



**Addis Ababa University
College of Education and Behavioral Studies
School of Psychology**

**The Link between Interpersonal Relationships and Psychological
Well-Being among Condominium Residents: The Case of Mickey
Leland Condominium Site in Addis Ababa**

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The Link between Interpersonal Relationships and Psychological Well-Being among Condominium Residents: The Case of Mickey Leland Condominium Site in Addis Ababa

By

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A Thesis Submitted to the School of Psychology, Addis Ababa University in Partial Fulfillment
of the Requirements for the Degree of Master of Art in Social Psychology

Advisor

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June 2020

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This is to certify that the thesis prepared by Daniel Mekonnen, in titled "*The Link between Interpersonal Relationships and Psychological Well-Being among Condominium Residents: The Case of Mickey Leland Condominium Site in Addis Ababa*" submitted in partial fulfillments of the requirements for the degree of Masters of Art (Social Psychology), compiles with the regulation of the university and meets the accepted standards with respect to originality and quality.

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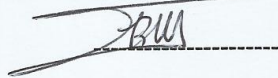
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Abstract

The aim of the study was to assess the link between interpersonal relationships (IPR) and psychological well-being (PWB) among adult condominium residents. The research setting was Mickey Leland Condominium site in Addis Ababa. The sample was composed of two hundred fifty-two (136 males and 116 females) adults. A quantitative research approach was employed. Participants were selected using stratified random sampling technique, and a representative sample was drawn through simple random sampling. To collect the data, Ryff's Psychological Well-being (RPWB) 18-item scale and Interpersonal Support Evaluation Short List 12-items (ISEL 12-Item) scales were used. The collected data were analyzed using descriptive statistics (percentage, mean and standard deviation) Correlational and regression Analyses and Multivariate Analysis of Variance (MANOVA) were used with the help of Statistical Package for Social Scientists (SPSS) version 24. The study found a moderate positive and significant relationship between IPR and PWB. Adult condominium residents' total mean scores on IPR and PWB were also found to be above average. Moreover, no statistically significant differences were found in IPR and PWB with respect to age, sex, marital status education background, years of living in condominium, and monthly income. Practical and research implications of the findings are discussed.

Keywords: *Psychological Well-being, Interpersonal Relationships, Adult Condominium Residents*

IPR AND PWB

v

Declaration

I submitted this thesis in partial fulfillment of the requirements for the Degree of Master of Art in Social Psychology, to the School of Psychology, College of Education and Behavioral Studies at Addis Ababa University. By my signature below, I declare and affirm that this study "*The Link between Interpersonal Relationships and Psychological Well-Being among Condominium Residents: The Case of Mickey Leland Condominium Site in Addis Ababa*" is my original work. All scholarly matters that are included in the research have been given recognition through citation.

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Acronyms

IPR: Interpersonal Relationships

ISEL: Interpersonal Support Evaluation List

PWB: Psychological Well-being

WHO: World Health Organization

SPSS: Statistical Package for Social Science Software

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Chapter One

Introduction

This chapter addresses the introductory part of the research which includes the background of the study, statement of the problem, objectives of the study, significance and scope of the study, limitations of the study, definition of basic terms, and organization of the study paper.

1.1 Background of the Study

Human beings have interconnected with each other since they started living on this planet earth. Besides their social interconnections, they linked with their environment in which they live. The core elements of their interaction and cooperation defined by the level of reciprocity and relationships. The level of reciprocity, intimacy, and relationships associated with positive or negative emotional states of individuals' psychological well-being (Wright, 1999). Tena Dewo (2008) in his book on human interconnection wrote:

