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The Mediatory Role of Ruminative Thinking in the Relationship Between Psychological Well-Being and Hope*

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ABSTRACT

This study aims to examine how the ruminative thinking style mediates the relationship between psychological well-being and levels of hope. The sample group consists of 513 individuals selected by convenience sampling from the population who volunteered to participate in this study. Pearson Product-Moment Correlation coefficient was used to reveal the relationships between variables. In addition, while examining the mediating role of ruminative thinking style in the relationship between psychological well-being and hope level, the Hayes (2018) model was used as a basis, and Regression Analysis was used. According to the research findings, it was concluded that the psychological well-being level of the participants had a positive relationship with the dimensions of hope level, alternative ways of thinking, and activist thinking, and a significant negative relationship with ruminative thinking style. When the mediating role of ruminative thinking style in the relationship between participants' psychological well-being level and hope level was examined, it was concluded that ruminative thinking style had a partial mediating role in the total score of hope level. Considering the strong relationship between hope and psychological well-being, it is considered important to conduct research on different variables that affect the participants' psychological well-being, hope, and ruminative thinking style or that may be related to these variables and to include more in-depth findings, and to carry out awareness-raising activities to improve hope and increase psychological well-being.

Keywords:

Psychological well-being, hope, and ruminative thinking.

1. Introduction

More and more, contemporary psychological research is focusing on understanding and fostering positive functions, like discovering purpose in life, achieving one's potential, and creating hopeful aspirations for the future, rather than only treating psychopathological symptoms. According to Ryff (1989), psychological well-being is a multifaceted and eudaimonic concept that includes elements like self-acceptance, personal development, life purpose, environmental mastery, autonomy, and pleasant interpersonal relationships. According to the literature, hope—which is a reflection of one's optimistic aspirations for the future and belief in one's capacity to accomplish goals—is positively correlated with higher levels of psychological well-being (Bailey & Snyder, 2007; Snyder, 2002). Thus, psychological happiness is viewed as a valuable resource that cultivates a more optimistic view of the future.

Nevertheless, this positive correlation between hope and psychological well-being could not be as strong or linear in each person. Individuals' cognitive processes and ways of thinking, in particular, can have a significant impact on how this relationship develops. Ruminative thinking, which is characterized as the

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propensity to passively and repeatedly concentrate attention on one's negative feelings, issues, and symptoms (Nolen-Hoeksema et al., 2008), becomes a crucial variable at this time. Ruminative thinking can limit the conversion of current psychological resources into future-oriented positive outcomes like hope by depleting an individual's cognitive resources, impairing problem-solving abilities, and perpetuating negative emotional cycles (Watkins & Moulds, 2005).

Therefore, this study's main goal is to look at how ruminative thinking contributes to the beneficial relationship between hope and psychological well-being. Stated differently, the goal of this study is to ascertain the degree to which ruminative thinking mediates the relationship between psychological well-being and hope. Gaining an understanding of this mechanism will be essential to creating therapies that support people in making better use of their psychological resources.

1.1. Psychological Well-Being

Psychological well-being and hope are important factors affecting individuals' happiness and quality of life (Keyes et al., 2022). The concept of psychological well-being is related to observing oneself (Compton & Hoffman, 2019), being aware of one's strengths (Seligman & Csikszentmihalyi, 2000) and limitations (Ryan & Deci, 2001), accepting these situations as experiences that increase one's resilience even when faced with difficulties (Diener, 1994), and striving to reveal one's inner strengths (Hendriks et al., 2019; Diener, 2009). Therefore, psychological well-being is important for individuals to be happy, have high life satisfaction, and create meaning in life (Keyes et al., 2022). From this point of view, it can be said that psychological well-being affects many phenomena, from family life to work life, and from social relationships to self-esteem (Tedeschi & Calhoun, 2004). This indicates the importance of individual and social psychological well-being (Tenney et al., 2016). In many studies in the literature, various results regarding psychological well-being have been determined, and the importance of this concept has been mentioned. For example, studies have found that psychological well-being reduces social anxiety (Aslan, 2020), increases self-esteem (Aydın, 2019), positively affects marital adjustment (Ekşi et al., 2018), and is good for mental health problems (Lakey & Orehek, 2011; Orth & Robins, 2022; Thomas et al., 2017). Based on the literature research, it can be concluded that psychological well-being is related to many variables. One of these variables is hope.

