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BEING HAPPY IN UNHAPPY TIME: LIFE SATISFACTION AND SUBJECTIVE HAPPINESS IN THE BACKGROUND OF DEMOGRAPHIC VARIABLES AMONG FEMALE SYRIAN REFUGEES, POLES AND TURK



ABSTRACT

The main aim of our research was to explore if individuals may feel happy in difficult refugee conditions and whether demographic variables are connected to the level of happiness and the life satisfaction. The perceived levels of happiness and of satisfaction with life were measured in three groups of women: Turkish, Polish and refugees from Syria living in Turkey. The life situation of female Syrian refugees seems to be more difficult than that of Turkish and Polish women who have not experienced the suffering associated with the war, leaving their country and adapting to new living conditions in a foreign environment. A total of 120 people took part in the study. The Subjective Happiness Scale and the Satisfaction With Life Scale were used in the research. The obtained results indicate that Syrian women are less happy and satisfied with life than Polish and Turkish women. Their satisfaction with life and sense of happiness are not related to age, education levels and time of being a refugee. It turned out, however, that Syrian refugee women's senses of happiness and life satisfaction are associated with the incongruence between their learned profession and their current occupation. The research results indicate that despite difficult refugee experiences, far away from homes new possibilities might be opened. This conclusion seems to be important for planning integration policies.

KEYWORDS: *subjective happiness, life satisfaction, women, refugeedom, Syrian refugees*

INTRODUCTION

In March 2011 the bloody civil war in Syria had begun and next it transformed into the war in which other countries participated in. Around 11 million Syrians had to leave their houses and around 6 million escaped abroad. The misfortune of people whose lives were suddenly destroyed forcing them to seek for a shelter abroad turned out to be a constant symbol of the tragic changes. There is still conflict going on in Syria and the exodus continues in spite of energy crisis, the war in Ukraine, Sars-CoV-2 pandemic and the earthquake crisis in February 2023. Moreover, the world seems to have got accustomed to suffering of Syrians (and other refugees from the Middle East). In such difficult situations of the war lasting 13 years it is the ethic and scientific duty to explore the problems and to remind others that *those* people are us.

Syrian cities have turned into ruins. The inhabitants left their space escaping to safer places in the country and abroad as well. War trauma usually keeps

them from going back. Suffering people usually think that there are only pain and tears left at home places of their past.

Turkey (with the population 85042738) has hosted approximately 3673808 Syrian refugees (www.statista.com). There are surely more survivors. Though there appeared plans of sending refugees back to Syria (Gall, 2019). Kilis where the research was being conducted is the city located in the southern part of Turkey. It is an exceptional place in the terms of welcoming Syrians. There are 142,541 Turks and 107,468 registered Syrians (www.statista.com). Syrian refugees in Kilis live independently, in orphanage houses and in the refugees' camp as well.

Migration of Syrian refugees brought new challenging situations like smuggling, discussion on naturalisation policy and integration of refugees into the society. We would like to extend discussions on migrations including data, analyses and reflections from psychology stance that is rarely used in migration researches. Perhaps this kind of approach is rarer because psychology of migration is a very new discipline of psychology (Anczyk, Grzymała-Moszczyńska, 2021). Apart from facing cultural diversity we are concerned about implanting psychological concepts and models into thinking on migrations so that we used typically psychological variables (subjective happiness and psychological well-being) and demographic variables in the research.

LIFE SATISFACTION AND HAPPINESS

While thinking on life satisfaction and happiness, the wide spectrum of definitions and opinions can be seen from these enhancing the importance of realising needs as a necessary condition to a high level of life satisfaction and happiness, through those pointing out individual's global judgements on his/her life and those saying about specific emotions as the base of satisfaction and happiness. The overview of standpoints is presented below.

In positive psychology (Seligman, 2002, 2011) attention is given to the following inter-related constructs: happiness, life satisfaction, subjective well-being, psychological well-being, social well-being and quality of life. Concepts such as happiness, life satisfaction and well-being – often used interchangeably – are considered to be a global

evaluation of a life that is recognized by an individual as satisfactory. To be happy, to be satisfied with one's life means to like one's life (Diener et al., 2002). The simplicity of this definition has contributed to its popularization. Studies on the two types of affect – positive and negative – have demonstrated that they are independent of each other (Diener et al., 1985; Ryff et al., 2006). This means that an individual who is not experiencing negative affect or depression does not have to feel either happiness or satisfaction with one's own life (Keyes, 2002; Ryff et al., 2006).

