeleri toplumsal refahın bir göstergesidir. Bu bilgiler politika yapımcılar için bir rehber niteliğindedir. Dünyada yapılan mutluluk raporları gibi öznel iyi oluşu dikkate alan küresel sıralamalarda bir ülkenin dışarıdan nasıl algılandığını göstermesi açısından önemlidir. Cinsiyet, medeni durum, eğitim düzeyi, sosyal ilişkiler, sağlık düzeyi, güvenlik duygusu, bireysel özgürlükler, gelir düzeyi, iş sahibi olmak, kariyer sahibi olmak ve yaşanan çevrenin kalitesi gibi faktörler özel refahın belirleyicileri arasında sayılmaktadır. Öznel iyi oluş toplumlar arasında farklılık gösterdiği gibi aynı toplumda yaşayan cinsiyetler arasında da farklılık göstermektedir. Toplumsal Öznel iyi oluşu artırmayı önemseyen politika yapımcıların cinsiyetler arasındaki farklılaşmaları da anlamaları önemlidir. Cinsiyetlere atanan toplumsal roller onların hayat algılarını, yaşam terihlerini ve yaşama şekillerini biçimlendirmektedir. Bu yüzden öznel iyi oluş üzerine çalışmak isteyen araştırmacı ya da politika yapımcıların cinsiyetler üzerindeki etkisini de kavramaları önem arz eder. Bu çalışmanın amacı TUIK verileri ışığında nedensel ilişkilerde kullanılan yapısal eşitlik modellemesinden yararlanılmış, kadın ve erkeklerdeki öznel iyi oluşu etkileyen değişkenler ve etkileri elde edilmiştir. Kadınların çalışma ve özel hayatları arasında ayrım yapabilirken, erkeklerin bu ayrımı yapamadığı, kadınların kamu hizmetleri kapsamında ulaşımdan etkilenirken, erkeklerde bu değişkenin önemli olmadığı tespit edilmiştir.

Anahtar Kelimeler: Öznel iyi oluş, toplumsal refah, cinsiyet, yaşam memnuniyeti araştırması

Introduction

Although happiness is defined as a state of subjective well-being (SWB) in positive psychology (Diener, 2007), SWB is understood to refer to the subjective evaluations individuals make about their own lives. This evaluation consists of elements such as general life satisfaction, happiness level, and the balance of positive and negative emotions. The general satisfaction a person feels with their life includes the frequency and intensity of positive emotions such as happiness, joy, and hope, and negative emotions such as stress, anxiety, and sadness. The term SWB is used to describe the quality of life, which can be defined as the life satisfaction of the individual, which is a combination of physiological, psychological, social, and environmental factors. It takes into account not only personal experiences and emotional states but also external factors.

The SWB of an individual is influenced by a several factors, including the strength of their relationships with family, friends, and wider social environment, economic status, physical and mental health and successes in business or personal life. Studies on SWB have been conducted across a range of disciplines, including philosophy, economics, sociology and psychology, as well as in fields such as public health and human ecology (Das et al., 2020).

While life satisfaction is typically regarded as a subjective indicator of well-being encompassing positive and negative emotions (Diener, 2007), happiness is also associated with quality of life, well-being, and satisfaction with life (Petrovič et al., 2021). One of the important primary objectives of public policy is to ensure that individual can continue their lives. One of the principal objectives of economic and fiscal policies is to enhance the well-being of individuals and promote greater life satisfaction (Ulutürk Akman, 2021). The concept of well-being has been accepted as the key to creating and sustaining healthy and productive societies. In this regard, a considerable number of countries employ subjective indicators to gain insight into how individuals perceive and experience their lives variables that reflect well-being such as income, education, life expectancy, etc. (Das et al.,

2020). A high quality of life is a fundamental component of an individual's SWB. In addition, factors such as health, security, individual freedom, income, and unemployment are also considered to be determinants of private well-being (OECD, 2012). Kangal (2013) evaluated SWB under the headings of age, income, gender, marriage, education, and personality (including characteristics such as self-esteem, extraversion, optimism, etc.), while Cárcaba et al. (2022) examined it under the headings of material conditions (income, wealth, housing), quality of life (health, social connections), socio-demographic (gender, age, marital status, and immigration). Das et al. (2020) grouped the determinants under seven categories (basic demographics, socioeconomic status, health - functionality, personality, social support, religion - culture, and geography - infrastructure).

Some academic studies have investigated the impact of gender on psychological factors such as happiness, and life satisfaction (Alfalah & Alganem, 2020; Chui & Wong, 2016; Joshanloo, 2018; Joshanloo & Jovanović, 2020; Milovanska-Farrington & Farrington, 2022). Chui and Wong (2016) stated that women (despite gender equality) show lower satisfaction than men due to social roles, and expectations and social support networks tend to improve women's overall feelings of satisfaction. Upon examination of gender differences in life satisfaction, it has been shown that there are large similarities between the genders. However, women (due to the influence of various social, cultural, and psychological factors) generally report higher life satisfaction than men (Joshanloo & Jovanović, 2020).