(ደዎ, 2008 ዓ.ም) "ሕብረተሰብ የተገነባው በተለያዩ ሰዎች ወይም ግለሰቦች ነው። ሰዎች በጋራ ሕይወት ውስጥ የግል፤ በግል ሕይወት ውስጥ የጋራ ሕይወት አላቸው። አንድን ሰው ከስሜት ሕዋሳታችን አንጻር ከተረዳነው ብቸኛና ራሱን የቻለ ግለሰብ ሆኖ ይታያል። በአመክንዮአዊ ኃይላችን ሕይወቱን መፈተሽ ከቻልን ግን በግለሰባዊ ሕይወቱ ውስጥ ማኅበራዊ ሕይወት፤ በማኅበራዊ ግንኙነቱ ውስጥ ግለሰባዊ ሕይወት አለው። ሰዎች ከሰዎች ጋር የሚያደርጉአቸው ግንኙነቶች እጅግ ብዙና ውስብስብ ናቸው። በየቀኑ ከጎረቤቶቻችን ከዘመዶቻችን፤ ከጓደኞቻችን ..ወዘተ የተወሳሰቡ ግንኙነቶች እናደርጋለን" ገጽ 171

(Dewo, 2008) " Society 'is made up of different people or individuals. People have private life within communal life; and also, within communal life they have a private life. If we understand a person in relation to our senses, we see him as a lonely individual. But if we can test his life with our logical power, there is social life in an individual's personal life; Individuals have a personal life in their social relationships. Every day we make complex relationships with our neighbors, relative, and friends. 'Page 171

This complex interaction is universal, and it occurs everywhere even if the level of interaction varies. According to Ingwani, Gondo, Gumbo, and Mazhindu (2010), Ethiopia is a traditional society where people are tight and embedded with complex social networks of communication, based on daily life. That means the collective societal network plays a major role in people's day-to-day interaction in Ethiopia. People are sharing good moments, helping one another through their daily activities within their environment.

(ደዎ, 2008 ዓ.ም) “በእዚህ ግንኙነት ውስጥ እንደገልበት፣ ቁሳቁስና ገንዘብ፣ እውቀትና ጥበብ፣ አገልግሎትና ሐሳብ፣ እምነትና አመለካከት ያሉ ነገሮችን እንለዋወጣለን። አንድ ሰው በግለሰብነቱ ለሕብረተሰቡ የሚሰጠውና ከሕብረተሰቡም የሚቀበለው ነገር አለ። ሕብረተሰቡም እንዲሁ ከግለሰቡ የሚቀበለውና ለግለሰቡ የሚሰጠው ጥቅም አለ።” ገጽ 171.

(Dewo, 2008): We exchange things like faith and perspective materials Money Knowledge wisdom; and Service and thought: There is something that one gives to the community as an individual and receives from society. There is also a benefit that society receives from the individual and also society get benefit the individual. ”Page 171.

People are living through exchanging each other for the benefit of one another. These interactions exist in everyplace and everywhere like the school, working area, markets, and residential condominium environment. Condominium environment and its residents' and their interaction is the focus area of this study.

Condominium accommodations are the recent trend for Ethiopia, which removed old places of the city and enabled to build condominium houses to minimize housing problems, facilitating and creating a suitable living environment for the residents (Habtamu, 2015; Ingwani et al., 2010; Baron and Donath, 2016; Seife, 2014). In condos, individuals share the same corridor and the same block. Corridors and blocks have given access to individuals to create proximities. Proximity and nearness made opportunities for creating neighborhood relationships (John C. Glidewell, James G. Kelly, Margaret Bagby & Our, 2002).

Even if every '*Ketenas*' [Subdivision of condominium blocks of Mickey Leland] has its own green spaces; but, not used or not function properly. On weekends and holiday times; outdoor activities are rarely observed. The residents prefer to stay in their houses or to go to their former villages to visit their old neighbors or relatives. There is a loss of connection among them.

According to Bond, Kearns, Mason, Tannahill, Egan, and Whitely (2012) neighborhoods not defined only by location, but also by their connection to the community or the group of the people. The interactions manifested by their effects on trust, understanding, and mental satisfaction within the environment. The interaction shows the existence of positive or negative relationships based on the perception of individuals possess.