The empirically verified Ryff model (1989), focused on an individual's mental well-being, describes it using six independent dimensions. These are: autonomy, self-acceptance, environmental mastery, personal growth, purpose in life and positive relations with others. In their three-dimensional concept of satisfaction/well-being, Keyes and Waterman (2003) point to the importance of social well-being alongside the Subjective Well-Being (SWB) life evaluation and the Psychological Well-Being (PWB) objective indicators. According to Keyes (2002) there are five dimensions that determine social well-being: social acceptance, social actualization, social contribution, social coherence and social integration.

Results of research into behavioural genetics provide evidence for the existence of a genetically-determined potential level of happiness (Lykken, Tellegen, 1996; Sheldon, Lyubomirsky, 2007). An individual has a relatively stable happiness attractor which determines the experiencing of happiness. The results of longitudinal studies also confirm that after difficult experiences reducing their happiness and satisfaction levels, individuals return to the initial happiness set point over time (Headey, Wearing, 1989).

Diener (Diener et al., 2008) as well as Argyle (2001, 2005) define happiness as a dominance of positive emotions over negative ones and as a global sense of satisfaction with one's life. According to Argyle (2001), happiness is composed of partly independent elements. An individual experiences positive emotions and positive energy frequently and intensively, feels contented for a longer period of time and rarely experiences negative emotions. According to Diener et al. (2002), individuals positively evaluate their lives when they experience positive affect, feel satisfied with their lives, and negative affect is less frequent than positive feelings.

Research on life satisfaction is approached and described in a dual fashion. The two approaches assume one-way relationships between the spheres

of an individual's quality of life. The first the bottom-up approach, based on the assumption that people experience (or do not experience) satisfaction in multiple areas of life. The satisfaction experienced in all the areas adds up to one's overall satisfaction with life. While Diener (1984) was conducting his research, life satisfaction was assumed to be a weight average of satisfaction with different life domains. Yet it is possible to hold the opposite view: satisfaction with different life domains could be a result of stable factors (like genetic ones). This view has become known as the top-down theory (Headey et al., 1991).

The second, top-down model assumes that one's average life satisfaction is genetically determined and has an impact on the sense of satisfaction with other areas of life (Depue, 1996; Lykken, 1999; Diener, 2000). Since the research produces ambiguous results and the models can hardly be considered universal, a third model has been proposed: the Transactional Model of the Quality of Life. It makes it possible to combine several different standpoints and to provide a more precise answer to the question about the determinants of life satisfaction. The relevance of the Transactional Model of the Quality of Life is demonstrated by numerous reports on the links between job and life satisfaction and between health and life satisfaction (Judge, Wantanabe, 1994).

Seligman's final concept, the PERMA model, combines the hedonic orientation with the eudaimonic orientation. The hedonic perspective in research highlights the importance of pleasure and seeking positive experiences, while the eudaimonic perspective focuses on the sense of meaning and self-realization (Ryan, Deci, 2001). According to Seligman, a fulfilled and flourishing life can be described by five factors: Positive emotions, Engagement, Relationships, Meaning, Accomplishment.

The sustainable happiness model (Lyubomirsky et al., 2005) points to an individual's activity aimed at increasing the level of happiness – seeking to achieve a level of happiness higher than his or her set point. The genetically determined set point for happiness is considered to be fixed and relatively immune to influence. Life circumstances include the demographic, cultural and social factors, as well as an individual's personal history. Conscious activity is the activity of an individual through which he or she can modify the feeling of happiness.

METHOD

The main aim of our research was to explore if individuals may feel happy and satisfied in difficult refugee conditions and whether demographic variables are connected to the level of happiness and the life satisfaction level as well. So that the choice of national groups was painstakingly thought. Female Syrian refugees are perceived as an example of difficult living conditions (Nawrocka et al., 2022). It allows to compare the influence of unhappy living conditions (Syrian subjects) to the impact of relatively good and stable life situations (Polish and Turkish subjects).