Şengül and Lopcu (2020) stated in their SWB studies on the Turkish sample that age has an inverted U feature, SWB's first decreasing, and then increasing with age, and that this situation does not show a difference between genders. In general, being married has a positive effect on SWB (Kangal, 2013). Şengül and Lopcu (2020) stated that while being married increases SWB in women, they could not find a significant change in men. Furthermore, they found that SWB decreases in widows, and divorced people, regardless of gender. The majority of studies have concentrated on individual determinants, such as demographic characteristics. Among these, income has been the

most intriguing element. It is posited that income is a significant factor in enhancing SWB by fulfilling the basic need for subsistence (Fang et al., 2024). In addition to the income that individuals have, different financial assets, and debts (Jantsch et al., 2024), and their careers also affect SWB.

Traditional gender roles often impose care and household responsibilities on women. This affects women's work-life balance and career advancement. While care (Selvaraja & Baskaran, 2023), and housework (West & Zimmerman, 1987) are seen as part of women's identity, the reason why men are seen as the primary source of income is due to social norms (Özdemir, 2019). Milovanska-Farrington and Farrington (2022) stated that men perceive their career success as central as a pivotal aspect of their overall well-being, Gerson (2010) posited that women generally see work as a means to achieve a goal (supporting the family) rather than as the center of their identity, which enables women to create clearer boundaries between their work, and personal lives. Engaging in activities for a variety of purposes (work, education, leisure, entertainment, etc.) not only facilitates social interaction but also contributes to an individual's physical, and emotional well-being (Chidambaram, 2022). The quality of social relationships is a significant determinant of SWB. Social relationships play an important role in determining SWB. Various academic studies have emphasized the importance of social relationships in improving happiness, life satisfaction, and emotional well-being. Interaction, and socialization with family, and friends have positive effects on SWB (Arrondo et al., 2021), Social support (friends, family, teachers, neighbors, etc.) provides individuals with generally positive experiences and can improve a person's overall happiness level, and positive life qualities (Xiang et al., 2020). Diener and Seligman (2002) demonstrated that individuals with robust and encouraging social networks tend to report greater levels of happiness, and life satisfaction.

The provision of institutional services, which encompass the direct services offered to citizens by public institutions, and organizations, plays a pivotal role in enhancing social welfare, and the quality of life of individuals. These services address fundamental requirements such as health, education, security and infrastructure, while promoting

social justice, and social equality. Institutional services regulate the relations of citizens with the state. Such services enhance public trust and reinforce social cohesion. Jovanović (2016) posited that institutional trust (in government, the justice system, the health system, the education system, the media, etc.) is an important predictor of the quality of life of SWB. As Namazi (2022) posits, women's happiness is contingent upon some variables, including education, health, community support, family life, and services that enhance social relationships. Therefore, the type of service received may cause different levels of satisfaction, and perceived happiness between genders.

Health satisfaction is important for the overall well-being of both men and women (Milovanska-Farrington & Farrington, 2022). Academic studies confirm that individuals who are satisfied with the quality, accessibility, and responsiveness of healthcare tend to report higher levels of life satisfaction, and happiness. Lee et al. (2024) demonstrated that patients' SWB is influenced by their treatment experience, with positive effects leading to enhanced life satisfaction, and happiness. Studies have shown that long waiting times in hospitals (Alrasheedi et al., 2019; Anderson et al., 2007), and short time spent with the doctor are associated with lower satisfaction (Anderson et al., 2007). The implementation of patient-centered approaches within healthcare services has been demonstrated to enhance patient satisfaction. This leads to higher SWB, as the individuals feel more empowered, and understood (Liang & Howard, 2023).

Ma et al.(2024) mentioned that the concept of governance quality, which includes both social functioning, and public administration concepts, is the effectiveness, transparency, accountability, and fairness of institutions, and processes. Furthermore, it is stated that this has an impact not only on the orderly management of public services, and the rule of law but also on the SWB of individuals indirectly. Trust in the justice system is at the forefront for both genders as a strong predictor of SWB. Tyler (2006) demonstrated that individuals who perceive the legal system as fair, and impartial exhibit higher levels of life satisfaction. This trust can be defined as the perception of justice, equal treatment, and transparent decision-making in legal proceedings. When people feel that they have

been wronged or that the justice system is biased, their SWB decreases. Şengül and Lopcu (2020) found that economic status, social rights, and government transparency issues are associated with increased life satisfaction in men, and only government transparency is associated with higher life satisfaction in women. Social security systems support social welfare in terms of social insurance, retirement insurance, employment security, health security and livelihood benefits, etc. In particular, support for disadvantaged groups increases SWB (Li & He, 2022).

A sense of personal security is one of the fundamental human needs. The lack of this factor has been linked to increased stress and anxiety levels. This has a detrimental impact on SWB. Inglehart et al. (2008) discovered that individuals who feel secure in their surroundings (Boda & Medve-Bálint, 2017), who have confidence in the police force, and who believe that law enforcement is fair and effective, report higher levels of life satisfaction. Cheng and Smyth (2015) discovered that being a crime victim and having an acquaintance who is a crime victim in China has a detrimental impact on happiness, whereas residing in a secure neighborhood has a beneficial effect on happiness. Kirst et al. (2015) demonstrated that exposure to violence or crime results in a reduction in life satisfaction, as fear, and insecurity become constant stress factors.