1.2. Hope

Hope is an internal concept that provides a sense of well-being (Frank, 1968), includes positive thoughts about the future (Staats, 1989), consists of existential awareness (Herth, 1993), has an affirmative structure (Ludema et al., 1997), and is involved in the goal of achieving goodness (Herth, 1993) (Leung et al., 2009). Hope is of immense importance for human life. Hope serves as a vital source of energy for individuals, providing motivation for their plans and actions (Arnau et al., 2007). In this respect, it is important that hope mobilizes individuals into action and acts as a barrier against pessimism (Luthans & Youssef-Morgan, 2017). As a matter of fact, in many studies, the place of hope in human life has been evaluated, and its importance has been stated. For example, hope increases life satisfaction (Ferguson et al., 2017), contributes to social support and business life (Cheavens et al., 2006; Estebarsari et al., 2020; Xiang et al., 2020), reduces stress (Yıldırım & Arslan, 2022), and forms the basis for psychological well-being (Gallagher & Lopez, 2009).

1.3. The Mediating Role of Ruminative Thinking

The ruminative way of thinking is defined as a maladaptive habit of thinking (Van Vugt et al., 2018) during mental wandering (Watkins, 2008), in which the same negative memories are recalled over and over again in the variable associative structure of memory (Papageorgiou & Wells, 2001). Therefore, ruminative thinking is seriously important for people's mental health. Because individuals with this way of thinking think about the same things repeatedly and make negative judgments (Ehring & Ehlers, 2008). This negatively affects the mental health of individuals (Lyubomirsky et al., 1998). Many studies have determined this situation. For example, ruminative thinking triggers depression (Nolen-Hoeksema & Morrow, 1993), causes anxiety (Chen et al., 2013), leads to hopelessness (Leite et al., 2019), and paves the way for stress and negative life experiences (Gamble et al., 2019; Kuehner, 2017; Michl et al., 2013; Nolen-Hoeksema & Morrow, 1993).

Research on ruminative thinking shows that these thoughts consume individuals' hopes and negatively affect their psychological well-being. Therefore, it can be suggested that a ruminative thinking style may mediate the relationship between psychological well-being and hope. At the point that the concepts of psychological

well-being, hope, and ruminative thinking style are highly related to psychological states, it is thought that the results of this research will provide important information, especially in terms of psychological counseling and clinical practices, and will provide important contributions to the relevant experts who work to increase the mental health and quality of life of individuals and to the relevant institutions and organizations that organize preventive campaigns. In addition, this research is considered important in terms of shedding light on how reducing ruminative thinking can play a role in developing interventions that increase psychological well-being and hope. Based on those mentioned earlier, the purpose of this article is to examine the mediating role of ruminative thinking in the relationship between psychological well-being and hope and to reveal this relationship with the variables of gender, age group, number of siblings, presence of romantic relationships, employment status, and parental attitudes. Within the framework of this general purpose, answers to the following questions were sought.

- What are the descriptive statistics levels of the scores obtained from the psychological well-being, hope, and ruminative thinking style scales used in the study?
- Do the participants' scores from psychological well-being, hope, and ruminative thinking style scales show significant differences according to gender, age group, number of siblings, romantic relationship status, employment status, and parental attitude variables?
- Is there a significant relationship between participants' psychological well-being, hope, and ruminative thinking style scores?
- Is there a mediating role of ruminative thinking style in the relationship between psychological well-being and hope in participants?

