Will to Live: The Fulfillment of Needs for Meaning and Its Relation to Meaning in Life

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Abstract

One of the purposes of this study is to develop and test the factor structure of a multidimensional Needs for Meaning Scale (NFMS) and another purpose is to investigate the contribution of needs for meaning fulfillment on experiencing meaning in life by using self-determination theory. Baumeister asserts that meaning in life can be established with the possession of four needs for meaning: need for purpose, need for values and justification, need for efficacy, need for self-worth. To measure NFM, 33-itemed NFMS is constructed. Meaning in life was measured through the Purpose in Life (PIL) test. The data were gathered conveniently from 355 individuals. Both the NFMS and PIL test were investigated through confirmatory factor analyses (CFA) before two structural models were tested. The data were analyzed by means of a SEM analysis using AMOS program. Three different models of NFMS were tested. CFA confirmed four dimensions of NFMS in both a first- and second-order solutions. Additionally, both structural models had a good fit to data and indicated that needs for meaning fulfillment has positive contribution on meaning in life. The fulfillment of need for purpose emerged as the most important predictor of meaning in life. The findings were discussed in the light of explanatory power of the dimensions of needs for meaning on meaning in life.

Keywords: Needs for meaning, Meaning in life, Existential needs, Self-determination theory, Scale development

Yaşama İradesi: Anlam İhtiyacı Doyumu ve Yaşamın Anlamı ile İlişkisi

Öz

Bu araştırmanın amaçları çok boyutlu Anlam İhtiyacı ölçeğini geliştirmek, faktör yapısını belirlemek ve kendini belirleme kuramını kullanarak anlam ihtiyacı doyumunun yaşamın anlamı üzerindeki katkısını incelemektir. Baumeister, anlamlı yaşamın dört adet anlam ihtiyacına (amaç ihtiyacı, değerler ve meşrulaştırma ihtiyacı, yeterlilik ihtiyacı, öz-değer ihtiyacı) sahip olma ile ortaya çıkabileceğini ileri sürmektedir. Anlam ihtiyacını ölçmek için 33 ifadeli anlam ihtiyacı ölçeği geliştirilmiştir. Yaşamın anlamı, Yaşamda Amaç testi ile ölçülmüştür. Veriler kolayda ulaşılabilir örneklem yöntemi ile 355 kişiden

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toplanmıştır. Anlam ihtiyacı ölçeğinin ve yaşamda amaç testinin yapısal modelleri test edilmeden önce ölçekler doğrulayıcı faktör analizi (DFA) ile incelenmiştir. Veriler AMOS programı kullanılarak yapısal eşitlik modellemesi aracılığı ile analiz edilmiştir. Anlam ihtiyacı ölçeğinin üç farklı modellemesi test edilmiştir. DFA, dört boyutlu anlam ihtiyacı ölçeğinin tek faktör ve iki faktör çözümünü doğrulamıştır. Ek olarak, her iki yapısal model data ile iyi uyuma sahip olup, anlam ihtiyacı doyumunun yaşamın anlamı üzerinde olumlu katkıya sahip olduğunu göstermiştir. Amaç ihtiyacı doyumunun yaşamın anlamlandırılmasında en önemli yordayıcı olduğu ortaya çıkmıştır. Bulgular, anlam ihtiyacı boyutlarının yaşamın anlamı üzerindeki açıklayıcılık gücünün ışığında tartışılmıştır.

Anahtar Kelimeler: Anlam ihtiyacı, Yaşamın anlamı, Varoluşsal ihtiyaçlar, Öz-belirleme kuramı, Ölçek geliştirme

1. Introduction

The desires for meaningful and happy life are two of the mostly held goals by individuals to motivate themselves. Meaning in life is a subjective phenomenon which is difficult to define. McAdams (1993) argues that individuals construct stories about the things that they experience. He says that one wants to answer the question in life ''who am I?''. This question can be answered by integrating roles in life with one's values, skills and also organizing the past, present, and future in a meaningful way. Meaningful life story requires this accomplishment.

Existential philosophers, psychologists, and mystics have long argued that human existence can be fulfilled by experiencing ''real'' meaning (Klemke, 2000; Metz, 2002). Even though scientist have taken different approaches about meaning in life; at the hearth of it there is a healthy human functioning (Frankl, 1959; Baumeister, 1991; Yalom, 1980).

Crescioni and Baumeister (2013) described the four basics of human needs for meaning: need for purpose, need for values and justification, need for efficacy and need for self-worth. According to Self-determination theory (SDT), meaning is a self-determined behavior and not only is crucial for an individual, but also it is important for having positive outcomes (Chirkov, Ryan, Kim, & Kaplan, 2003). The fulfillment of those needs for meaning can be sources of motivation to see life as exciting, to have clear goals and aims in life, to discover satisfying life purpose and to see personal existence as purposeful and meaningful. According to Frankl (1959), individuals should discover their purpose in life, and discovering a purpose helps individuals withstand the difficulties they face in a daily life. On the contrary, individuals who are unwilling or unable to find a purpose in life have tendency to experience ''existential vacuum'' or ''existential neurosis'' both of which refer to meaningless, boredom, emptiness and apathy. This existential neurosis has been expanded by Yalom (1980, p. 422) as ''the human being seems to require meaning. To live without meaning, goals, values or ideals seems to provoke… considerable distress''. The aim of this study is to investigate the effects of needs for meaning on meaning in life. It is predicted that the fulfillments of need for purpose, need for values and justification, need for efficacy and need for self-worth contribute to discover meaning in life.