The data from the Syrian refugee women surveyed residing in Kilis and from the Polish participants were collecting by the leading article author. In the investigation we used demographic variables, such as age, education, profession and current occupation, and psychological variables such as life satisfaction and subjective well-being. Among the subjects, two groups of women (Poles and Turks) had not experienced refugee situations, unlike a group of refugees from Syria. In the case of the Syrian subjects we controlled a variable describing the duration of their refugeedom (2 to 5 years as a refugee and 6 to 11 years as a refugee). The ethnicity (nationality) variable is considered at three groups (Syrians, Turks, Poles). The education variable is analysed at three levels (tertiary, secondary, below secondary). The age variable at four levels (20 to 35 years, 36 to 50 years, 51 to 60 years, 61+ years old). The criterion of the group division is social perceiving an individual's age. Though societies in Syria, Turkey, Poland differ from each other a lot, they think that aging processes start when individuals (especially women) are around 50 years old (Szukalski, 2014). Moreover, women above 50 are employed less willingly than younger ones, thus a small number of working women 50+ in the job market strengthens age social perception.

A standardized list of occupations – The European Classification of Occupations was used for the occupation variable (Domański et al., 2007). The occupation variable is analysed at nine levels: military officers, politicians, specialists, middle-level technicians and specialists, office workers, farmers and qualified farming workers, craftsmen and qualified workers, machine operators, simple work workers. Military officers, politicians, farmers and qualified farming workers were not represented among the research participants.

It is worth noting that the groups' participants differ from each other as for belonging to cultures. Syrians and Turks represent the Middle East culture, and Poles – the European (Occidental) culture. Yet we did not focus on this diversity as happiness and life satisfaction can be experienced and evaluated irrespective of the cultures. The validated scales having been applied in the research show an adequacy of the assumption.

The Subjective Happiness Scale and the Satisfaction With Life Scale were used in the research. The Subjective Happiness Scale (Lyubomirsky, Lepper, 1999) consists of 4 items. The two items in the scale examine individual's characteristics of themselves based on absolute ratings and ratings relative to their peers' the remaining items identify if a person feels happy or unhappy and the extent to which the characterisations refers to the person. A seven-point Likert scale is used for the responses. High scores indicate that a person estimates him/her as a happy individual. The scale is characterised with good statistics and psychometric properties, and high reliability (α -Cronbach 0,79 – 0,94) as well. While collecting data SHS was being used in the mother tongues for each group of participants. So that the three validated scales were applied: the Arabic (Alquwez et al. 2021), the Turkish (Doğan, Totan, 2013) and the Polish one (Jasielska, 2013).

The Satisfaction With Life Scale (Diener et al., 1985) is applied to measure life satisfaction of respondents. It consists of 5 items that are global rather than specific which allows the respondent to weigh domains of his/her life in terms of values, and then arrive at a global judgement of life satisfaction. While collecting data SWLS was being used in the mother tongues for each group of participants. So that the three validated scales were applied: the Arabic (Abdallah, 1998), the Turkish (Durak et al., 2010) and the Polish one (Juczyński, 2009).

HYPOTHESES

The four hypotheses were formed:

- H.1: Polish, Turkish and Syrian women differ from each other in the intensity of *Subjective Happiness* and *Satisfaction with Life*, especially Syrian women are less satisfied with life and less happy than other women.
- H.2: *Subjective Happiness* and *Satisfaction with Life* are explained by demographic variables, like *Age*, *Level of Education*, *Profession* and *Congruence between Profession and Current Occupation*.
- H.3: Ethnicity moderates the strength of correlation between *Subjective Happiness* and *Satisfaction with Life*, strength of alignment between *Subjective Happiness* and *Satisfaction with Life* is lower in the population of Syrian women or from Turkey than from Poland.
- H.4: In the population of Syrian women *Subjective Happiness* and *Satisfaction with Life* are positively aligned with *Age*, higher *Level of Education* and *Time of Being Refugee*.

PARTICIPANTS

The research participants were women who were sampled out of three ethnicities (Polish, Syrian and Turkish). Total sample of $N=120$. All participants were adults. Detailed demographic characteristics are presented in Tab. 1.

Assumed that $p < 0,05$ supports the operational hypothesis that women in tested ethnicities differ in a proportion of particular demographic characteristics.