According to Ingwani et al.,(2010) stated that there are two types of social interdependence that exist among individuals: They are cooperative interdependency and

competitive interdependency. And also, Ingwani et al., stated that the lack of social cooperation and dependence has consequences in individualistic life.

Horn and Marques (2000) stated individualistic, western culture, and interdependence values prioritized over individual goals rather than belonging group members. The consequences mentioned by Siracusano (2017) the paradox of western (modern) society is a widespread feeling of isolation.

But in the traditional way of living; the neighborhood has great meaning and value on an individual's life, and also used as a way to get happiness. This explanation elaborated by the work of Admasu, Ketema, February (2011) 'Happiness has got a direct relationship with their social relationships with others'' Page 52

(አድማሱ, የካቲት 2011 ዓ. ም) ሰዎች ከሌሎች ጋር ያላቸው የማህበራዊ ግንኙነት ሁኔታ ደስተኛ ሰው ከመሆናቸው ጋር ቀጥተኛ ግንኙነት አለው። ገጽ 52

In line with this, a commonly known Ethiopian proverb says that: *‘ኛቅ ካለ ዘመድ ይሻላል ቅርብ ያለ ጎረቤት’* which can be translated as, [A closer neighbor is better than distant relatives]. This saying emphasizes the value of interaction of neighbors. Level of interactions of neighbors has spaces on the life of the traditional way of Ethiopian life. Traditional proverbs have many valuable and researchable concepts and ideas. Those concepts and ideas have values for the improvement of the psychological well-being of individuals. The proverb which the researcher mentioned in the above initiate to study the existence of the level of interaction and the relationships among the condominium residents aligned with their psychological well-being.

Knowing the relationships between interpersonal relationships and the psychological well-being of the residents will help us to understand the existing level of their social ties among the community of Mickey Leland condominium.

1.2 Statement of the Problem

Condominium housing projects are accompanied by novel ways of living and new social networks for many of the residents. The relationships of the residents are fragmented unlike with the traditional way of living. They didn't get as the same as they had before in their old places. They missed their previous social ties. For a traditional society like Ethiopia, social networks have great roles in the life of the people (Ingwani et al., 2010).

Residential satisfaction is associated with four environmental structures: such as local area satisfaction, satisfaction with accessibility to the services in the local area, satisfaction with relationships with the neighbors, and home satisfaction. Living environment is one of the means of getting mental satisfaction (Rioux and Werner, 2011).

Kahana, Lovegreen, Kahana, and Kahana (2015) revealed in their studies that individual behavior and living environment are very essential to define the residential mental satisfactions. Mental satisfaction also connected through human interpersonal relationships with groups of people. So, a condominium is a place where a group of people live in and interact with each other.

Kee, Harrison, and Lee (1999) the structure of the house link with daily life, and plays a significant role in relationships between residents. In addition (Rogers, 1959) explained that the environment and our personality have effects to change our behavior or personality through time. Time limitation of relationships and limitation of the area of the relationship express the level or

the extent of the outcomes. These outcomes of relationships facilitate or improve mental satisfaction or not.

The above concepts supported by Ryff and Keyes (1995) in their research, the structure of psychological well-being; the level of interpersonal relationships influence the mental health and physical health of the individuals. The capability of handling and interact oneself in a positive way within the environment determine the psychological well-being of individuals feeling good, functioning life will be purposeful and meaningful. Ketema Admasu

