

Predictive Role of Distress Tolerance on Mental Well-being Following the Türkiye Earthquake

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Abstract

The aim of the present research is to examine distress tolerance and mental well-being in relation to various demographic variables after the earthquake in Türkiye. Additionally, the possible predictive role of distress tolerance in mental well-being was also examined. The participants of the study are 299 adults (195 females and 104 males) aged between 19 and 48 (Mean = 25.44, SD = 6.59). The data obtained with the Distress Tolerance Scale and Warwick-Edinburgh Mental Wellbeing Scale was analyzed with the independent sample *t* test, ANOVA, and regression analyses. Findings showed that there are no statistically significant gender differences in distress tolerance and mental well-being. However, university students have significantly lower well-being than other education levels ($t_{0.05; 299} = 3.85, p < .001$). On the other hand, education level did not make a significant difference in terms of distress tolerance. While perceived socio-economic status is not significantly related to distress tolerance, it is related to mental well-being. Individuals with high perceived socio-economic status have higher well-being than those with lower or middle SES [$F_{(2, 298)} = 4.08, p < .05$]. Regression analyses in which age and gender were controlled indicated that distress tolerance positively predicts mental well-being ($\beta = 0.503, p < .001$) and explained 28% of the well-being variance. As a result, it can be stated that the strength of distress tolerance after earthquakes is important for mental well-being.

Keywords: mental health, post-disaster, post trauma, Türkiye, wellbeing