2. Meaning in Life

From a psychology standpoint, meaning in life is discussed by existential therapists. Victor Frankl who was a survivor of the Nazi concentration camps suggested that there are three fundamental and interconnected assumptions to create meaning in

life: (a) freedom-of-will, (b) will-to-meaning, (c) meaning of life (Frankl, 1959). Freedom-of-will highlights that individuals may not change the unchanged the things (i.e., biological or environmental fate), but can choose attitudes toward fate. Will-to-meaning lies the tension between being and meaning. It is combination of values and ideals to live and even die for. The incongruence between being and meaning leads to neurosis (Frankl, 1967). Meaninglessness causes a situation called "existential vacuum" which is manifested with symptoms of boredom, depression or aggressive behavior. Meaning of life emphasizes that life can be meaningful in all conditions, even under unavoidable torture and suffering (Frankl, 1984). He asserts that one can find meaning in his or her life even in hopeless situations by choosing to live with honor and dignity. Meaning in life can be discovered in three areas of one's life: through creative works, through love and through attitude toward pain and suffering (Frankl, 1959). For instance, one can find meaning in life by giving to life in terms of creative endeavors such as work and deeds in community; by experiencing self, others and values; by displaying attitude toward suffering or tragic triad (e.g., pain, death, guilt; Frankl, 1967).

Research about meaning in life has begun in 1960's. Frankl (1959) developed Frankl Questionnaire tool to understand his clinical patients on the basis of one questionnaire item, "Do you feel your life is without purpose?". He believed that when patients perceived their life without a purpose they suffered from existential frustration. The results of the Frankl's research confirmed the relationship between purpose and mental health.

In consultation with Frankl, Crumbaugh and Maholick (1964) developed a new survey of purpose to apply "the principles of existential philosophy to clinical practice" (p. 200). They designed an attitude scale to measure the Frankl's noogenic neurosis – *breakdown due to "existential frustration" or lack of perceived meaning or purpose in life*– through psychometrically among different populations. The results of the study showed three scores about a) what Frankl is describing, b) something different from the usual neuroses, c) characteristic differences of psychopathological groups from "normal" groups. As expected, Purpose in Life and Frankl Questionnaire are positively correlated (r = .68; p < .05) (Crumbaugh & Maholick, 1967).

According to studies of Crumbaugh and Maholick (1964) meaning in life can be experienced by purposeful life. Nozick (1989) proposed that purposeful life which includes creating, parenting, and loving is a source of meaning. Shek, Ma and Cheung (1995) concluded that purposeful life is positively related to hope and negatively related to depression. Similar findings indicated that purposeful life has negative relationship with general anxiey (Biegler, Neimeyer, & Brown, 2001), loneliness (Paloutzian & Ellison, 1982) and psychological problems (Ho, Cheung, & Cheung, 2010). According to Yalom (1980) serving others, spending times to make the world better place are powerful sources of meaning. Values are also sources of meaning in life. As Frankl (1992) pointed out values provide individuals to justify their actions and when they are threatened and throw them into doubt, people would likely to lose the feeling of being individual, having freedom and experiencing personal value.

3. Needs for Meaning

Frankl (1946) asserted that the meaning of one's life may change, but the need for meaning is always appears. Need for meaning is a source for motivation to find answers and explanations for the problems in life (MacKenzie & Baumeister, 2014). Establishment of meaning in life depends on the possession of four needs for meaning. According to Baumeister (1991) firstly, people seek to establish a sense of purpose in their lives. Secondly, people seek to justify their actions with respect to their values or moral

standards. Thirdly, people seek to have sense of efficacy that one can create a difference. Fourthly, people seek to believe that they are valued, good, and worthy individuals. These four needs are varied motivational models that help individual to find meaning in life. According to SDT, individuals have basic psychological needs, namely need for autonomy, competence, and relatedness. These needs are seen as nutriments of an effective human functioning generates ''necessary conditions for the growth and well-being of people's personalities and cognitive structures'' (Deci & Ryan, 2002, p. 7). Within another view, they (needs) are emphasized ''conceive of psychological needs as qualities of experience that are essential to any person's well-being, in the same way that sun, soil, and water are nutriments essential to any plant. The functional role of need-fulfilling experience,… is to replenish psychological energies and thereby enable ongoing motivated behavior'' (Sheldon, Ryan, & Reis, 1996, p. 1277). In line with SDT, the fulfillment and need satisfaction and absence of need frustration are crucial indicators for displaying an integrated of life in congruence with themselves. This kind of integration prevents to fall into existential vacuum and feelings of meaningless and worthless in life.

3.1. *Need for Purpose*

The first need is related with goals. As Baumeister (1991) pointed out it starts with the setting of the goal, then, the necessary actions to achieve the goal, and ends with the fulfillment of the goal. According to MacKenzie and Baumeister (2014) when people become fulfilled, they will be happier than they are now. Fulfillment is not necessary to find meaning in life, but what is the most important is that the current activities should be related steps to reach future outcomes (MacKenzie & Baumeister, 2014). A sense of purpose plays an essential role in the construction of meaning in life.

3.2. *Need for Values and Justification*

As Frankl (1959) pointed out values are meaning source that man can live and die for the sake of his values. In order to satisfy this need two requirements should be met: the individual must hold the sense of what is right or wrong, and the individual must be in compliance with what is considered as a right by those standards (Crescioni & Baumeister, 2013). According to Baumeister, Stillwell, and Wotman (1990) people seek to reinterpret the events happened in the past to assure themselves that they acted with respect to their own moral standards. This reinterpretation was named as ''justification-motivated reinterpretation''. Justification gives meaning to one's life by acting with respect to moral standards and by viewing oneself as connecting to them. According to findings (Baumeister et al., 1990, 1993; Baumeister & Wotman, 1992) when an individual has been the object of a blameworthy behavior, she or he might seek to reinterpret the behavior so as to sustain the belief that she or he is a good person. Because sense of doing what is right or wrong have impact on meaning in life (Baumeister & Vohs, 2002).