In addition to its immediate impact on individuals, education has indirect benefits, including better employment opportunities, income, health, and social connections (WorldBank, 2018). There is a broad consensus that it also indirectly enhances life satisfaction (Araki, 2022; Helliwell et al., 2020). Araki (2022) posited that education at the individual level will increase satisfaction among individuals who become highly qualified persons in society through a meritocratic process. Möwisch et al. (2021) also stated that highly educated individuals have a positive relationship with SWB and that these individuals have higher SWB even when they are unemployed or retired. Şengül and Lopcu (2020) stated that increasing the level of education increases SWB in both genders, while Qin et al. (2024) stated that women with longer education generally reach higher incomes or better employment, and this has positive effects on their happiness through physical, and mental health.

Environmental factors are also a significant determinant of individual life satisfaction (Das et al., 2020). SWB is a reflection of the quality of life in terms of the environment, health, and social relations (Diener & Tay, 2015). There is a positive association between the quality of the environment and SWB. One of the negative features of urban life is noise pollution. Noise pollution negatively affects general well-being, physical health, mental health, SWB (Rüger et al., 2023), and life satisfaction (Arrondo et al., 2021). Zhang et al. (2022) demonstrated that economic growth studies enhance the income level of residents, and have a positive impact on their SWB. However, environmental issues (air pollution) resulting from economic growth have a detrimental effect on SWB. It is established that air pollution has adverse effects on human health, including an increased risk of asthma, heart attacks, lung, breast, and kidney cancer (Ming et al., 2022). Rüger et al. (2023) stated that urban environments with higher pollution levels tend to reduce SWB. However, cities with well-maintained urban infrastructure including public transportation, and green spaces can mitigate these effects. Das et al. (2022) In their study examining the satisfaction of Minnesota urban residents with basic social-ecological-infrastructure relations, found that the main variables associated with SWB were home heating, and cooling, public transportation, neighborhood green spaces, income, health, family relations, and social relations. In terms of access to infrastructure, women generally contribute more to the increase in SWB than men. Alarcón-García et al. (2022) found that women and men use roads, sidewalks, street lights, public toilets, sports centers, housing, daycare, and childcare facilities differently. They stated that this situation is due to the roles assigned to gender.

Living in an unsafe area negatively affects SWB. Housing is typically regarded as the primary determinant of quality of life, and well-being (Arrondo et al., 2021). Rüger et al. (2023) stated that the appearance of individuals' living environments (neighborhood, housing quality) and the level of care of the place they live in, as well as the quality of housing, are linked to individuals' SWB, and even have an impact on physical health.

SWB is difficult to make a universal definition because it consists of different components such as

life satisfaction, emotional states, and happiness, and individuals' perceptions of happiness or life satisfaction vary according to age, gender, culture, and social norms. Given that SWB can be studied in several different disciplines, including psychology, sociology, economics, and health (Das et al., 2020), it is challenging to arrive at a consensus on the definition of SWB and on the most appropriate measurement tools. The examination of the relationships between SWB, and gender is of importance when considering the factors affecting general life satisfaction, and emotional states. This is due to the fact that an understanding of these relationships is crucial for the development of effective policies, and interventions. The TurkStat life satisfaction survey is considered a good data source for researchers because it is among the comprehensive studies applied to a wide area of Turkey. This study aims to elucidate the differences, and causal relationships between genders, and the factors affecting the concept of happiness, and life satisfaction variables of individuals in Turkey, namely subjective well-being. Within the scope this study, it was aimed to examine the effects of six hypotheses created to examine the relationships between SWB, and gender; satisfaction with working life (H1), satisfaction with personal life (H2), satisfaction with institutional services received (H3), satisfaction with social relations (H4), satisfaction with environmental services (H5), and housing satisfaction (H6) on SWB.

Method

This research employs a quantitative relational study methodology, utilizing data from the 2022 TurkStat life satisfaction survey. The data set was obtained through official correspondence with TurkStat (2022), and ethical permission was not sought. In this study, which was conducted with the participation of 9,841 individuals, the YASAM_MEMNUNIYET variable (rated on a scale of 1 to 10, with 1 indicating the lowest level of happiness, and 10 indicating the highest level of happiness) was used to assess the degree of happiness, while the satisfaction scale variables (ADLI, AKRABA, ARKADAS, ASAYIS, EGITI) were used to assess overall satisfaction with various aspects of life. The EGITIM, ELKNIK_KAM, GELIR,

GN_SAG, IS, IS_TRFK_ZMN, KAZANC, KISISEL_BKM, KOMSU, KONUT, SAGLIK, SEMT, SOS_HAYAT, SU_KALITE, TEMIZLIK, ULASIM, YESIL_ALAN), and MUTLULUK variables were reverse coded so that 1 Very - 5 Not at all represents satisfaction/unhappiness.

As 29% of the participants omitted the EVLILIK variable, which pertains to their satisfaction with their marriage, this variable was excluded from the study. The remaining missing data were interpolated using the appropriate method. In the case of a large sample size, it is typically assumed that the underlying population is normally distributed, even if it does not perfectly align with a normal distribution. The primary rationale for this phenomenon is the Central Limit Theorem, which posits that as the sample size increases, the sample mean will tend to approach a normal distribution, irrespective of the initial distribution of the population (Montgomery & Runger, 2010; Wackerly et al., 2008). It was established that the kurtosis (kurtosis, and skewness) values of the variables included in the study, ELKNIK-KAM, ASAYIS, KOMSU, AKRABA, KONUT, SEMT, were not within the confidence limits of -1.5, +1.5. However, in accordance with the central limit theorem, it was assumed that the variables to be employed in the study exhibited a normal distribution, given the considerable sample sizes of male, and female participants.