2. Methodology

2.1. Research Model

In this study, since the aim was to examine the mediating role of ruminative thinking style in the relationship between psychological well-being and hope, the relational survey model, one of the quantitative research methods, was preferred. The relational survey model is designed to determine the existence and degree of change between two or more variables, without any manipulation of them (Creswell, 2012). This model is frequently employed in studies that focus on identifying correlations and predictive relationships among psychological constructs.

2.2. Research Sample

The study was conducted on 513 respondents who participated in the research. 443 of the participants (86.4%) were female, and 70 (13.6%) were male. The age distribution of the participants varies between 18 and 65 years. There were 82 (16%) participants between the ages of 18 and 24, 263 (51.3%) between the ages of 25 and 35, 103 (20.1%) between the ages of 36 and 45, and 65 (12.6%) between the ages of 46 and 65. There were 41 (8%) participants who were only children, i.e., had no siblings; 177 (34.5%) participants who had two siblings; 164 (32%) participants who had three siblings; and 131 (25.5%) participants who had 4 or more siblings. Of the participants, 178 (34.7%) did not have a romantic relationship, and 335 (65.3%) had a romantic relationship. 332 (64.7%) of the participants were employed, and 181 (35.3%) were not employed. Of the participants' parents, 127 (24.8%) were democratic, 95 (18.5%) were authoritarian, 251 (48.9%) were protective, and 40 (7.8%) were indifferent.

2.3. Data Collection Tools and Procedure

In this study, a personal information form was prepared and applied to the participants in order to reveal their gender, age distribution, number of siblings, romantic relationship status, employment status, and parental attitudes. The following scales were also used in this study.

Psychological Well-Being Scale: The Psychological Well-Being Scale consists of items that include information about individuals' pursuit of a meaningful purpose, their perception of self-efficacy, their optimistic attitude about the future, and their contribution to the well-being of others. This scale, developed by Diener et al. (2009) and translated into Turkish by Telef (2013), consists of 8 judgments in a 7-point Likert type. In this one-dimensional scale, there are no reverse-scored statements. Participants are asked to rate their opinions on the scale items between 1 and 7. In this context, the score on the scale varies between 8 and 56. The Cronbach's

alpha value of all items of the scale calculated for this study is .87. The fit indices of the model obtained in the CFA were examined. It was seen that the ratio of the chi-square value to the degrees of freedom ($92.90/20=4.645$) was below 5, and the other fit indices were RMSEA= 0.08, SRMR= 0.04, GFI= 0.96, NFI= 0.94, RFI= 0.92, CFI= 0.95, and IFI= 0.95 (Telef, 2013). It is seen that the whole scale explains 42% of the total variance.

Trait Hope Scale: The Trait Hope Scale consists of items that can be applied to individuals aged fifteen and above and aims to obtain data on how individuals behave in the face of challenging situations, their attitudes towards seeking new solutions, how they follow a path to achieve their goals, what their past experiences mean to them, and how they see themselves in terms of being successful in life. This scale, developed by Synder et al. (1991) and translated into Turkish by Tarhan and Bacanlı (2015), consists of 12 8-point Likert-type judgments. Therefore, the participants are asked to rate their opinions on the scale items between 1 and 8. In this context, the score on the scale varies between 12 and 96. Four of the related items were reverse items and used for filling. However, the remaining 8 items reflect 2 sub-dimensions, 4 by 4, and have a positive structure. The Cronbach's alpha value of all items of the scale calculated for this study is .82, and the Cronbach's alpha value calculated for the Alternative Ways of Thinking sub-dimension is .82. The Cronbach's alpha value calculated for the Acting-Thinking sub-dimension is .81. As a result of confirmatory factor analysis, the fit index values were GFI = .96, AGFI = .92, RMR = .08, NNFI = .94, RFI = .90, CFI = .96, and RMSEA = .077 (Tarhan & Bacanlı, 2015). It is seen that the whole scale explains 61% of the total variance.