3.3. *Need for Efficacy*

From the existentialist view, Crescioni and Baumeister (2013) asserted that the need for efficacy might be fulfilled by completing difficult tasks. These tasks should push people to reach difficult goals. Controlling the environment is an important source to bolster sense of efficacy (ManKenzie & Baumeister, 2014). People might increase their sense of efficacy by interpreting the events in their lives are under their control and lack of control might lead to serious personal problems that have a negative effect on physical and mental health (Baumeister & Vohs, 2002). Making free choice, handling environments

or activities (i.e., self-determining) are perceived as meaningful because they confirm individuals have power and ability rather than being powerless and useless (Seligman, 1975).

3.4. *Need for Self-worth*

Baumeister and Leary (1995) have noted that the need to belong is a basic human need. They proposed that the need to belong has two main characteristics. First, people need frequent interaction so that they can spend quality time with other people. The crucial point in these interactions is that there should not be conflict or negative affect between two parties. Second, people need to establish a relationship that is tagged by stability, affective concern, and foreseeable future. Because those kinds of relationships do not include anxiety or pain rather they help to keep stable one with the world, others and self (Epstein, 1980). To fulfill the need for belongingness, an individual must believe that she or he is cared and loved by other people which promote meaningfulness (Baumeister & Vohs, 2002).

SDT suggests that people have motivational mechanism that energize and directs their behaviors (Deci & Ryan, 2000). This motivational mechanism can be activated by the satisfaction of psychological needs. In SDT, three fundamental needs are suggested: the needs for autonomy, competence and relatedness. When people feel autonomy and freedom of choice in a certain area they will be more likely to be motivated, engaged and have positive perception about that area such as meaning and satisfaction (Ryan & Deci, 2002). The satisfaction of need for competence allows individuals to fit in changing environment, whereas the lack of competence satisfaction leads to helplessness and lack of motivation (Deci & Ryan, 2000). The need for relatedness can be satisfied by the experiencing of a sense of communication and enhancing close and intimate relationships with others (Deci & Ryan, 2000). SDT suggests that when the satisfaction of need for relatedness and competence is experienced, internalization of value and regulation is likely to occur.

Based upon SDT,

H1: *The fulfillments of the needs for meaning (i.e., purpose, values and justification, efficacy, self-worth) contributes to meaning in life.*

H1a: *The fulfillment of the need for purpose contributes to meaning in life.*

H1b: *The fulfillment of the need for values and justification contributes to meaning in life.*

H1c: *The fulfillment of the need for efficacy contributes to meaning in life.*

H1d: *The fulfillment of the need for self-worth contributes to meaning in life.*

4. Research Methodology
4.1. Sample and data collection

Respondents of this study were reached by convenience sampling method. A cross-sectional design was employed to collect data in the current study. Participants were surveyed with multiple self-administered questionnaires either face to face or electronically. Individuals who decided to participate were kindly requested to ask a co-worker to participate as well. The questionnaire was set up on a web-based survey. The link was sent to 900 individuals and 355 complete questionnaires were returned (39.4% response rate) within two months. The data were gathered from a total of 355 participants consisted of 149 female (42 %) and 206 male (58 %). With respect to marital status, 252 were married (71 %). The average age of the participants was 42 (ranging between 24 and 73). The majority of the sample held a Ph.D. degree (54.4 %). Participants

were also asked how much they attach importance to earning a lot money or finding a reason/purpose in life. 20 percent give importance on earning lots of money in life whereas 80 percent of them give importance on finding purpose/meaning in life.

4.2. The Measurement Inventory
4.2.1. Development of the Needs for Meaning Scale (*NFMS*)

Initially, the author constructed a pool of 35 items related with the conceptualization of needs for meaning dimensions. In order to validate the content of the instrument five experts analyzed the items as indicating *to what extent the items represent the related variable* ranging from "representative", "unrepresentative", "representative but developable". According to results, 5 items have been rated as "representative", 28 items have been rated as "representative, but developable", and 2 items have been rated as "unrepresentative". Ultimately, on the basis of evaluation, the NFM were measured with 33 items. Need for purpose includes an item as "having a purpose I try to reach even though I am aware of my mortality". Need for values and justification involves an item as "behaving in accord with my values". Need for efficacy contains an item as "being self-efficacious to overcome to the challenge". Need for self-worth comprises an item as "feeling myself as a worthy". 33-itemed needs for meaning scale have been measured by asking "a significance level of every item for an individual". The significance level of items was rated on a 6-point Likert-like scale with the anchors from 1= *Unimportan*t to 6= *Very important*.

4.2.2. Meaning in Life Scale

The purpose in life (PIL) test (Crumbaugh & Maholick, 1964) was used to measure meaning in life. The unidimensional attitude scale consists of 20 items made on a 7-point scale where "1" indicates low purpose, existential vacuum and "7" indicates high purpose and meaning in life. The minimum score is 20, maximum is 140. In this study, in order to avoid respondent's middle-point tendency, the 6-point semantic differential scale was used. Scores range from 20 to 120.

4.3. Data Analysis

Participants' demographic characteristics were analyzed by frequency analyses. Data analyses were performed with the two-step approach (Anderson & Gerbing, 1988) using Amos program. An exploratory factor analysis (EFA) and confirmatory factor analysis (CFA) were conducted to validate the factor structure of the measurement variables. After the measurements were validated, a structural equation model (SEM) was performed to test the validity of the proposed model and hypotheses.

5. Results
5.1. Exploratory Factor Analysis

In order to examine explorative factor structure and reliability of the needs for meaning scale, principle factor analysis (maximum likelihood) with oblique rotation in SPSS was used. Research showed that maximum likelihood analysis is better suited to conduct confirmatory factor analysis and provides better tool to search for factors (Kline, 2014). Therefore, maximum likelihood factor analysis conducted to needs for meaning items. Since, correlation between factors is expected in social sciences, promax rotation

of oblique method was chosen. Oblique rotation provides a more accurate solution supposing the factors are correlated (Osborne & Costello, 2009).