(አድማሱ, የካቲት 2011 ዓ. ም) “ጤናማ ስሜት ላይ ያለ ሰው ከሰዎች ጋር በሚሆንበት ጊዜ መልካም ስሜት ላይ ያሉ መሆኑን በቃላት ባይናገርም እንኳን በሚያሳዩው ስሜት ይገለጻል። በዚህም ይግባባል። መልካም ስሜት ያለው ሰው ሌሎች ከእርሱ ጋር መሆን ጥሩ ስሜት እንዲሰማቸው ስለሚያደርጋቸው ሰዎች አብረውት መሆን ይፈልጋሉ። ይህም ቀለል ያለና ነፃ የሆነ መንፈስ እንዲሰማቸው ያደርጋቸዋል። የበጎ ስሜት ገዕታ የሚታይበት ሰው የሌሎችን ትኩረት ለመሳብ ለማነሳሳትና የልብ ጓደኞቹን ለማፍራት በሰዎች ተቀባይነት ለማግኘት የቀረበ ነው”።ገጽ 52 - 53

Admasu Feb 2011 “A healthy person is expressing his good feeling when he is with people. Without words, his action tells what he feels. So, he communicates with others. People want to be with man of good sense, because being with him makes them feel good a feel lighthearted and being free. A person with a good sense of humor is more likely to be accepted by others to attract the attention and to develop friendships” p53-53

When people are not relating positively, they may not be interested to be a member of the group and feel uncomfortable, jealousy, and backstabbing. The result of negative interpersonal relationships leads to be isolated from the group and overstress. Stressful situations

can affect all of our lives negatively if we do not balance it (Obakpolo, 2015). Interpersonal relationships are affected by the nature of the place, level of communication, interaction, and demographic character of people. Quality of life and spatial nature are more related (Obakpolo, 2015; Ala-Mantila, Heinonen, Junnila, & Saarsalmi, 2017).

Siracusano (2017) loneliness; every single individual feels alone, which means abandoned the living environment and feel the responsiveness of nothingness. Social exclusions or isolation, loss of emotional, instrumental, and information supports are the indicators of losing social ties. And Siracusano (2017) in his study cited the work of Peplau and Perlman, loneliness is the product of the individual divergence between wanted and succeeded levels of social interaction; explained how an individual could feel lonely even when he/she is among others.

Based on the researcher's lived experience; loneliness, loss of social attachment, loss of trust, loss of sense of belongingness is largely observed among the neighborhood of Mickey Leland condominium residents. Those residents share the same blocks, the same corridors, and the same open ground, but they are not using as an opportunity to get acquainted with each other or one another. They do not give attention or not having the sense of being a member of the community. They override and neglect others' feelings and concerns. Individuals prefer to be isolated from the group and perceive the sense of losing social ties.

According to Siracusano (2017) loose social ties defined as social isolation. It is the lack of interaction with the group. It may include a concrete detachment from the community and the willful avoidance of any interaction with other people. In Ethiopia, the practice of '*Idir*', '*Mahber*' and '*Equb*' have played roles in community life and interactions. Those activities use to change the attitude of individuals; improving awareness and facilitate community participation in unique roles of activities (G/Kidan G/Tsadik, 2015). According to Darge Wole (2017), those

who live in the same neighborhood have access to be members and abide by the norms, rules, and communication structure of the association. For reciprocal support, particularly in the time of bereavement '*Idir*' facilitates interacting with each other and gives opportunities to have social support like tangible, belongingness, and appraisal support. But the researcher has not observed those social activities in Mickey Leland Condominium site.

Stated in the study of Samson Tafesse (2018) those who rented the condominium houses, have a sense of strangeness and they prefer to exclude themselves from the group. However, the day to day increment of house renting price forces people to shift or move to other places. Most of the tenants have got the feeling of changing their residential environment.

Psychological well-being has been studied in many countries in many contexts. For instance, re-examine the relationship between living space and psychological well-being in contemporary Chinese cities (Hu & Coulter, 2016); to investigate factorial and content validity dimensions of psychological well-being in older Spanish adults (Triado, Villar, Sole, & Celdran, 2007); exploring well-being in human settlements - a spatial planning perspective in Germany (Shekhar, Schmidt, & Wehling, 2019); association of socio-demographic variables and measure psychological well-being in south Africa context (Khumalo, Temane, & Wissing, 2012); explore the psychological well-being of in-school orphaned and non-orphaned children, in Ethiopia (Hailegiorgis et al., 2018). All the above researchers showing the benefit of psychological well-being in a different setup but not link with the interpersonal relationships and psychological well-being of adult condominium residents.