The χ^2 test conducted to verify the hypothesis that analysed demographic variables are independent from the ethnicity revealed no significant difference between women in Poland, Syria and Turkey in *Age* [$\chi^2(6)=9,223; p=0,161$] and *Level of Education* [$\chi^2(4)=4,293; p=0,368$]. But significant differences between ethnicities revealed in proportion of *Profession* [$\chi^2(10)=21,780; p=0,016$] and its *Congruence Between Profession and Current Occupation* [$\chi^2(2)=8,794; p=0,012$]. Detailed inspection revealed that refugees from Syria are less frequently specialized and they either more frequently have a job incongruent with their profession.

Table 1. Demographic characteristics of individual ethnicity samples

	Ethnicity		
	Polish	Syrian	Turkish
<i>Age</i> [$\chi^2(6)=9,223$; $p=0,161$]			
20-35 y.o.	n=14 (35,0%)	n=23 (57,5%)	n=2 (5,0%)
36-50 y.o.	n=19 (47,5%)	n=10 (25,0%)	n=21 (52,5%)
51-60 y.o.	n=6 (15,0%)	n=5 (12,5%)	n=17 (42,5%)
Above 60 y.o.	n=1 (2,5%)	n=2 (5,0%)	n=2 (5,0%)
<i>Education Level</i> [$\chi^2(4)=4,293$; $p=0,368$]			
Below secondary	n=7 (17,5%)	n=6 (15,0%)	n=2 (5,0%)
Secondary	n=16 (40,0%)	n=18 (45,0%)	n=23 (57,5%)
Tertiary	n=17 (42,5%)	n=16 (40,0%)	n=15 (37,5%)
<i>Profession</i> [$\chi^2(10)=21,780$; $p=0,016$]			
Simple work workers	n=4 (10,0%)	n=8 (20,0%)	n=1 (2,5%)
Machine operators	n=1 (2,5%)	n=0 (0,0%)	n=0 (0,0%)
Craftsmen and qualified workers	n=11 (27,5%)	n=16 (40,0%)	n=5 (12,5%)
Middle-level technicians and specialists	n=16 (40,0%)	n=12 (30,0%)	n=20 (50,0%)
Office workers	n=6 (15,0%)	n=3 (7,5%)	n=12 (30,0%)
Specialists	n=2 (5,0%)	n=1 (2,5%)	n=2 (5,0%)
<i>Congruence Between Profession and Current Occupation</i> [$\chi^2(2)= 8,794$; $p=0,012$]			
Incongruent	n=6 (15,0%)	n=13 (32,5%)	n=3 (7,5%)
Congruent	n=34 (85,0%)	n=27 (67,5%)	n=37 (92,5%)

RESULTS

In order to verify the first hypothesis one-way ANOVA was conducted and Tukey's HSD post-hoc procedure was used to test pairwise differences among ethnicities in life satisfaction and optimism (Tab. 2, Fig. 1).

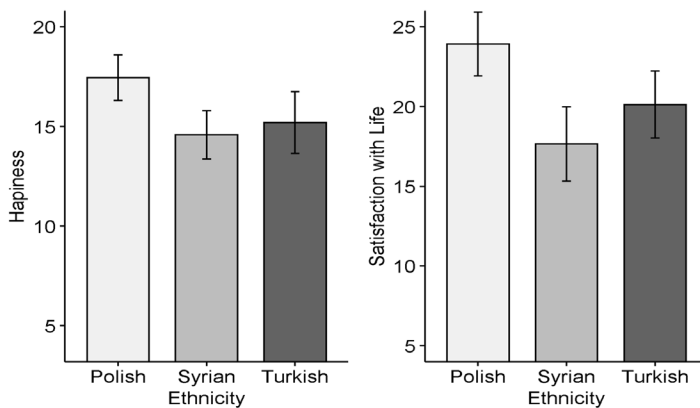
Results of the analysis supports the hypothesis that ethnicity is significantly aligned with subjective happiness and either life satisfaction explaining respectively about 8,5% of differences among women in their subjective happiness and about 13,1% of differences in satisfaction with life.