Factor loadings were assessed with a 0.30 cut off as recommended by Preacher and MacCallum (2003). According to results, items of needs for meaning scale are located under the same four dimensions with respect to their original distributions. These four dimensions explain 58% of the total variance (see on Table 1). The Cronbach's α indicates high level of internal consistency for the total scale (α = .95). The Cronbach's α for each construct estimates ranging from .85 to .92 were considered desirable levels (Nunnally & Bernstein, 1994).

Table 1. Exploratory Factor Analysis of *NFMS*

F1. Need for Purpose	Factor Loadings	Factor Variance (%)
3. Pondering the fulfillment of my goals in the tough times	.840	
2. Having a purpose I try to reach eventhough I am aware of my mortality	.793	
1. Striving to realize focal goals of my life	.786	
6. Conceiving the things I do right now as the steps to reach my future goal.	.743	
8. Reaching the intermediate goals one by one that help me to reach the primary goal of my life.	.724	38.3
9. Focusing on a thrilling goal that vitalizes me	.712	
5. To reach my goal I act in a planned and decisive way	.698	
7. Having a goal which worths to strive for	.669	
10. Reaching my goals one by one by overcoming the difficulties which are the most important evidence of my existence	.666	
4. Not losing my courage and hope in reaching my goals even if I encounter difficulties	.594	
F2. Need for Self-worth		
29. Being acknowledged for my positive features by the people around me	.902	
28. Being loved by the people around me	.834	
31. Being respected person by the people around me	.782	
27. Being accepted by my friends despite my mistakes	.644	
30. Perceiving myself as a successful person	.630	8.31
26. Feeling myself as a worthy	.424	
32. Spending fulfilling time with my family and friends	.347	
33. Having people around me whom I can share important matters for me	.344	
F3. Need for Values & Justification		
13.Being compatible with my decisions and moral standards	.839	
15.Taking moral responsibility for my behaviors	.839	
12.Behaving in accord with my values	.817	
14. Giving meaning to my life through my values	.790	
11. Finding resolutions in accord with moral values in case of conflict	.759	6.5
16.Considering some of my values as divine	.607	
17.Avoiding the repetition of the mistakes with my current experiences	.487	
F4. Need for Efficacy		
19.Being self-efficacious to overcome to the challenge	-.726	4.74

21.Gathering knowledge that leads me to the right solution in view of my experiences	-.648
20.Recognition of my strength and abilities as I am able to cope with difficulties	-.647
22.Being able to create my own opportunity	-.566
25.Grasping new things about the life and my capacity provided by the challenges confronted	-.488
18.Being thrilled about the challenges in life and striving to solve them	-.449
24.Having necessary capabilities to reach difficult goals	-.437
23.Believing that I can make a difference in my work.	-.421

Note: Kaiser-Meyer-Olkin = .93, Bartlett's Test of Sphericity Chi Square = 7287.383, df = 528, *p* < .001

5.2. Common Method Variance

The data for this study were collected from a single source. Therefore, common method variance (CMV) was controlled. CMV refers to ''variance that is attributable to the measurement method rather than to the construct of interest. The term method refers to the form of measurement at different levels of abstraction such as the content of specific items, scale type, response format, and the general context'' (Podsakoff, MacKenzie, Lee & Podsakoff, 2003, p. 879). Statistical analysis is used to control the CMV. Harman's single factor test is one of the most common techniques for controlling and explaining the effects of CMV. This technique is applied by conducting an exploratory factor analysis through loading all items and executing the unrotated factor analysis to confirm the number of factors. This analysis is executed to determine total variance explained by the variables (Podsakoff et al., 2003; Andersson & Bateman, 1997). In this study, the analysis showed that items loaded eigenvalues over 1 explained 35% of the total variance. First factor explained 18% of the total variance. Since single factor explained the total variance less than 50%, it can be concluded that there is no common method variance in this study.

5.3. Confirmatory Factor Analyses
5.3.1. The Measurement Model: NFMS

The factor structure of NFMS was explored by testing three theoretical models by first- and second-order confirmatory factor analyses. Model 1 comprised of one primary factor with the loadings of 33 items. This model was analyzed to reveal whether needs for meaning could be embraced as a one-dimensional construct. Model 2 determined four factors related to the four theoretical dimensions. Additionally, Model 3 defined four factors and one second-order factor emphasizing the primary factors. Model 1 did not fit the data well (χ^2 (489, N = 355) = 2198.77, p < .001, CMIN/DF = 4.496, RMSEA = 0.099, IFI = 0.757, TLI = 0.737, CFI = 0.756). Model 2 (χ^2(452, N = 355) = 1071.05, *p* < .001, CMIN/DF = 2.370, RMSEA = 0.062, IFI = 0.909, TLI = 0.900, CFI = 0.909) and Model 3 (χ^2 (454, N = 355) = 1076.28, *p* < .001, CMIN/DF = 2.371, RMSEA = 0.062, IFI = 0.909, TLI = 0.900, CFI = 0.908) had good data fit (See on Table 2). All regression weights are significant in Model 2 and 3 at *p* < .001. Composite construct reliability (CCR) estimates of the constructs were calculated. All the variables have acceptable levels of CCR, ranging from .831 to .921 (Fornell & Lacker, 1981). The average variance extracted (AVE) exceeded the recommended .50 threshold (except need for efficacy = .457).

Table 2. CFA Results

Models	χ^2/df	CFI	IFI	TLI	RMSEA
1.One-factor solution	4.496	0.756	0.757	0.737	0.099
2.Four factor solution	2.370	0.909	0.909	0.900	0.062
3.Second-order solution	2.371	0.908	0.909	0.900	0.062

The results of confirmatory factor analyses validate that needs for meaning is a multidimensional construct. This study shows needs for meaning has four related primary dimensions with 33 corresponding items. The correlations between dimensions are ranging from moderate to strong (see on Table 3). Needs for meaning can be considered as a multidimensional and domain-specific construct, and the second-order analysis shows that the construct is generated by a more domain-specific experience of needs for meaning.