Lack of social cooperation and dependence, lack of a sense of belongingness, lack of mental satisfaction within the living environment, and loss of the expectancy leads to the residents for satisfaction way of life. Those social problems have a crucial burden and deficiency

in the life of the residents' psychological well-being. Interpersonal relationships and psychological well-being associated with the living environment (condominium housing) adult residents. Belongingness, appraisal, and tangible support measured through the interactions of adult residents. To assess their interaction of adult condominium residents' mental health; those research questions are drawn by the researcher

1.3 Research Questions

1. What is the level of Interpersonal Relationships and Psychological Well-being among Condominium Residents?
2. Is there a statistically significant relation between Interpersonal Relationship (IPR) and Psychological Well-being (PWB)?
3. What proportion of the variance in Psychological Well-being (PWB) is explained by Interpersonal Relationships (IPR)?
4. Are there statistically significant differences in Interpersonal Relationships (IPR) and Psychological Well-being (PWB) with respect to demographic variables (i.e., age, sex, marital status, length of stay in the condominium, education level and, monthly income)?

1.4 Objectives of the Study

The general aim of this study is to assess the link between Interpersonal Relationships and Psychological Well-being among adult condominium residents of Mickey Leland Condominium site at *Kolfe Keranyo* Sub-city in Addis Ababa. Specifically, the study intends to:

- Describe the level of Interpersonal Relationships and Psychological Well-being among residents of the stated condominium site.

- Examine the relationships among dimensions of Interpersonal Relationships (i.e., Appraisal Support, Belonging Support, and Tangible Support) and dimensions of Psychological Well-being (i.e., Autonomy, Environmental Mastery, Personal Growth, Positive Relationships with Others, Purpose in Life and Self-acceptance).
- Find out the proportion of variance in Psychological Well-being (PWB) that is accounted for by Interpersonal Relationship (IPR).
- Assess the differences in Interpersonal Relationships (IPR) and Psychological Well-being (PWB) with respect to demographic variables (i.e., age, sex, length of stay in the site, marital status, education level, and monthly income).

1.5 Keywords and Their Definitions

The followings are the main important terms and their definitions used in this study:

- **Interpersonal Relationships:** refers to social connections, or attachments between two or more people having various levels of closeness among adult condominium residents which are measured by interpersonal supports (i.e., Appraisal Support, Support, and Tangible Support), among condominium residents.
- **Psychological Well-Being:** refers to positive mental states, happiness or satisfaction, of adult condominium residents. It encompasses a sense of autonomy over their own life, positive relationships with others, mastery of the environment, a sense of personal growth, purpose in life, and self-acceptance.
- **Condominium:** A building with several individually owned units of houses for residential purpose and shared by residents and owners have full title over the single set of house units.
- **Residents:** those individuals who are living in condominiums units.

- **Quality of life:** The standard of health, comfort, and happiness experienced by an individual or group living in the condominiums.
- **Independent variable:** Age, sex, marital status, length of stay in the condominium site, educational level, monthly income, and also Interpersonal Relationships are independent variables.
- **Dependent variables:** Psychological well-being is a dependent variable and has six dimensions: Autonomy, Environmental Mastery, Personal Growth, Positive Relations with Others, Purpose in Life, and Self-acceptance.

1.6 Significance of the Study

Nowadays many researchers and scientists work and focus to make this world a better place to live in a happy, healthy, and wealthy life with full mental satisfaction for human beings. From those efforts, creating suitable houses of living (condominiums) and environment for residents are the major. This will help to promote a better way of life and how to make the environments a better place to live.