In this study, models were constructed based on the results of factor analysis conducted separately for women, and men. The SEM, which adopted a confirmatory approach, enabled the examination of the goodness of fit statistics, thus determining the adequacy of the model, and establishing whether the six hypotheses (H1, H2, H3, H4, H5, H6) were supported. R program is used for this study.

Analysis Method

The relationships between the satisfaction scale variables, specifically happiness, and life satisfaction, were investigated using structural equation models (SEM). SEM is a preferred analysis method due to its efficacy in testing the assumed causal relationships, and latent structures between variables. SEM is a multivariate technique that employs a series of advanced multivariate analyses (Everitt

& Hothorn, 2011) to elucidate the relationships between observed variables (Schumacker & Lomax, 2004) Furthermore, it enables researchers to assess intricate relationships between variables, both directly, and indirectly (Tabachnick & Fidell, 2012) It is an analytical process comprising parameter identification, and estimation, model fit assessment (Mueller & Hancock, 2018). Once the models have been obtained, the goodness of fit statistics are employed to assess the degree of compatibility between the designed model, and reality, thereby revealing the construct validity of the model. There are numerous fit statistics, including the Chi-Squared test (χ^2), the Root Mean Square Error of Approximation (RMSEA), the Goodness of Fit Index (GFI), the Comparative Fit Index (AGFI), the Relative Fit Index (RFI), the Normed Fit Index (NFI), the Non-Normed Fit Index (NNFI), the Comparative Goodness of Fit Index (CFI), and the Incremental Fit Index (IFI) (Bagozzi et al., 1991). At least four of these statistics are expected to be provided by researchers for a model.

Results

The study comprises 52% male and 48% female participants. Upon examination of the ages of the participants, it becomes evident that 20% are between the ages of 28, and 37, 22% are between the ages of 38, and 47, and 18% are between the ages of 48, and 57. Additionally, 30.2% of the participants have completed primary school, while 15.9% have completed secondary school. The majority of participants (70.8%) are married, while 55% did not engage in any paid or unpaid employment during the previous week. Upon examination of the reasons for this, it became evident that 50.8% were occupied with domestic tasks, primarily related to childcare, the care of elderly individuals, and the assistance of patients. Notably, 99% of these individuals were women. The vast majority of employed participants (71.9%) are paid or salaried, while 79.6% of these employees work in the public sector. 24% of participants think that the cost of living, 15% poverty, and 11% education are among the important problems of the country. In response to the question of what contributes to their happiness, 69.5% of participants indicated that their health is a significant factor. Similarly, when asked

who contributes to their happiness, 66.8% of participants cited their entire family (74% of men and 64% of women answered "family", while 21% of women and 10% of men answered "my children"). Upon inquiry as to the extent of happiness experienced when considering one's life in its entirety (HAPPINESS), 44.1% of the participants indicated a state of happiness, while 21% asserted that their level of life satisfaction exceeded the average (rating of six (6)). While 81% of the male, and 84% of the female participants were registered with the SGK, 93% of the male, and 55% of the female participants were registered with the SGK on their own behalf. Additionally, 32% of the female participants were registered with the SGK through their spouses.

Upon examination of Cronbach alpha values to assess the internal consistency of the variables to be utilized in the study, it was observed that the value was 0.80 for women and 0.83 for men. As a consequence of the factor analysis, variables with extraction values below 0.40 were excluded from the subsequent analysis. The total variance explained by the six factors identified in the Principal Component Analysis, and Varimax rotation method for women was 60.40%, while the total variance explained by the five factors identified in the same method for men was 59.64%. The factors and factor loading values belonging to gender are presented in Table 1.

The factor analysis revealed that, in both genders, the variables of education received (EDUCATION), individual's health (HEALTH), and satisfaction with public services provided electronically (ELKNIK_KAM) were the variables extracted in common from the factor analysis (extraction <0.4). In the male cohort, the variables of monthly income (KAZANC), monthly household income (GELIR), social life (SOS_HAYAT), time allocated to themselves (KISISEL_BKM), and time spent commuting (IS_TRFK_ZMN), job satisfaction (IS) a more nuanced pattern of factor allocation, with these variables distributed across two factors: "PERSONAL", and "WORKING LIFE." The variables of education (EGITI), health (GN_SAG), social security services (SGK), security (ASAYIS), and justice (ADLI) are grouped under the heading of CORPORATE SERVICES.