5.3.2. The Measurement model: PIL Test

The factor structure of Purpose in Life test was explored by testing a theoretical model by first order confirmatory factor analyses. Model defined meaning in life as a single factor order with the loadings of 20 items. Model fit the data (χ^2 (164, N = 355) = 549.56, $p < .001$, CMIN/DF = 3.351, RMSEA = 0.080, IFI = 0.912, TLI = 0.900, CFI = 0.912). All regression weights in the model were significant at $p < .001$.

Table 3. Correlations and Cronbach's Alphas (between brackets on the diagonal) among Needs for Meaning Dimensions, Needs for Meaning and Meaning in Life

	Mean	SD	1	2	3	4	5	6
1.NFP	5.17	0.67	**(.92)**	.617**	.676**	.440**	862**	.457**
2.NFVJ	5.37	0.69	-	**(.90)**	.624**	.416**	.801**	.446**
3.NFE	5.11	0.60	-	-	**(.87)**	530**	.859**	.438**
4.NFSW	4.98	0.69	-	-	-	**(.85)**	.731**	.248**
5.NFM	5.15	0.54	-	-	-	-	**(.95)**	.488**
6.MIL	4.50	0.88	-	-	-	-	-	**(.95)**

Note. NFP = Need for Purpose; NFVJ = Need for Values and Justification; NFE = Need for Efficacy; NFSW = Need for Self-worth; NFM = Needs for Meaning; MIL = Meaning in Life
**$p < .001$

5.3.3. Structural Equation Modeling

The hypothesized relationships between needs for meaning and meaning in life were tested with maximum likelihood estimator. Figure 1 and 2 indicate the estimated models and estimated standardized path coefficients. The χ^2 statistic showed a good fit with the data for Model A (χ^2 =10.708; df = 5; $p > .05$; χ^2/df = 2.142; GFI = 0.987; AGFI = 0.962; NFI = 0.984; CFI = 0.991; RMSEA = 0.057; SRMR = 0.024). Expectedly, *the fulfillments of needs for meaning contributes to meaning in life* (Hypothesis 1) was supported (β = .543; t = 8.237; $p < .001$).
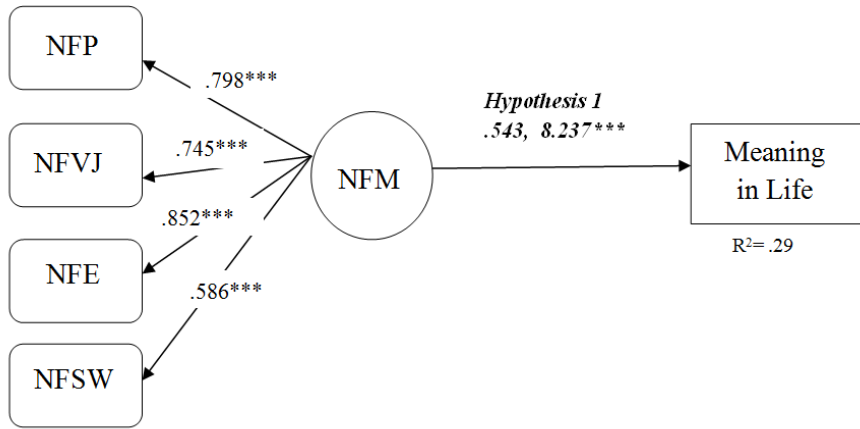
Figure 1. The path coefficient and R^2 Value Regarding Model A

The χ^2 statistic indicated adequate fit with the data for Model B ($\chi^2 = 4.785$; df = 2; $p > .05$; $\chi^2/df = 2.392$; GFI = 0.994; AGFI = 0.958; NFI = 0.993; CFI = 0.996; RMSEA = 0.063; SRMR = 0.013). In addition, all parcels had significant loadings on the intended factors (range $\lambda = .58 - 85$; $p < .001$). *The fulfillment of need for purpose contributes to meaning in life* (Hypothesis 1a) ($\beta = .223$; $t = 3.391$; $p < .001$), *The fulfillment of need for values and justification contributes to meaning in life* (Hypothesis 1b) ($\beta = .216$; $t = 3.482$; $p < .001$), *The fulfillment of need for efficacy contributes to meaning in life* (Hypothesis 1c) ($\beta = .167$; $t = 2.416$; $p < .05$) were supported. *The fulfillment of need for self-worth contributes to meaning in life* (Hypothesis 1d) ($\beta = -.029$; $t = -.527$; $p > .05$) was not supported by the results of SEM analysis of Model B.
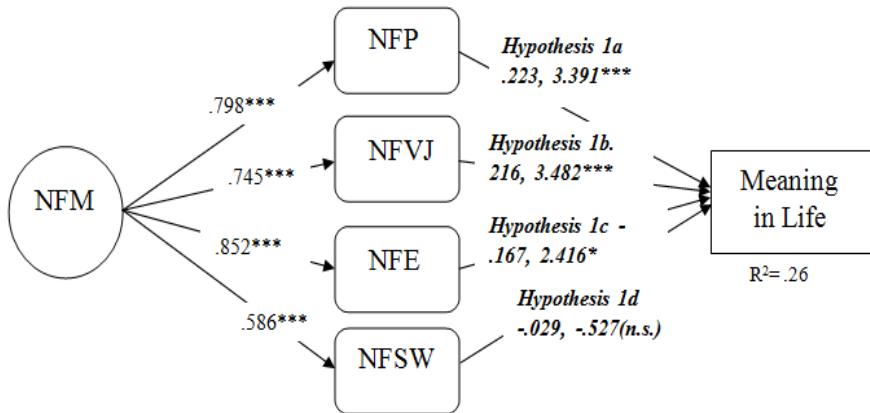