Table 2. Summary statistics of subjective happiness and satisfaction with life in individual ethnicities

Variable	M (SD)	(1)	(2)	(3)
<i>Happiness</i> [$F(2; 117)=5,410; p=0,006; \eta^2=0,085$]				
(1) Polish	17,45 (3,59)	---		
(2) Syrian	14,58 (3,81)	0,006	---	
(3) Turkish	15,21 (4,83)	0,042	0,776	---
<i>Satisfaction with Life</i> [$F(2; 117)=8,844; p=0,001; \rho^2=0,131$]				
(1) Polish	23,93 (6,26)	---		
(2) Syrian	17,65 (7,31)	0,000	---	
(3) Turkish	20,13 (6,55)	0,034	0,230	---

Note: The Tukey HSD p-value is presented in pairwise comparisons.

Detailed analysis and pairwise comparisons supported hypothesis that the Syrian women are less happy and satisfied with their life sample. They differ significantly from the Poles. The differences between the Syrian and the Turkish women in subjective happiness and satisfaction with life revealed to be not significant statistically. The Turkish women revealed to be less happy and less satisfied with life than the Poles, and the differences revealed to be significant.

Figure 1. Happiness and satisfaction with life in individual ethnicities

Note: Whiskers in the plot represent range of 95% confidence intervals of the mean corrected with Tukey adjustment.

In order to verify the second hypothesis a series of two separate linear regression analyses was conducted to assess the model of prediction of subjective happiness and satisfaction with life on women's age, education level, profession and congruence between profession and current occupation (Tab. 3, Tab. 4, Fig. 2).

Results of analyses revealed that demographic characteristics explain about 23% of variance either of subjective happiness or satisfaction with life, that supports the hypothesis that demographic characteristics are significantly aligned with subjective happiness and satisfaction with life. Detailed analysis of results revealed that the significant predictors of subjective happiness as well as satisfaction with life are *Ethnicity* and *Congruence Between Profession and Current Occupation*.

Typically, the Syrian women present subjective happiness 1,25 to 5,62 points lower than the Poles. The difference is significant and explains about 15% of variance. The Turkish women typically present subjective happiness slightly lower than the Poles, but the difference between the Turkish and the Polish women in subjective happiness is not significant and explains about 2% of variance.

Surprisingly, although there is a significant alignment between subjective happiness and congruence current occupation – profession, women employed in jobs congruent with their profession typically present subjective happiness lower between 1,02 and 6,21 points than other women and this difference explains about 8% of variance.

Results of the analysis conducted to explain *Satisfaction with Life* are very similar to these described for *Subjective Happiness*. The Syrian women are less satisfied with their life in 2,7 to 10,1 points and the difference explains about 5,2% of variance. The difference between the Poles and the Turkish women is not meaningful in the terms of effect size and not significant. Analogically doing a job congruent with profession is aligned with lower satisfaction with life.

Table 3. Summary of linear regression model exploring predictors of subjective happiness

Predictor	b	S.E.	t(86)	p	LB	UB	β
<i>Intercept</i>	19,94	2,25	8,859	< 0,001	15,47	24,42	---
<i>Ethnicity [r²=0,102]</i>							
<i>Syrian</i>	-3,43	1,10	-3,127	0,002	-5,62	-1,25	-0,39
<i>Turkish</i>	-1,34	1,10	-1,227	0,223	-3,52	0,83	-0,14
<i>Age [r²=0,063]</i>							
<i>36-50 y.o.</i>	1,98	0,92	2,145	0,035	0,15	3,82	0,23
<i>51-60 y.o.</i>	0,27	1,35	0,198	0,843	-2,42	2,96	0,02
<i>Above 60 y.o.</i>	3,10	2,57	1,207	0,231	-2,00	8,20	0,12
<i>Education Level [r²=0,007]</i>							
<i>Secondary</i>	-1,21	1,65	-0,735	0,465	-4,50	2,07	-0,14
<i>Tertiary</i>	-0,80	2,05	-0,393	0,695	-4,87	3,26	-0,09
<i>Profession [r²=0,013]</i>							
<i>Machine operators</i>	-2,71	4,73	-0,573	0,568	-12,12	6,70	-0,06
<i>Craftsmen and qualified workers</i>	0,19	1,74	0,110	0,913	-3,26	3,64	0,02
<i>Middle-level technicians and</i>	1,10	2,17	0,507	0,614	-3,21	5,41	0,13
<i>Specialists</i>	0,65	2,88	0,227	0,821	-5,07	6,37	0,03
<i>Congruence Between Profession and Current Occupation[r² = 0,082]</i>							
<i>Congruent</i>	-3,62	1,30	-2,772	0,007	-6,21	-1,02	-0,32
<i>R²=0,239; adj. R²=0,133; F(12; 86)=2,249; p=0,016</i>							