Many condominiums are being built, and also underway of constructions to make a better place to live for the residents in Addis Ababa. These megaprojects show huge numbers of condominium residents will be promoting. This study emphasis to consider the social network and societal interaction on the psychological well-being of the residents.

Being happy and having satisfaction in the living environment has to be studied on the basis of societal interaction (Interpersonal Relationships). As social psychologists, this study will promote its contribution to enhancing the psychological well-being of the residents by studying their societal interactions. This societal network would be measured through the level of

residents' mental satisfactions on their psychological well-being. The level of the social network will help to make the environment a better place to live for the residents.

In general, the finding of this study would be helpful in the following ways: First, it provides relevant information about the level of interpersonal relationships and psychological well-being of adult condominium residents'. Second, the study would give significant values for researchers and those who are interested in studying psychological well-being and interpersonal relationships. Third, policymakers, governmental and non-governmental workers who are working on societal well-being, city developers, social workers, and social psychologists would get significant value from the study.

Finally, this study can serve as a springboard for the researchers who are interested to study any problem related to this issue and it will add something to the scientific body of knowledge on this specific area of study.

1.7 Limitation of the Study

The researcher faced some problems at the time of conducting this study. Some of the main challenges of the study can be traced as follows: first, getting the respondents to be involved in the study needed more discussion. Second, preparing & administering the full self-report questionnaire to the respondents and getting back the data was much more time-consuming. The major challenge that happened in the time of data collection was the pandemic of COVID-19. Because of the announcement of Novel Corona Virus (COVID-19) the researcher couldn't collect the survey data with much ease. It was an enormous challenge to protect the researcher not to meet the respondents: "Keeping a social distance, staying at home, no contact with others". From the total sample of the respondents 74.3% were collected from the total sample respondents.

In fact, the researcher created Google form link <https://forms.gle/VVT7mZNqwBgNvfqd8>, in order to collect the rest of the data from the respondents. But the reply was not as satisfactory, so the researcher did not use them.

Finally, time and financial constraints (self-budgeting by the researcher), was another challenge in the process of conducting the study.

1.8 Scope of the Study

While there are so many blocks of condominium sites in Addis Ababa; the researcher selected *Mickey Leland Condominium Site* because of some reason. The first reason is that this condominium site is found in *Kolfe Keranyo* Sub-city, North West of Addis Ababa, and near to Asko. It is close to the center of the city and the researcher also residence in this site. Second, this condominium site is one of the first models of condominium sites in Ethiopia. Third, the site was actively used as a residence for over ten years. And the researcher expected that those who are residents of the site have got a lot of lived experiences. In general, condominium living styles attracted the research to be more interested and instigated to study the association between the interpersonal relationships and psychological well-being of the residents. Because of the long existed interpersonal inter-connections among the residents' behavior, which would enable us to assess the main target of this interesting study of psychological well-being in social psychology.

Because of the issues of practicality, this study only focused on adult condominium residents and categories by their age. The study participants' age group was categorized according to Petry (2002), young adults (age 18–35 years old), middle-aged adults (age 36–55 years old), and old adults aged over 56 years. The rest age groups under 18 were not included in this research. And also, the tools used by the researcher were made for adult respondents (Ryff's Psychological well-being 18- items scale). In addition, the researcher believed that adults have a better

understanding than the rest to relate their interpersonal relationships and experiences because of their life course of living in the condominium site. Demographic factors (like marital status, monthly income, education background, length of years staying in the condominium, etc.) were used to relate interpersonal relationships and psychological well-being of the residents, and adults were preferred. This study focused on investigating the link between interpersonal relationships and mental health satisfaction of adults who are living in condominium sites.