Figure 2. The path coefficients and R^2 Value Regarding Model B

5.4. Difference Tests for Demographic Variables

To see whether needs for meaning and any of the subscales differ with respect to demographic characteristics independent sample t-test was conducted. Test for gender differences on the variables of needs for meaning revealed mean differences (F = 2.738, p = .000) that female have higher needs for meaning scores (M = 5.27) than male (M = 5.06). Similarly, mean score differences of the subscales showed that female have higher mean scores (for $M_{need\ for\ purpose}$ = 5.25, $M_{need\ for\ V\&J}$ = 5.49, $M_{need\ for\ efficacy}$ = 5.19, and $M_{need\ for\ self\text{-}worth}$ = 5.17) than male (for $M_{need\ for\ purpose}$ = 5.11, $M_{need\ for\ V\&J}$ = 5.27, $M_{need\ for\ efficacy}$ = 5.05, and $M_{need\ for\ self\text{-}worth}$ = 4.84). Additionally, a significant difference (F = 4.078, p = .014) was found for total NFMS scores that people who place importance on finding purpose in life have higher scores (M = 5.19) than people who attach importance to earning a lot of money in life (M = 4.99). Similarly, mean score differences of the subscales showed that people who place importance on finding purpose in life have higher mean scores (for $M_{need\ for\ purpose}$ = 5.21, $M_{need\ for\ V\&J}$ = 5.41, $M_{need\ for\ efficacy}$ = 5.15, $M_{meaning\ in\ life}$ =4.63) than people who attach importance to earning a lot of money in life (for $M_{need\ for\ purpose}$ = 5.00, $M_{need\ for\ V\&J}$ = 5.18, $M_{need\ for\ efficacy}$ = 4.94, $M_{meaning\ in\ life}$ = 3.98). Furthermore, a significant difference was found in terms of marital status that married individuals experience higher meaning in life (M = 4.57) than single individuals (M = 4.31).

6. Conclusion

One of the purposes of the present study was to develop and test factorial structure of NFMS. Based on the theoretical conceptualization of Baumeister (1991) four dimensions of needs for meaning were identified. NFMS was then developed to measure four separate dimensions. According to results of factor analysis, needs for meaning items were located under the same dimensions as to their original distribution. A confirmatory factor analysis defining one-factor solution did not fit the data, whereas a model defining four-factor solution had a good fit. The third model defining second-order solution also supported factors underlying four dimensions. Based on findings, conceptualization of needs for meaning is a multidimensional construct. It can be pointed out that these four dimensions *need for purpose*, *need for values and justification*, *need for efficacy* and *need for self-worth* reflect the frameworks of ''fulfillment of the goals'', ''finding value-based solution'', ''creating a difference'', and ''feeling worthy'' that are identified in related literature.

A second purpose of this study was to explore the contribution of NFM and its sub-dimensions on meaning in life. Meaning in life was measured by a unidimensional twenty-itemed PIL test. Based on confirmatory factor analysis, meaning in life was treated as a single first-order factor. PIL had also a good fit with the data. The relation between needs for meaning and meaning in life was tested by two models with structural equation modeling. In the first model, four-factor solution of NFM contributed to meaning in life, while the second model was designed to find out the contributions of the dimensions of NFM on meaning in life. The first model revealed that the fulfillment of needs for meaning significantly contributed to meaning in life. The relation between each of four dimensions of needs for meaning and meaning in life showed that need for purpose, need for values and justification and need for efficacy contributed to meaning in life. Nevertheless, the regression coefficients showed that the strongest contributor of meaning in life was need for purpose followed by need for values and justification and need for efficacy. As Ryff and Singer (1998) argued having a purpose or investing time and energy into the attainment of cherished goals are determinants of meaning in life. Reker (1991) pointed out creative activities, personal achievement, enduring values or ideals contribute to overall sense of

existential meaning. Ebersole (1998) also reported that self-improvement, behaving in ways that are congruent with one's beliefs are essential factors to create meaning in life. Feelings of self-worth are called as *state self-esteem* by many researchers (Leary, Tambor, Terdal, & Downs, 1995). Feeling of self-worth can rise and fall in response to specific outcomes. Because sources of self-worth (e.g., society, friends, peers) provide less stable feedbacks. Modern sources of self-worth depend on the factors like job security and relationship maintenance. Thus, society might not provide the kind of stability that individuals need (Baumeister & Vohs, 2002). Relationships that are tagged by instability or unforeseeable future cannot be resulted meaning in life. Though, this finding should be confirmed in future research, it can be speculated that the fulfillments of these three needs are perceived to be important contributors of meaning in life.

Among the respondents there were significant difference in scores of needs for meaning and its sub-dimensions between females and males. Females demonstrated higher score for needs for meaning and its sub-dimensions. Research examining gender difference in sources of meaning has indicated that interpersonal relationships (Debats, 1999; Wong, 1998), well-being and relatedness (Schnell, 2009) are more valued by females than males. The meaning from personal growth are more important for females than males. The tendency for meaning need is more powerful for females because women take a broader perspective when deriving meaning (Grouden & Jose, 2014).

Respondents who attach importance to finding purpose in life experience more needs for meaning (need for purpose, values and justification, efficacy and self-worth) and meaning in life than those of respondents who attach importance to earning a lot money in life. A series of studies (Kasser & Ryan, 1993, 1996, 2001) showed that individuals who express highly materialistic values experience fewer positive emotions and greater levels of depression. Because, materialistic values weaken one's sense of self, the quality of her or his relationships and willingness to be involved in community events (Kasser, 2002). Materialism in linked to existential strivings (Arndt, Solomon, Kasser, & Sheldon, 2004). Materialistic individuals might find purpose in life when they acquire what they desire. However, it is obvious that kind of meaning (i.e., will for pleasure or power) is not in the center of Frankl's perspective of existential meaning.

As to marital status, married respondents experience higher meaning in life than single respondents. Being married might be an important source of meaning in life for experiencing support and participating more social activities through the reduction of depressive symptomatology and increase of the meaning in life (Kelftaras & Psarra, 2012). Grouden and Jose (2014) confirmed that family is the most important source of meaning in life followed by other interpersonal relationships.