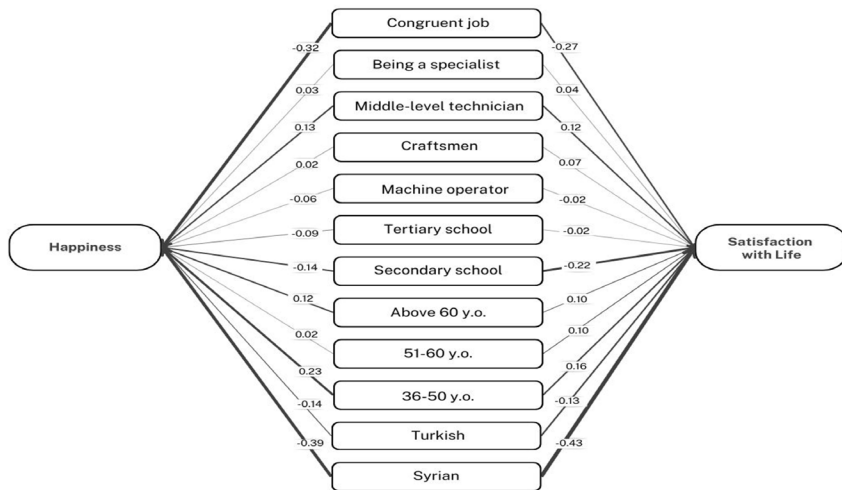
Note: b – Unstandardized Regression Weight, S.E. – Standardized Regression Weight; β – Standardized Regression Weight; LB & UB – Lower and Upper Bounds of 95% Confidence Intervals of Unstandardized Regression Weight; adj. R² – adjusted coefficient of determinants.

Table 4. Summary of linear regression model exploring predictors of satisfaction with life

Predictor	b	S.E.	t(86)	p	LB	UB	β
<i>Intercept</i>	26,99	3,82	7,066	0,000	19,39	34,58	---
<i>Ethnicity [r²=0,102]</i>							
<i>Syrian</i>	-6,43	1,86	-3,454	0,001	-10,14	-2,73	-0,43
<i>Turkish</i>	-2,17	1,86	-1,168	0,246	-5,87	1,52	-0,13
<i>Age [r²=0,063]</i>							
<i>36-50 y.o.</i>	2,34	1,57	1,491	0,140	-0,78	5,45	0,16
<i>51-60 y.o.</i>	2,09	2,30	0,911	0,365	-2,48	6,66	0,10
<i>Above 60 y.o.</i>	4,16	4,35	0,956	0,342	-4,49	12,82	0,10
<i>Education Level [r²=0,007]</i>							
<i>Secondary</i>	-3,17	2,80	-1,132	0,261	-8,74	2,40	-0,22
<i>Tertiary</i>	-0,30	3,47	-0,086	0,932	-7,20	6,60	-0,02
<i>Profession [r²=0,013]</i>							
<i>Machine operators</i>	-1,15	8,03	-0,144	0,886	-17,12	14,81	-0,02
<i>Craftsmen and qualified workers</i>	1,11	2,94	0,378	0,706	-4,74	6,97	0,07
<i>Middle-level technicians and</i>	1,71	3,68	0,465	0,643	-5,60	9,02	0,12
<i>Specialists</i>	1,24	4,88	0,254	0,800	-8,47	10,95	0,04
<i>Congruence Between Profession and Current Occupation [r²=0,082]</i>							
<i>Congruent</i>	-5,26	2,21	-2,376	0,020	-9,66	-0,86	-0,27
<i>R²=0,234; adj. R²=0,127; F(12; 86)=2,190; p=0,019</i>							

Note: b – Unstandardized Regression Weight, S.E. – Standardized Regression Weight; β – Standardized Regression Weight; LB & UB – Lower and Upper Bounds of 95% Confidence Intervals of Unstandardized Regression Weight; adj. R² – adjusted coefficient of determinants.