1.9 Organization of the Study

This study has got five main chapters. Each chapter was organized to reach the major goal of this study. Chapter one dealt with the background of the study and its statement of the problem, objectives of the study, scope of the study, the significance of the study, definition of terms, and limitations of the study. Chapter two comprises a review of related literature and theoretical aspects. In chapter three the research design and method part which includes the research design, research method, study population, sample size and sampling techniques, data collection instruments, techniques of data analysis, and ethical consideration, are presented. In chapter four results of the findings are presented. In chapter five the major finding discussions are presented. In chapter six summary of the study and conclusions conclusion, implications, limitations, and recommendations are presented. Finally, appendices and other documents are also attached at the end of this research paper.

Chapter Two: Review of Related Literature

This chapter is focused on a review of related relevant literature and definitions and concepts of variables in this study and different theories the underlying relationship between the variables are reviewed. Basic concepts and assessment and theories of psychological well-being stated that as follows.

2.1 Psychological Well-being: Basic Concepts, Assessment, and Theories

2.1.1 Basic Concepts of Psychological Well-being

Psychological well-being is a dynamic concept and related to health behaviors (Seifert, 2005). Ryff and Singer (2008) study cited the work of Aristotle “Eudaimonia.” the term to mean happiness, that human beings feel good, contented, or satisfied with their lives needed to empirical measurements and to create a multidimensional model of psychological well-being. It developed through incorporating these perspectives positive human functioning from existential and utilitarian philosophy and clinical, developmental, and humanistic psychology.

Ryff, Singer, and Love (2004); Gao and McLellan (2018); and Salsman et al., (2013) psychological well-being (PWB) developed through positive psychology movement, and also related with physical and mental health. It is not a simple task to define the meaning of psychological well-being and task to measure. Hedonic and Eudaimonia, the two philosophical approaches related to the well-being of individuals and having the meaning of being happy. But happiness is relative. According to Gao and McLellan (2018) happiness and satisfaction with life are universal, may differ across societies and cultures. Individuals have different interests and feelings in their lives. The way we do things, like learning, working, or perform so many activities for addressing or getting mental satisfactions.

Ryff and Singer (2008), argued that the formulation recommended equivalence between hedonic and Eudaimonia, contrary to Aristotle's there is a difference between the satisfactions of right and wrong needs. The problem was the core of Eudaimonia striving toward merit-based on individual potential was left out. Ryff (2014) she took over twenty years to develop a model of psychological well-being to address forgotten features of positive functioning like purposeful engagement in life, awareness of personal talents and abilities, and progressive self-knowledge.

Ryff's Psychological Well-being theoretical grounded explanation of hedonic emphases on subjective practices of well-being, mostly interaction to pleasure and/or happiness, life satisfaction, and positive affect. On the other side, Eudaimonia, focused on psychological well-being which refers health of human beings, well, functions optimally, and also who can flourish of life's (Carolina M. Henn, Hil, & Jorgensenl, 2008), (Seifert, 2005).

The most essential element in psychological well-being is positive relationships with others (Sharifi & Akbari 2015). Individuals have opportunities to achieve their needs being and to have health, well-functioning flourished life through positive interaction with others. This conception of Psychological Well-Being (PWB) explicitly concerned with the development and self-realization of individuals. Besides that Psychological Well-Being (PWB) briefly stated that health benefits associated with the purpose and meaning of life and sustained growth, and quality ties to others (Ryff & Singer, 2008). Supported by World Health Organization (WHO) on (Preamble to the Constitution of the World Health Organization, p. 100), defined health as 'a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity' moreover this health is the fundamental human right, peace, and security and the fullest cooperation of individuals and groups, in addition to this every individual has an obligation to protect his or her and other.

2.1.2 Assessing Psychological Well-being

Ryff (1989) stated in her study, the reason why she developed Psychological Well-being scales of measurement by examining the classic work of “Bradburn’s, 1969”. The distinction between the positive and negative effects on the macro-level of social change which is affected the lives of individuals in their psychological well-being. Ryff (1989) mentioned the first problem was on her study was to identify which dependent variable being measured. And emphasized Bradburn’s assumption to put a clear-cut into criterion. Ryff (1989) assumption was focused on the structure of psychological well-being, and the social changes in the life of individuals. And she drew the measurement to assess positive and negative affect which means (right desire and wrong desire).