7. Limitations and Directions for Future Research

This study covers partial limitations that might affect the accuracy of the results of the study. The data was collected in a period of time, so the cause and effect relationship among variables cannot be inferred. For this reason, future studies might use longitudinal research method to show the causal relationship possibility of needs for meaning and meaning in life. Another limitation is that present findings cannot be generalized to all workers in different sectors. Since the variables are measured through self-report questionnaires, there is a possibility of exaggerated scores because of the social desirability bias. Despite it was controlled with Harman's Single Factor Test, common method bias and social desirability bias might be suspected. It is also known that needs for meaning and perceived meaning in life can be measured based on self-reports. Nevertheless, future studies should employ other measurement tools as well.

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Özet

Bireyin varoluşunun ancak "gerçek" anlamın deneyimlenmesi ile ortaya çıkacağı üzerinde varoluşçu filozoflar ve antropologlar uzun zamandır tartışmaktadır. Bu noktada, birçok görüş sunulsa da anlamlı yaşamın merkezinde insanın sağlıklı işleyişi bulunmaktadır. Victor Frankl (1959: 115), "insanın temel uğraşısının haz almak veya acıdan kaçınmak değil yaşamda anlam bulması" olduğunu vurgular. Crescioni ve Baumeister (2013), bireylerin yaşamlarını anlamlandırmaları için dört temel anlam ihtiyacının doyurulması gerektiğinin altını çizer. Bu ihtiyaçlar: (1)insanların yaşamlarında amaç bulma arayışı (amaç ihtiyacı); (2)insanların davranışlarını ahlaki değerlere göre meşrulaştırma arayışı (değerler ve meşrulaştırma ihtiyacı); (3)insanların başarıya ulaşarak çevrelerini kontrol etmek için öz-yeterlilik sahibi olma arayışı (yeterlilik ihtiyacı); (4)insanların diğer insanlar tarafından değerli ve saygın görülmek için öz-değer sahibi olma arayışı (öz-değer ihtiyacı) olarak ifade edilmektedir. Öz-belirleme kuramına göre, psikolojik ihtiyaçları doyumu bireylerin eylemlerine yön vermesi ve hayata geçirmesi için güdüleyici bir işleve sahiptir.

Bu araştırmanın temel amacı anlam ihtiyacı ölçeğinin dört faktörlü yapısını doğrulayıcı faktör analizi ile doğrulamak ve anlam ihtiyacı doyumunun yaşamın anlamı üzerindeki katkısını yapısal eşitlik modellemesi ile test etmektir. Araştırmanın verileri yüz-yüze veya elektronik ortamda (e-mail) cevaplanabilecek şekilde hazırlanan anketle katılımcılara iletilmiştir. Anket linki 900 kişiye iletilmiş, 355 kişi anketi tam olarak doldurmuştur. İki ay içerisinde cevaplanma oranı %39.4 olmuştur. Çoğunluğu kadın, evli ve doktora derecesine sahip olan katılımcıların %80'i yaşamda çok para kazanmaya önem vermek yerine yaşamda amaç ve hedef bulmaya önem vermektedir.

Anlam ihtiyacı ölçeğini geliştirmek için ilk olarak anlam ihtiyacı kavramı teorik bir temele oturtularak boyutlara ayrıştırılmıştır. Her bir boyutun detaylı tanımları incelenip davranışa dönük 35 ifade havuzu oluşturulmuştur. Bu ifadeler arasından kavramı tam temsil etmediği düşünülen ifadeler elenmiştir. Her bir ifade uzman psikologlar tarafından ilgili ifadenin boyutu tanımlayıp tanımlamadığı hakkında ''tanımlıyor'' ''tanımlamıyor'' ve ''tanımlıyor ama geliştirilebilir'' olarak değerlendirmeye tabi tutulmuştur. Değerlendirme sonuçlarına göre 5 ifade ''tanımlıyor'', 28 ifade ''tanımlıyor ama geliştirilebilir'' ve 2 ifade ''tanımlamıyor'' olarak sınıflandırılmıştır. Kapsam analizi sonucunda 28 ifade elden geçirilerek geliştirilmiş ve böylece anlam ihtiyacı ölçeği 33 ifadeden oluşmuştur.

Yaşamın anlamı, Crumbaugh ve Maholick (1964) tarafından geliştirilen yaşamda amaç testi ile ölçülmüştür. Tek boyutlu 20 ifadeli tutum testi yedi basamaklı semantik farklılık ölçeği üzerinden cevaplandırılmaktadır. Yüksek puan (6-7) yaşamda anlam ve net bir hedefe sahip olmayı gösterirken, orta puan (3-5) yaşamda kararsızlığı ve düşük puan (1-2) yaşamda anlam ve net bir hedef yoksunluğunu belirtmektedir. En düşük 20 en yüksek 140 olabilen puan iki ucu temsil eden varoluşsal boşluk ve yaşamda anlama sahip olmayı belirtmektedir. Bu araştırmada, cevap seçenekleri iki uçlu 6-basamaklı ölçek olarak düzenlenmiştir. Bundan dolayı, puanlama 20 ile 120 arasında değişmektedir.

Faktör analizi sonuçlarına göre, anlam ihtiyacı ölçeği teorik gruplanma ile tutarlı olarak dört boyut altında toplanmıştır. Bu dört boyut toplam varyansın %58'ini açıklamaktadır. Alfa değeri tüm ölçek için 0,95 iken ölçeğin alt-boyutları için 0,85 iken 0,92 arasında değişim göstermektedir. DFA analizi sonuçlarına göre anlam ihtiyacı ölçeğinin tek faktör çözümü dataya iyi uyum sağlamazken, dört faktör çözümü dataya iyi uyum sağlamıştır. Tek boyutlu olan yaşamda amaç testinin güvenilirliği ise 0,95 olarak bulunmuştur. DFA sonuçlarına göre ise yaşamda amaç testi tek faktör çözümü ile dataya iyi uyum sağlamıştır.