Figure 2. Graphical representation of regression models of subjective happiness and satisfaction with life on demographic characteristics



Note: Values in the diagram represent standardized regression weights (β) and thickness of regression lines present the relative significance of individual predictor.

In order to verify the third hypothesis a correlation between *Subjective Happiness* and *Satisfaction with Life* was estimated using ordinary bootstrap procedure in $k=5000$ independent resampling to estimate differences between correlations in individual ethnicities and confidence intervals of these differences (Tab. 5).

Results of the analysis revealed that correlation between subjective happiness and satisfaction with life generally (in a whole sample) is strong and positive, where subjective happiness explains 31,9% to 58,2% of variance of satisfaction with life. Analogous correlation is the weakest in the population of Turkish women, where subjective happiness shares 9,1% to 55,1% of variance with satisfaction with life. The correlation in the population of Syrian women is the strongest and subjective happiness explains 37,3% to 76,6%. The difference in correlations between the Syrian and the Turkish women is not significant and strong in the terms of effect size.

Table 5. Bootstrap estimates of correlations between subjective happiness and satisfaction with life and their differences in individual ethnicities

	Effect	S.E.	Z	p	LB	UB	ϕ
<i>Correlations Subjective Happiness - Satisfaction with Life</i>							
<i>Polish</i>	13,534	3,456	3,916	< 0,001	6,712	20,352	0,618
<i>Syrian</i>	21,051	3,835	5,489	< 0,001	13,231	28,544	0,775
<i>Turkish</i>	17,300	4,699	3,682	< 0,001	8,275	26,538	0,560
<i>Differences</i>							
<i>Polish vs. Syrian</i>	-7,517	5,076	-1,481	0,139	-17,976	2,579	-0,157
<i>Polish vs. Turkish</i>	-3,766	5,810	-0,648	0,517	-15,180	7,317	0,058
<i>Syrian vs. Turkish</i>	3,751	6,229	0,602	0,547	-8,516	15,790	0,215

Note: Effect – Unstandardized effect of covariance between Subjective Happiness and Satisfaction with Life and differences in covariance between Ethnicities; S.E. – Standard error of estimated effect; Z – Test statistic; p – p-value of probability obtaining test statistic greeter than Z, LB & UB – Lower and upper bounds of 95% confidence intervals; ϕ – Standardized effect size.

In order to verify the fourth hypothesis a series of two independent linear regression models was estimated predicting *Subjective Happiness* and *Satisfaction with Life* predicted by *Age*, *Education Level*, *Congruence Between Profession and Current Occupation* and *Time of Being a Refugee* (Tab. 6, Tab. 7).

Results of the analysis revealed that generally demographic characteristics are not significant predictors of *Subjective Happiness* of the Syrian women, although the only significant predictor of being happy in the population of Syrian women is not to do a job congruent with the profession, which explains about 21,3% of variance of Subjective Happiness.

Table 6. Summary of prediction model of subjective happiness in the population of Syrian women

Predictor	b	S.E.	t(32)	p	LB	UB	β
(Intercept)	20,598	3,103	6,637	< 0,001	14,276	26,919	---
<i>Age [r²=0,014]</i>							
36-50 y.o.	0,126	1,360	0,092	0,927	-2,644	2,895	0,014
51-60 y.o.	0,353	1,839	0,192	0,849	-3,392	4,098	0,031
Above 60	1,775	2,708	0,655	0,517	-3,742	7,291	0,103
<i>Education Level [r²=0,143]</i>							
Secondary	-2,774	1,912	-1,451	0,157	-6,669	1,120	-0,367
Tertiary	0,059	1,853	0,032	0,975	-3,717	3,834	0,008
<i>Congruence Between Profession and Current Occupation[r²=0,213]</i>							
Congruent	-3,789	1,289	-2,940	0,006	-6,414	-1,164	-0,472
<i>Time of Being Refugee [r²=0,034]</i>							
	-1,394	1,322	-1,054	0,300	-4,086	1,299	-0,165
<i>R²=0,311; adj. R²=0,160; F(7; 32)=2,064; p=0,077</i>							

Note: b – Unstandardized Regression Weight, S.E. – Standardized Regression Weight; β – Standardized Regression Weight; LB & UB – Lower and Upper Bounds of 95% Confidence Intervals of Unstandardized Regression Weight; adj. R² – adjusted coefficient of determinants.

