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### Authentic inner compass, well-being, and prioritization of positivity among adolescents.

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Database: APA PsycInfo Journal Article

Russo-Netzer, Pinii Shoshani, Anat

Citation  
Russo-Netzer, P., & Shoshani, A. (2020). Authentic inner compass, well-being, and prioritization of positivity and meaning among adolescents. *Personality and Individual Differences*, 167, Article 110248. <https://doi.org/10.1016/j.paid.2020.110248>

Abstract  
Adolescence is a critical and formative stage of life characterized by the development of interests, values, long-term goals, and social affiliations that serve as the foundation for more mature identity formation. Growing evidence supports the importance of meaning in life and of positivity as protective factors during adolescence that facilitate coping and thriving. The present study builds on previous research to explore the relationship between adolescents' authentic inner compass (AIC; having self-directed values, aspirations, interests, and goals that are experienced as authentic), well-being, and the prioritization of positivity and meaning. Findings from a sample of 677 adolescents (50.7% girls; mean age = 13.88) indicate that a higher AIC score is related to higher prioritization of meaning and higher prioritization of positivity, which are positively related to subjective well-being (SWB). Furthermore, having an AIC was found to contribute to adolescents' ability to intentionally seek out activities and contexts and make choices that are conducive to experiencing meaning and positivity, which in turn predicts increased well-being, greater life satisfaction, and fewer maladaptive symptoms. Having an AIC was also found to contribute to a decrease in emotional and behavioral problems. (PsycInfo Database Record (c) 2020 APA, all rights reserved)

Full Record

Unique Identifier2020-61921-001

TitleAuthentic inner compass, well-being, and prioritization of positivity and meaning among ad

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Related Content  

Longitudinal associations between positive affect and relationship quality among children and adolescents: Examining patterns of co-occurring change. Griffith, Julianne M.; Young, Jami F.; Hankin, Benjamin L., 2019

Subjective wellbeing and difficulties with emotion regulation among adolescents. Shourie, Shruti; Kaur, Harshmeet, 2017

How is street life? An examination of the subjective wellbeing of street children in China. Cheng, Fucai; Lam, Debbie, 2010

Patterns of social connectedness and psychosocial wellbeing among African American and Caribbean Black adolescents. Rose, Theda; McDonald, Ashley; ...

Age GroupChildhood (birth-12 yrs); School Age (6-12 yrs); Adolescence (13-17 yrs); Adulthood (18 yrs & older); Young Adulthood (18-29 yrs)

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Tests and MeasuresAuthentic Inner Compass Scale  
Prioritizing Meaning Scale  
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Subjective Happiness Scale <https://doi.org/10.1037/h01588-000>  
Satisfaction With Life Scale <https://doi.org/10.1037/h01089-000>  
Strengths and Difficulties Questionnaire <https://doi.org/10.1037/h00540-000>

Release Date20200914 (APA PsycInfo)

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