Table 1. Factor values and SEM loadings

	Factor loading	SEM loading		Factor loading	SEM loading		
MALE				FEMALE			
KAZANC	0,78	0,61	PERSONAL	GELIR	0,69	PERSONAL	
GELIR	0,76	0,72		SOS_HAYAT	0,84		0,83
SOS_HAYAT	0,71	0,73		KISISEL_BKM	0,78		0,75
KISISEL_BKM	0,67	0,71		IS_TRFK_ZMN	0,63		0,49
IS_TRFK_ZMN	0,56	0,48		IS	0,78		0,67
IS	0,56	0,47		KA-ZANC	0,64		0,56
			ISILISKI	0,65	0,50	WORKING LIFE	
ADLI	0,79	0,73	CORPORATE SERVICES	ADLI	0,79	CORPORATE	
ASAYIS	0,77	0,73		ASAYIS	0,74		0,69
EGITI	0,75	0,71		EGITI	0,75		0,71
GN_SAG	0,66	0,63		GN_SAG	0,63		0,62
SGK	0,69	0,68		SGK	0,69		0,65
				ULASIM	0,52		0,50
ARKADAS	0,81	0,76	RELATIONSHIP	ARKADAS	0,82	RELATIONSHIP	
KOMSU	0,77	0,75		KOMSU	0,75		0,70
AKRABA	0,76	0,68		AKRABA	0,75		0,71
ISILISKI	0,55	0,47					
YE-SIL_ALAN	0,75	0,77	ENVIRONMENT	YE-SIL_ALAN	0,77	ENVIRONMENT	
TEMIZLIK	0,74	0,75		TEMIZLIK	0,77		0,73
SU_KALITE	0,61	0,50		SU_KALITE	0,64		0,50
SEMT	0,79	0,72	HOUSING	SEMT	0,81	HOUSING	
KONUT	0,75	0,73		KONUT	0,81		0,71

In addition to these, the ULASIM variable is also included in this factor, specifically concerning women. The variables representing the relationships established with friends (ARKADAS), neighbors (KOMSU), and relatives (AKRABA) are collectively designated as the 'RELATIONSHIP' factor. The variable of relationships at work (ISILISKI) is also included under this heading for men, whereas for women it is included under the title of working lives. The variables of green areas (YE-SIL_ALAN), cleanliness (TEMIZLIK), and the quality of drinking water (SU_KALITE), which represent the institutional services provided by individuals in their place of residence, were aggregated under a single factor (ENVIRONMENT) for both genders. Additionally, the satisfaction of individuals with their place of residence (DISTRICT or

neighborhood), and housing (KONUT) was collected under the HOUSING factor. The results demonstrated that there was no statistically significant difference between the satisfaction scores of the variables employed in the study, specifically YASAM_ MEMNUNIYET, ARKADAS, GN_SAG, IS, ISILISKI KAZANC, KISISEL_BAKIM, and SOS_HAYAT, concerning gender ($p \geq 0.05$, independent-t test).

Table 2. Hypotheses

	FEMALE loading	t	MALE loading	t
H1:HOUSING →SWB	0,17	6,78*	0,01	0,38
H2:HIZMET →SWB	0,12	4,84*	0,23	10,11*
H3:RELATIONSHIP →SWB	0,06	2,51*	0,07	3,35*
H4:ENVIRONMENT →SWB	0,13	4,88*	0,12	5,33*
H5:WORKING LIFE →SWB	0,04	1,76		
H6:PERSONAL →SWB	0,56	22,93*	0,61	26,57*
MUTLULUK →SWB	0,74		0,78	
YASAM MEM →SWB	0,68	30,97*	0,68	33,78*

* Hypotheses found to be statistically significant ($p < 0.05$)

Table 3. Goodness of fit results

	NFI	NNFI	CFI	GFI	AGFI	RMSEA	χ^2 / df
FE-MALE	0.96	0.96	0.97	0.95	0.94	0.047	3,48
MALE	0.95	0.95	0.96	0.93	0.91	0.063	3,33

Upon examination of the SEM results, which were calculated using the Maximum Likelihood method, it became evident that the HOUSING, CORPORATE SERVICES, RELATIONSHIP, ENVIRONMENT, WORKING LIFE, and PERSONAL, it was found that the the HOUSING factors in men and the WORKING LIFE factors in women did not exhibit a statistically significant impact on SWB (Table 2). The model fit values for women and men, as presented in Table 3 those accepted by Schermelleh-Engel et al.(2003), and were evaluated per the acceptable goodness of fit indexes proposed by them. The ratio of χ^2/df is calculated as 3.48, and 3.33, respectively, and is close to the suggested threshold of 3. Furthermore, the values of the NFI, NNFI, CFI, IFI, GFI, and AGFI variables are all greater than 0.9, and the RMSEA value is less than 0.08 (Table 3). These indicators are all within the acceptable range, thereby demonstrating the suitability of the research model.

Discussion and Conclusion

When comparing SWB between men, and women, researchers state that it should not be overlooked that genders derive happiness from different sources (Batz & Tay, 2018).

Jantsch et al.(2024) posited that income and disparate sources of income have a positive effect on individuals' SWB, whereas debt has the opposite effect. Blanchflower and Bryson (2024) posited that women tend to have lower expectations regarding income, and work life, and exhibit lower or negative SWB symptoms in the context of a patriarchal world. Arrondo et al. (2021) showed that unemployment causes a significant decrease in SWB, regardless of the income effect, and this situation is much more severe in men.