Anlam ihtiyacının doyumu ve yaşamın anlamı arasındaki ilişki yapısal eşitlik modeli ile test edilmiştir. İlk modelde, anlam ihtiyacı doyumu yaşamın anlamı üzerinde katkı sağlamıştır. İkinci modelde anlam ihtiyacı alt-boyutlarının yaşamın anlamı üzerinde katkısı YEM ile test edilmiştir. Analiz sonucuna göre, amaç ihtiyacı, değerler ve meşrulaştırma ihtiyacı ve yeterlilik ihtiyacı doyumu yaşamda anlam üzerinde katkıya sahiptir. Regresyon katsayıları sonuçlarına göre yaşamın anlamı üzerinde en güçlü katkıyı amaç ihtiyacı yapmaktadır. Ryff ve Singer'in (1998) vurguladığı üzere yaşamda bir amaca sahip olmak ve o amaca ulaşmak için gerekli eylemlerde bulunmak yaşamının anlamının belirleyicisidir. Reker'e (1991) göre ise yaratıcılık içeren eylemler ve bireysel başarılar bireyin varoluşsal anlamı deneyimlemesine katkıda bulunmaktadır. Ebersole'in (1998) öne sürdüğü üzere kişisel gelişim, bireyin sahip olduğu değerler ile davranışlarının uyum içerisinde olması gibi durumlar yaşamda anlam algılanmasında önemli belirleyicilerdendir.

Çevreden gelen geribildirimler neticesinde bireyin öz-değer algısı şekillenmektedir. Buna göre, öz-değer algısında belirleyici olan çevre bireyde bu algının azalmasına veya güçlenmesine katkıda bulunmaktadır. Toplum ve bireyin arkadaşları gibi çevresel kaynakların daha az tutarlı geribildirim verdiği göz önüne alınırsa öz-değer algısının sıklıkla değiştiği söylenebilir. Öz-değerin çağdaş kaynakları ise iş güvenliği ve sürdürebilir ilişkiler olarak karşımıza çıkmaktadır. Bireylerin ihtiyaç duyduğu tutarlı ilişkileri ve

geribildirimleri toplum sağlamakta zorlanmaktadır. (Baumeister & Vohs, 2002). Tutarsızlık ve gelecekteki beklenmedik durumlar yaşamda anlam ile sonuçlanmamaktadır. Amaç ihtiyacı, değerler ve meşrulaştırma ihtiyacı ve yeterlilik ihtiyacı doyumu yaşamın anlamlı algılanmasına önemli katkı sağlayıcılar olarak bulgulansa da gelecek araştırmalarda doğrulanması önerilmektedir.

EKLER
Anlam İhtiyacı Ölçeği'nin Türkçe Versiyonu

Faktör 1. Amaç ihtiyacı
1. Hayatımın merkezine aldığım amaçlarımı gerçekleştirmek için çaba göstermek
2.Ölümlü olduğumu bilsem de ulaşmaya çalıştığım bir hedefe sahip olmak
3.En zor zamanlarda ileride hedeflerimi gerçekleştirdiğimi düşünmek
4.Hedeflerime ulaşmaya çalışırken engellerle karşılaşsam dahi cesaretimi ve umudumu yitirmemek
5. Hedefime ulaşmak için planlı ve kararlı bir şekilde hareket etmek
6.Şu anda yapıyor olduğum şeylerin gelecekteki hedefime giden yolda birer adım olduğunu bilmek
7. Uğruna çaba göstermeye değer bir hedefe sahip olmak
8. Hayatımın en önemli amacına ulaşmama yardımcı olacak ara hedefleri bir bir gerçekleştirmek
9. Beni heyecanlandıran bir amaca odaklanmanın bana güç ve enerji veriyor olması
10. Var oluşumun en önemli kanıtı olan zorlukların üstesinden gelerek hedeflerime bir bir ulaşmak
Faktör 2. Değerler ve Meşrulaştırma İhtiyacı
11. Bir çatışma halinde ahlaki değerlere uygun çözüm aramak
12. Değerlerime göre davranmak
13. Aldığım kararların inandığım değerlerimle uyumlu olması
14. Yaşamıma değerlerimin anlam katması
15. Davranışlarımın ahlaki sorumluluğunu üstlenmek
16. Bazı değerlerin benim için kutsal olması
17.Şuanki tecrübelerimle geçmişteki hatalarımı tekrarlamaktan kaçınmak
Faktör 3. Yeterlilik İhtiyacı
18. Yaşamda karşılaştığım güçlüklerin bana heyecan vermesi ve onları çözmek için çaba göstermek
19. Bir işin üstesinden gelme konusunda kendi kendime yetebilmek
20. Zorluklar ile baş edebildikçe kendi gücümü ve yeteneklerimi fark etmek
21. Yaşadığım deneyimler sayesinde beni doğru çözüme yönelten bilgiler kazanmak
22.Kendi şansımı kendim yaratabilmek
23.Yaptığım işlerde fark yaratabileceğime inanmak
24.Zor hedeflere ulaşmak için gerekli donanıma sahip olmak
25.Karşılaştığım zorlukların, yaşamla ilgili ve kendi kapasitelerim hakkında yeni şeyler öğrenmemi sağlaması
Faktör 4. Öz-değer İhtiyacı
26.Kendimi değerli hissetmek
27. Arkadaşlarımın beni hatalarımla kabul etmesi.
28. Çevremdeki kişiler tarafından sevilmek
29. Çevremdekilerin olumlu özelliklerimin farkında olması
30. Kendimi başarılı bir kişi olarak görmek
31. Çevremde saygı duyulan bir kişi olmak
32. Ailem ve dostlarımla doyurucu vakit geçirmek
33. Benim için önemli olan konuları paylaşabildiğim kişilere sahip olmak