Ruminative Thinking Style Scale: The Ruminative Thinking Style Scale consists of items that aim to obtain data on how often individuals perform the act of thinking, their tendency to constantly repeat a subject in their minds, and their inability to get themselves out of this state. This scale, developed by Brinker and Dozois (2009) and translated into Turkish by Karatepe (2010), consists of 20 7-point Likert-type items. In this one-dimensional scale, there are no reverse-scored items. Participants are asked to rate their opinions on the scale items between 1-7. In this context, the score on the scale varies between 20 and 140. The Cronbach's alpha value of all items of the scale calculated for this study is .96. The whole scale explained 63.43% of the total variance.

2.4. Data Analysis

The SPSS-28 program was used to analyze the measurements of psychological well-being, hope, and ruminative thinking styles. In this axis, frequencies and percentages of the participants' demographic information were first calculated. Before the analysis, the assumption of normal distribution of the total scores obtained was checked. In normality checks, skewness and kurtosis values of the collected data were examined (Büyüköztürk, 2010). However, when statistical publications were examined, it was determined that there is no definite range for skewness and kurtosis values; different value ranges were found in different sources (Yalçıntaş, 2019). For example, Tabachnik and Fidell (2013) refer to the range between -1.50 and +1.50; George and Mallery (2010) refer to the range between -2.00 and +2.00 and state that the values in the relevant range meet the assumption of normal distribution.

Table 1. Normality Values of Psychological Well-Being, Hope, and Ruminative Thinking Style

Factors	Skewness		Kurtosis	
	Statistic	Std. Er.	Statistic	Std. Er.
Psychological Well-Being	-.60	.11	.33	.22
Hope (Total)	-.02	.11	.33	.22
Considering Alternative Ways	-.57	.11	.33	.22
Ruminative Thinking Style	-.49	.11	.33	.22

According to the values in Table 1, psychological well-being, hope, and ruminative thinking styles are normally distributed. For this reason, parametric methods were preferred in the research analysis (Kul, 2014). In this axis, the relationship between psychological well-being, hope, and ruminative thinking styles was evaluated using a Pearson correlation analysis. In addition, Hayes's (2018) model was applied, and regression analysis was used to examine the mediating role of ruminative thinking styles in the relationship between psychological well-being and hope.

2.5. Ethical

Ethical approval for this research was obtained from the İstanbul Sabahattin Zaim University Ethics Committee with decision number 2024/09.

3. Findings

This part of the study presents descriptive statistics of the scales, correlation values, and the findings obtained as a result of the analysis. The descriptive statistics of the Psychological Well-Being Scale, Trait Hope Scale, and Ruminative Thinking Style Scale scores used in the study are given in Table 2.

Table 2. Descriptive Statistics of Psychological Well-Being, Hope, and Ruminative Thinking Style (N=513)

Scales	min	max	Mean	sd
Psychological Well-Being	13.00	56.00	42.86	7.60
Hope (Total)	28.00	96.00	64.52	12.18
Considering Alternative Ways	8.00	32.00	24.98	4.91
Agential Thinking	7.00	32.00	22.65	5.21
Ruminative Thinking Style	20.00	140.00	97.98	25.80

According to the information in Table 2, the psychological well-being level (42.86 ± 7.60), hope level (64.52 ± 12.18), and ruminative thinking style (97.98 ± 25.80) of the participant individuals were found. The highest score from the psychological well-being scale was 56.00, and the lowest score was 13.00, while the highest score obtained from the hope scale was 96.00, and the lowest score was 28.00. Among the sub-dimensions of hope, the highest score obtained from thinking of alternative paths was 32.00, and the lowest score was 8.00; the highest score obtained from activist thinking was 32.00, and the lowest score was 7.00. The highest score from the ruminative thinking style scale was 140.00, and the lowest was 20.00. The correlation results between the participants' Psychological Well-Being, Trait Hope, and Ruminative Thinking Style Scale scores are given in Table 3.