How men perceive the time they spend at work as part of their time is dependent on cultural norms, and gender expectations. Work is often seen as an extension of self-fulfillment, achievement, and personal growth, which in turn makes the boundaries between work, and leisure less distinct. For a significant proportion of men, work, and financial success are inextricably linked to their SWB, as these factors serve to reinforce their sense of identity. Research has demonstrated that men tend to derive greater satisfaction from their professional success, and financial stability. For many men, work, and financial success are closely linked to SWB because they support their sense of identity. Research findings indicate that men tend to derive greater satisfaction from their professional success, and financial stability. Connell (2005) posited that men frequently associate their self-esteem and social status with their professional success. He further asserted that earning a living and achieving success, especially through work, is a fundamental aspect of male identity. He stated that as work takes precedence over other aspects of life, such as family or leisure, work can cease to be about earning a living, and can become about meeting self-esteem, and social expectations. The extent to which men consider the time they spend at work to be part of their time is contingent upon the prevailing cultural norms, and gender expectations. Williams (2010) observed that in cultures where the perception of masculinity is closely tied to professional success, men tend to invest

their time in activities that will advance their careers, and perceive work success as central to their identity. The concept of work is frequently perceived as an extension of self-fulfillment, success, and personal growth, which in turn renders the boundaries between work, and leisure less distinct.

The effects of work on women's SWB are complex. The level of job satisfaction is influenced some factors, including the ability to achieve a healthy work-life balance, the role of family in an individual's life, and the expectations placed upon them by society. Work, career development, and workplace support positively affect women's SWB. Women who have control over their work lives have higher life satisfaction (Cheng & Chan, 2008). Ernst Kossek and Ozeki (1998) discovered that women who experience difficulties in balancing their work, and personal lives tend to report lower levels of life satisfaction and higher levels of stress. The traditional attempts by women to balance multiple roles, including work, family, and child-rearing, have encouraged them to develop the ability to compartmentalize their lives. Eagly and Wood (2012) posited that societal expectations of women entail the management of work, and household responsibilities, which enables women to differentiate between the two domains. Ferreira and Esteves (2016) espoused a comparable perspective, suggesting that women are more inclined to compartmentalize their time between work, and personal life.

Our study's findings aligned with those of previous research, indicating that female participants could differentiate between their roles. In contrast, male participants demonstrated a lack of such differentiation. However, the hypothesis that women's working life has a statistical effect on SWB was not supported (H1). In contrast, it was determined that the personal factor was significant in the models for women, and men, and had the greatest effect on SWB. As stated by Blanchflower and Bryson (2024), women being good mothers, and housewives can replace men's work achievements. Although our study cannot provide definitive evidence as to why the effect of women's working life on SWB was statistically insignificant. However, it can be assumed that women do not perceive their working life as the central aspect of their lives, and

work to provide financial support to their families, as stated by the researchers.

In our study, in addition to the variables that stand out under the factor of services provided to citizens institutionally (GN_SAG, ADLI, ASAYIS, EGITI, SGK), it is evident that there is an additional transportation (ULASIM) emerged as a salient variable for women. Inequalities in access to healthcare have a detrimental impact on both the physical, and psychological health of individuals, leading to elevated stress levels. This results in a reduction in life satisfaction (Alegría et al., 2018). In particular, the inability of low-income or disadvantaged groups to meet their health needs results in these groups experiencing elevated stress levels, and a reduction in their well-being. In our study, although 69.5% of the participants stated that their health was an important factor in their happiness, the variable representing the individual health was excluded from the analysis. However, satisfaction with the general health services provided institutionally emerged as a prominent factor. Additionally, no statistically significant differences were observed between the satisfaction scores of the health variable according to gender, and with the impact factor values being highly similar. The provision of health services offers individuals the opportunity to live a long, and healthy life. In addition to nutrition, exercise, stress management, early diagnosis of diseases, and the implementation of preventative measures, the growth of health problems in individuals can be prevented. The quality of life of healthy individuals is enhanced, which in turn increases their productivity, and efficiency in the workforce. Such an increase not only allows the individual to contribute to their well-being but also to the country's economy.

Research shows that trust in security institutions, and a sense of security are crucial to an individual's overall happiness, and sense of life satisfaction. In the context of gender-based violence, women tend to report heightened concerns regarding their security. Ferraro (1996) discovered that women tend to exhibit lower levels of SWB in unsafe environments, particularly when they perceive that their security concerns are not adequately addressed. Alarcón-García et al.(2022) found that women with children benefit more from investments in public services, and particularly

value the presence of street lights more than sidewalks, and roads, while the opposite is true for men. This indicates that the underlying cause of this situation can be attributed to women's concerns about their security. In the present study, the variable of security was found to be of particular importance. It was observed that the levels of impact on security experienced by women were lower than those reported by men and that there was a statistically significant difference between the genders. The view of women towards security forces in Turkey may be because they are more anxious, and do not feel as safe as men regarding issues such as domestic violence, femicide, child abuse, and street harassment, which affect the socio-cultural structure, personal experiences, the role of security forces, and the general perception of security in society.