Analogous results were obtained in the prediction of *Satisfaction with Life* in the population of Syrian women. Demographic variables explain about 31% of variance of satisfaction with life of the Syrian women. Detailed inspection of the regression results revealed that the significant predictor of satisfaction with life in the population of Syrian women is the congruence between profession and current occupation. Surprisingly, the Syrian women satisfied with life are these, who perform a job incongruent with their profession. In summary, results of the regression analyses show the complex meaning of the fourth hypothesis.

Table 7. Summary of prediction model of satisfaction with life in the population of Syrian women

Predictor	b	S.E.	t(32)	p	LB	UB	β
(Intercept)	20,598	3,103	6,637	0,000	14,276	26,919	NA
<i>Age [r²=0,013]</i>							
36-50 y.o.	0,126	1,360	0,092	0,927	-2,644	2,895	0,014
51-60 y.o.	0,353	1,839	0,192	0,849	-3,392	4,098	0,031
Above 60	1,775	2,708	0,655	0,517	-3,742	7,291	0,103
<i>Education Level [r²=0,145]</i>							
Secondary	-2,774	1,912	-1,451	0,157	-6,669	1,120	-0,367
Tertiary	0,059	1,853	0,032	0,975	-3,717	3,834	0,008
<i>Congruence Between Profession and Current Occupation [r²=0,213]</i>							
Congruent	-3,789	1,289	-2,940	0,006	-6,414	-1,164	-0,472
<i>Time of Being Refugee [r²=0,034]</i>							
	-1,394	1,322	-1,054	0,300	-4,086	1,299	-0,165
<i>R²=0,311; adj. R²=0,161; F(7; 32)=2,0638; p=0,029</i>							

Note: b – Unstandardized Regression Weight, S.E. – Standardized Regression Weight; β – Standardized Regression Weight; LB & UB – Lower and Upper Bounds of 95% Confidence Intervals of Unstandardized Regression Weight; adj. R² – adjusted coefficient of determinants.

CONCLUSION

H.1. Was confirmed. The Syrian subjects are less satisfied and less happy than other subjects. The differences between the Syrian participants and the Polish participants and between the Turkish participants and the Polish participants are significant.

H.2. Was confirmed. The results of analyses revealed the importance of demographic variables. They explain about 23% of variance either subjective happiness or life satisfaction. The most important demographic variables are ethnicity and congruence between profession and current job.

H.3. There is the correlation between the happiness and the life satisfaction level. The bigger feeling of happiness is the more life satisfaction individuals experience. This correlation is the strongest in group of Syrian participants.

H.4. The results are complex. Age, education level and profession do not effect happiness and life satisfaction in Syrian subjects as much as incongruence between profession and current occupation do.

Refugeedom lessens the happiness level and the life satisfaction level. The level of satisfaction with life and subjective happiness of Syrian women is the lowest in the entire surveyed population. Polish participants feel happier than Syrian and Turkish participants. Analogically the life satisfaction is the highest in Poles in comparison with Turks and Syrians.

Saving lives, surviving, being engaged and working highlight life qualities of the refugees. Yet those who notice obstacles and tragedies of others, might feel worse. That's why happiness attractors in Turkish and Syrian participants are similar to each other.

The surprising finding of incongruence between profession and current occupation may point to specific refugeedom properties. Far away from homes new possibilities might be opened. The women who did housework before the war, after leaving Syria they have been coordinating and have been organizing help for refugees, and have been running others' activities. Realising new tasks (that are more prestigious) enhances life satisfaction. Then it turns out for refugees that even difficult life can be evaluated as happy or at least not unhappy. Being engaged in their aims and work Syrian women modify and enhance life satisfaction, though they may feel less happy and satisfied in comparison with others. This conclusion seems to be important for planning integration policies. The skills of Syrian refugee women should be recognized and supported, and they might be included through the creation of career counseling centres, identifying resources and shaping skills adapted to the labor market (İçduygu, Diker, 2017).

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