Table 3. Correlation Values of Psychological Well-Being, Hope, and Ruminative Thinking Style Scale

		1	2	3	4	5
1-Psychological Well-Being	r	1				
	p	-				
2-Hope (Total)	r	.701**	1			
	p	.000	-			
3-Considering Alternative Ways	r	.586**	.808**	1		
	p	.000	.000	-		
4-Agential Thinking	r	.778**	.864**	.723**	1	
	p	.000	.000	.000	-	
5-Ruminative Thinking Style	r	-.299**	-.485**	-.179**	-.321**	1
	p	.000	.000	.000	.000	.000

$p < .05^{**}$

According to the findings of the Pearson correlation analysis given in Table 3, it was determined that psychological well-being level had a positive relationship with hope level ($r = .701^{**}$; $p = .000$), alternative ways of thinking ($r = .586^{**}$; $p = .000$), and activist thinking ($r = .778^{**}$; $p = .000$), while psychological well-being level had a significant negative relationship with ruminative thinking style ($r = -.299^{**}$; $p = .000$). In other words, when individuals' psychological well-being levels increase, their tendency towards hope increases and their tendency towards ruminative thinking decreases.

When the differences in the scores of the participant individuals depending on parental attitudes were examined, it was found that the psychological well-being level of individuals with democratic parental attitudes was significantly higher than the psychological well-being level of individuals with authoritarian and indifferent parental attitudes ($p < .05$). The hope level of individuals with democratic parental attitudes was significantly higher than the hope level of individuals with authoritarian and protective parental attitudes ($p < .05$). In addition, the dimension of alternative ways of thinking of individuals with democratic parental attitudes was significantly higher than the dimension of alternative ways of thinking of individuals with protective parental attitudes ($p < .05$). Finally, the ruminative thinking of individuals with authoritarian and protective parental attitudes was significantly higher than the ruminative thinking of individuals with

democratic parental attitudes ($p < .05$). While examining the mediating role of the ruminative thinking style in the relationship between psychological well-being and hope level, Hayes's (2018) model was taken as a basis, and the steps specified by Baron and Kenny (1986) were applied. Based on this model, the mediation effect used in the study is as follows. The model of this research is as follows. Accordingly, psychological well-being level (X) represents the independent variable, hope level (Y) represents the dependent variable, and ruminative thinking style (M) represents the mediating variable.