Ma et al.(2024) identified that governance quality concepts, including transparency, accountability, corruption prevention, rule of law, and social security maintenance, play a significant role in shaping individuals' subjective well-being. Cárcaba et al.(2022) posited that efficacious, and transparent local governments are conducive to enhanced individual SWB. Furthermore, they asserted that justice and the combating of corruption are directly correlated with increased trust, and satisfaction among citizens. Helliwell et al.(2020) stated that perceptions of injustice, corruption, or discrimination in the legal system are associated with heightened levels of dissatisfaction, and a reduction in subjective well-being. Soss and Weaver(2017) found that marginalized groups, including women, and racial minorities, tend to report lower levels of satisfaction with the justice system, which hurts their subjective well-being. It was asserted that these individuals are inclined to perceive the system as biased or discriminatory, particularly in domains such as family law, domestic violence, and employment discrimination. In our study, despite the equal impact of the factors on both genders, a statistically significant difference was identified between the two groups, with women reporting lower levels of satisfaction.

Social security systems in Turkey are managed by the SGK. The SGK is responsible for the protection of social security rights for employees, the pro-

vision of free or low-cost health services for employees, retirees, and family members, the guarantee of regular retirement salaries for employees upon retirement, and the promotion of economic independence. Furthermore, the SGK provides health, and income support to employees in the event of a work-related accident or occupational disease. In light of the aforementioned, it is evident that the SGK plays a pivotal role in the lives of Turkish citizens, offering them a sense of security against the social, and economic risks that may arise at any stage of their lives. Consequently, it has become a significant factor in the measurement of SWB for both women and men. A statistically significant difference was identified between the sexes, with women exhibiting lower levels of satisfaction. It may be posited that this situation is a consequence of the fact that, despite the greater number of women registered with SGK, 55% of these women are registered through their spouses, thereby precluding them from benefiting from all the rights afforded to an individual SGK holder.

In the study, while the variable of satisfaction with the participants' education was excluded from the factor analysis, the variable of satisfaction with institutional education emerged as a prominent factor. Educational institutions serve as crucial social environments, wherein individuals cultivate social capital, form friendships, and expand their social networks. These institutions facilitate social commitment, a sense of belonging, and community, thereby contributing to overall well-being. Furthermore, educational services play a significant role in enhancing SWB through their social, and economic benefits, which facilitate individual development. Although there is a statistically significant difference in the satisfaction scores for both genders, education is perceived as a factor that is closely associated with SWB. Qin et al.(2024) stated that women who receive long-term education feel secure thanks to employment and income, and thus become more active, and participatory individuals in life.

The ULASIM variable was encountered only in women. Önder(2020) stated that while men generally travel for a single purpose, women make multiple trips for different purposes (such as work, shopping, transporting children to school, courses, and events), and Ivarsson et al.(2023) stated that

this situation is due to household responsibilities, work schedules, and traditional gender norms. Önder(2020) that men use more private vehicles, while Ertoy Saruşik and Öcalır (2024) stated that women use more public transportation. Peters(2013) attributed this situation to women not having sufficient access to vehicles due to gender inequality. Işık and Koçak Oksev(2022) mentioned that although the number of women drivers continues to increase in Turkey, the car culture is still masculine, and therefore traffic is still a masculine area, and no sign driving and car culture is becoming feminized. It should not be surprising that in our study, the transportation variable representing public transportation came to the fore among women who have not yet gained a sufficient place for themselves in a masculine field.

Frequent interaction with friends, and family, which falls under the social relationships factor, is another factor that increases SWB. As Powdthavee (2008) posited, individuals who invest more time in their social networks tend to exhibit elevated levels of life satisfaction. Although social relationship patterns may differ between men, and women, their effects on SWB may also differ (Saha, 2024). Individuals in relationships consisting of family, relatives, and close friends generally produce similar feelings of solidarity because they have similar norms (Poikolainen & Honkanen, 2020). Strong family relationships provide emotional support, reduce stress in individuals, increase the sense of belonging, and security, and lead to higher life satisfaction (Saha, 2024). The strongest positive effects on well-being are associated with friendships that provide trust, emotional closeness, and mutual support (Demir & Özdemir, 2010). Helliwell and Barrington-Leigh (2010) stated that women tend to achieve more SWB than men in close relationships with family and friends. Gender-specific social norms may influence how men and women interact with their relatives. Women tend to interact frequently, and spend quality time with family, while men's financially oriented tendencies and cultural norms may discourage these interactions. Helliwell and Putnam(2004) stated that individuals who feel connected to their neighborhoods tend to report higher life satisfaction, which will promote a sense of community,

and mutual support for emotional well-being. Social connectedness is known to improve both mental, and physical well-being. Research shows that people living in socially connected neighborhoods report better health outcomes, both physically and mentally because they receive emotional, and practical support from their neighbors. In addition, relationships with neighbors have a significant impact on SWB because they contribute to an individual's sense of community, security, belonging, and social connectedness. Zangger (2023) posited that neighbors constitute an essential source of daily assistance, and support for individuals, particularly during crises, thereby mitigating adverse effects on SWB, and fortifying community bonds. Robinette et al.(2021) linked neighborhood cohesion (connectedness, and trust among neighbors) to several health behaviors, and physical health outcomes, such as reduced risk of depression, and disease, increased physical activity, and higher self-rated health. The findings of Hoogerbrugge and Burger (2018) indicate that both social interactions with neighbors and the perception of social cohesion within the neighborhood are significant predictors of residents' life satisfaction. Zangger and Bank(2024) found that strong neighborhood networks help mitigate the negative effects of crises such as COVID-19 by increasing trust, and positive relationships with neighbors increase individuals' life satisfaction.