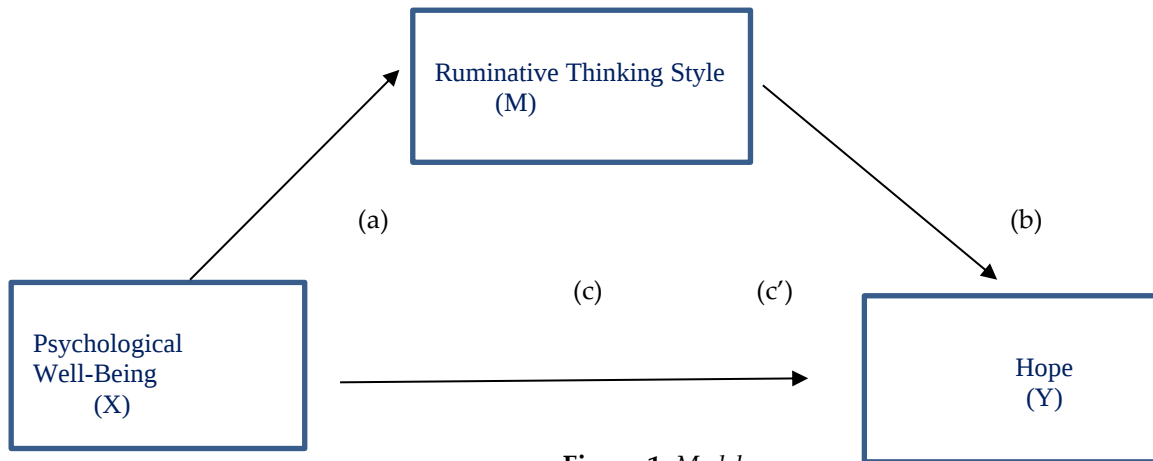


Figure 1. Model

To prevent the problem of multicollinearity, one of the conditions to be met in regression analysis was the expectation that the relationship between the independent variable (psychological well-being level) and the mediating variable (ruminative thinking style) would not be a strong relationship. Considering that a correlation value of .80 and above indicates a strong relationship (Büyüköztürk, 2010), it was determined that the relationship between the independent variable (psychological well-being level) and the mediating variable (ruminative thinking style) was not strong ($r = -.299^{***}$; $p = .000$). In this respect, it can be said that the prerequisite for regression analysis was met (Table 4.10). Another condition of regression analysis is that tolerance and VIF values should be in appropriate ranges. For the regression analysis to be performed correctly, the tolerance value should be greater than .10, and the VIF value should be less than 10 (Albayrak, 2005). In the analyses conducted in this study, these value ranges were observed. Therefore, it can be said that this prerequisite of the regression analysis is also met.

Table 4. The Mediating Role of Ruminative Thinking Style in the Relationship between Psychological Well-Being and Hope Level

Step	Independent Variable	Model	B	S.H.	β	t	p
1	Psychological Well-Being	Constant	16.35	2.20		7.43	.000
		Psychological Well-Being	1.12	.05	.70	22.22	.000
		Dependent Variable: Hope $R = .70$; $R^2 = .49$; $\Delta R^2 = .49$; $F(1,511) = 493.88$; $p = .000$					
2	Psychological Well-Being	Constant	141.41	6.24		22.67	.000
		Psychological Well-Being	-1.01	.15	-.30	-7.07	.000
		Dependent Variable: Ruminative Thinking $R = .30$; $R^2 = .09$; $\Delta R^2 = .09$; $F(1,511) = 49.99$; $p = .000$					
3	Ruminative Thinking	Constant	88.94	1.85		46.97	.000
		Ruminative Thinking	-.23	.02	-.49	-12.53	.000
		Dependent Variable: Hope $R = .49$; $R^2 = .24$; $\Delta R^2 = .23$; $F(1,511) = 156.87$; $p = .000$					
4	Psychological Well-Being + Ruminative Thinking	Constant	36.54	2.85		12.81	.000
		Psychological Well-Being	.98	.05	.61	20.19	.000
		Ruminative Thinking	-.14	.01	-.30	-9.99	.000
		Dependent Variable: Hope $R = .79$; $R^2 = .58$; $\Delta R^2 = .57$; $F(2,510) = 344.62$; $p = .000$					

Table 4 presents the model for the mediating effect of ruminative thinking style on the relationship between psychological well-being and hope level. In step 1 of the model, the effect of the independent variable psychological well-being level on the dependent variable hope level was examined, and it was determined that the regression model was significant [$F(1,511)=493.88$; $p=.000$]. In this step, it was determined that the level of psychological well-being explained 49% of the hope variance.

In Table 4, in the second step of the shared regression model, the effect of the independent variable psychological well-being level on the mediating variable ruminative thinking style was examined, and the regression model was found to be significant [$F(1,511)=49.99$; $p=.000$]. This step determined that the level of psychological well-being explained 9% of the variance of ruminative thinking style.

In Table 4, in the third step of the shared regression model, the effect of the mediator variable ruminative thinking style on the dependent variable hope level was examined, and it was found that the regression model was significant [$F(1,511)=156.87$; $p=.000$]. This step determined that the ruminative thinking style explained 24% of the variance of hope.

In step 4 of the regression model presented in Table 4, the independent variable, psychological well-being level, and the mediating variable, ruminative thinking style, were entered into the regression model together. Here, the effect on the dependent variable, hope level, was examined, and the regression model was found to be significant [$F(2,510)=344.62$; $p=.000$]. This step determined that psychological well-being and ruminative thinking explained 57% of the variance of hope level.

In the regression analysis, while the level of psychological well-being remained significant, the β coefficient decreased from .70 to .61. Therefore, ruminative thinking style has a partial mediating variable role in the relationship between psychological well-being and hope.

4. Discussion and Conclusion

This section includes discussions based on the results obtained from the research findings. The findings of the study show that the level of psychological well-being of the participants has a significant positive relationship with the dimension of hope level and a significant negative relationship with ruminative thinking style. In other words, as the individual's satisfaction with life and well-being increases, his/her belief in the future and his/her tendency to find new solutions when faced with problems will increase, and his/her tendency to frequently visualize negative scenarios in his/her mind will decrease. When the literature is examined, it is seen that some of the studies conducted are indirectly similar to this study, even if not directly. For example, in the research of İmroğlu et al. (2021) and Karıcı and Topkaya (2023), the relationship between psychological well-being and hope level was examined, and significant positive relationships were obtained in parallel with this study. In addition, in Göller and Gürbüz's (2022) study, psychological well-being and ruminative thinking style variables were evaluated together, and negative significant relationships were found similar to this study. In Türkgil's (2021) study, the variables of hopelessness and ruminative thinking style were brought together on common ground, and parallel results were obtained. When the related studies are evaluated as a whole, it can be said that the literature generally supports the research results.

In addition, when the mediating role of ruminative thinking style in the relationship between participants' psychological well-being level and hope was examined, it was concluded that ruminative thinking style had a partial mediating role both in the total score of hope level and in the dimensions of alternative ways of thinking and activist thinking. In other words, it can be said that a ruminative thinking style is an important factor affecting the relationship between psychological well-being and hope. Rumination may negatively affect the hope level of individuals by creating limitations in the dimensions of alternative paths thinking and action thinking. When the studies in the literature were examined, no research directly on this subject was found. Therefore, it can be said that there is a gap in the literature in this direction. Since rumination causes individuals to think continuously and cyclically, individuals' positive thinking about the future, their ability to think of different ways or options to achieve a goal, and their motivation to take action to achieve it may also be negatively affected. These findings suggest that interventions to reduce ruminative thinking may ameliorate individuals' hope levels and psychological well-being. Moreover, considering these relationships between hope and rumination in therapeutic interventions may strengthen the general well-being of individuals receiving psychological support.

In other words, the results of this study suggest that the effects of hope and alternative pathways thinking on psychological well-being may be further weakened by ruminative thinking. This means that these two ways of thinking can be explained by more complex processes such as emotional regulation, personal beliefs and self-values of individuals, cognitive distortions such as self-blame delusions, flexible thinking skills, and evaluating from an inclusive or narrow framework in achieving psychological well-being. In the mediating role of ruminative thinking style in the relationship between psychological well-being level and hope level, it can be said that the research results bring a new perspective to the literature and enrich it.

Based on all this information, it is understood that psychological well-being, hope, and ruminative thinking have great importance in terms of the physical and mental health of the individual. For this reason, it is important to examine the variables that affect the individual's psychological well-being, hope level, and ruminative thinking and take the necessary measures. As seen in the research findings, as psychological well-being increases, hope increases in parallel, but this relationship may weaken with the effect of ruminative thinking. For this reason, campaigns and training programs can be developed and initiated to raise public awareness to improve hope, increase psychological well-being, and decrease rumination. Supportive workshops can be implemented to improve psychological well-being and hope and reduce rumination. Experts working in the field can be encouraged to develop and implement individualized approaches, taking into account the personal needs of individuals. It is among the research findings that supportive and democratic parental attitudes have a significant impact on children becoming happier, hopeful, and not stuck in the negative when they become adults, compared to authoritarian, protective, and indifferent attitudes. For this reason, awareness-raising activities can be conducted for parents. It is important to consider the study's limitations when evaluating the findings. The population of this study consists of individuals between the ages of 18 and 65 and was reached through Google Forms. In future research, this study can be conducted with different groups such as students, Generation Y, working people, white-collar workers, etc. In addition, it is considered important to conduct qualitative research on different variables that may be related to the topic and include more in-depth findings. Finally, researchers can evaluate the effectiveness of psychotherapy and psychological support programs by considering the relationship between ruminative thinking, hope, and psychological well-being.

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