In our study, while the variables of relative, friend, and neighbor were identified as significant factors in the formation of interpersonal relationships, the variable of relationships established in the context of professional interactions was also included in this list for male participants, and this variable was incorporated into the work-life factor for female participants. As previously stated, it can be posited that this phenomenon is a consequence of men's inability to differentiate between their various roles. Furthermore, the results demonstrate that men exert a greater influence than women on variables other than those of relatives. A review of the literature reveals that men are less likely to engage in family conversations than women. This is typically attributable to traditional gender roles that ascribe the expression of emotion, and the conduct of family communication to women. Nevertheless, men seek social support

from their families when the necessity arises. In the study, when respondents were asked to identify the source of their happiness, men were more likely to cite their families, whereas women were less likely to do so because 21% of women selected their children as their primary source of happiness. The evidence suggests that women have more diverse kinship ties within their networks than men (Moore, 1990). The quality of relationships established with colleagues has a significant impact on SWB, given that the workplace is a social environment where individuals spend a substantial proportion of their time. The experience of work-related stress is diminished, levels of happiness are elevated, and life satisfaction is enhanced in employees who perceive support from their colleagues, and who have positive relationships at work (Nielsen et al., 2017).

Rigolon et al.(2021) stated that in addition to deficiencies in social, health, and institutional services, inaccessibility to green spaces can affect individuals' life satisfaction, and lead to stress. High quality of life is one of the basic elements that increase an individual's SWB. (Sugiyama et al. (2008) discovered that environmental factors (access to parks, cycling, and walking trails, and green spaces) were positively correlated with the physical, and psychological well-being of Australian adults. In addition to living in a dirty, and unhealthy environment (Pan et al., 2024), poor water quality (Guardiola et al., 2013) can also make individuals more susceptible to infection, and disease. This can affect both physical, and mental health, and cause a decrease in SWB. Chang et al.(2020) stated that poor environmental quality negatively affects the quality of life through stress and insomnia and that public space satisfaction, and environmental quality increase the quality of life of individuals. In our study, it was determined that environmental effects (green space, cleanliness, and water) were effective on the SWB of individuals, that they had similar importance in genders, but that there were statistically significant differences between genders.

The concept of home can be defined as a living space where feelings of security, peace, and belonging are strengthened. Therefore, the quality of the home environment has a direct impact on individuals' health, happiness, and overall quality of

life. The neighborhood constitutes the setting in which individuals engage in the majority of their social interactions, and spend the majority of their time outside of the home. Therefore, the physical order and social structure of the neighborhood have an important impact on individuals' quality of life. Neighborhoods are also places where harmony with the environment is achieved. Ekici and Zengin Çelik(2022) mentioned that in neighborhood planning, the harmony of the physical, and social environment with each other increases individuals' satisfaction with the environment they live in, and improves their overall quality of life. Li et al.(2023) found that individuals' housing, and neighborhood characteristics have a positive effect on SWB, based on the concept of a sense of place, which defines people's connections with the place they live in. In our study, housing and neighborhood variables were brought together under the title of housing in both genders, but it was determined that the housing factor had no significant relationship with SWB in men. Gender roles may be more important than men in terms of security, social capital, childcare, and emotional needs. While it is important for women to feel safe, and at ease in these places where they provide for their families, and raise their children, it may not have an impact on the SWB of men who have a work-centric perception of life, although they do not find it devoid of value.

The differences between men, and women can be attributed to a combination of biological, and cultural factors. Due to various psychological, and social factors that shape men's perceptions of identity, success, and satisfaction, almost every issue that can benefit their work, and work-centered lives increases their subjective well-being. The situation is somewhat more complex for women. A woman's SWB is affected by where she positions herself. In women who prioritize their experiences of relationships, and social connections, issues such as strong family ties, friendship, community support, economic freedom, and physical, and mental health have a positive impact on their SWB. The formation of healthy societies is contingent upon the presence of healthy individuals. SWB is an important indicator that supports not only the happiness of individuals but also social welfare, economic efficiency, social peace, and sustainable

development. In the case of men, income, and career are important, personal factors that include working life are more effective than women, while in the case of women, housing, and environment are more effective on SWB, and personal factors that do not include working life are effective factors on SWB. By the aforementioned results, it can be posited that should policymakers in Turkey who are seeking to enhance the quality of life of their citizens give due consideration to these variables, an increase in SWB will ensue.

Conclusion

The differences between men and women are both biological and cultural. Due to various psychological and social factors that shape men's perceptions of identity, success, and satisfaction, almost every issue that can benefit their work and work-centered lives increases their SWB. This situation is a bit more complicated for women. A woman's SWB is affected by where she positions herself. In women who care more about their experiences in relationships and social connections, issues such as strong family ties, friendship, community support, economic freedom, and physical and mental health increase their subjective well-being. Healthy individuals ensure the formation of healthy societies. SWB is an important indicator that supports not only the happiness of individuals but also social welfare, economic efficiency, social peace, and sustainable development. In the case of men, income and career are important, personal factors that include working life are more effective than women, while in the case of women, housing and environment are more effective on SWB and personal factors that do not include working life are effective factors on SWB. In line with these results, if policymakers in Turkey who want to improve the quality of life of their citizens consider these variables, the SWB of citizens will increase.

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