2.1.3 Models of Psychological Well-being

Colquit Baer, Long, Halvorsen-Ganepola, & K., M., (2014) cited on their studies; theory of planned behavior (Ajzen); the interaction is based on reasoned action and plans to address its goal; social cognitive theory (Bandura); Observing and modeling others to get social space. Social exchange theory (Blau), which is a cost-benefit analysis. Social. Identity (Tajfel and Turner); express oneself based on the favor of the group. Expectancy theory (Vroom); which is motivated based on an individual’s willingness. Goal-setting theory (Locke and Latham); Equity theory Adams, 1965, Self-determination theory Deci and Ryan, 1985, Affective events theory Weiss & Cropanzano, 1996, and Job characteristics theory, Hackman and Oldham 1976. All the above theories contributed to Carol Ryff developed her theoretical grounded model of Ryff Psychological well-being scales.

Cited, Ryff (1989) scale of Psychological Well-being was developed composed of theories by using an empirical approach to measure what it means to be mentally healthy. Ryff's PWB Scale developed (18-, 24-, 39-, 42-, 54-, and 84-item versions), the Ryff's Psychological Well-being 18-item version is the most widely used (Sirigatti et al., 2012).

Six dimensions of PWB are Self-Acceptance (SA), Positive Relations with Others (PR), Autonomy (AU), Environmental Mastery (EM), Purpose in Life (PL), and Personal Growth (PG). Each dimension was Operationalized through a 3- item scale (Sirigatti et al., 2012). The questionnaire is prepared for adults and in 7-point Likert scales (from 1= strongly agree; to 7 = strongly disagree) (see Appendix B). The respondents should make clear how to agree or to disagree with each expression.

Each model shows a positive or negative response based on the Psychological Well-being of the quality of life of an individual (Ryff & Singer, 2008). Ryff psychological well-being scores are defined based on the table (see Table 1). Ryff's six subscales of psychological well-being items are self-reported and they have their own definitions.

Table 1

Definitions of Theory-Guided Dimensions of Well-Being

| | |
|-----------------|---|
| <i>Autonomy</i> | |
| High scorer | Is self-determining and independent; able to resist social pressures to think and act in certain ways; regulates behavior from within; evaluates self by personal standards |
| Low scorer | Is concerned about the expectations and evaluations of others; relies on judgments of others to make important decisions; conforms to social pressures to think and act in certain ways |

Environmental mastery

| | |
|-------------|--|
| High scorer | Has a sense of master and competence in managing the environment; controls complex array of external activities; makes effective use of surrounding opportunities; able to choose or create contexts suitable to personal needs and values |
| Low scorer | Has difficulty managing everyday affairs; feels unable to change or improve surrounding context; is unaware of surrounding opportunities; lacks sense of control over external world |

Personal growth

| | |
|-------------|--|
| High scorer | Has a feeling of continued development; sees self as growing and expanding; is open to new experiences; has sense of realizing his or her potential; sees improvement in self and behavior over time; is changing in ways that reflect more self-knowledge and effectiveness |
| Low scorer | Has a sense of personal stagnation; lacks sense of improvement or expansion over time; feels bored and uninterested with life; feels unable to develop new attitudes or behaviors |

Positive relations with others

| | |
|-------------|--|
| High scorer | Has warm, satisfying, trusting relationships with others; is concerned about the welfare of others; capable of strong empathy, affection and intimacy; understands give and take of human relationships |
| Low scorer | Has few close, trusting relationships with others; finds it difficult to be warm, open, concerned about others; is isolated and frustrated in interpersonal relationships; not willing to make compromises to sustain important ties with others |

 Purpose in life

| | |
|-------------|--|
| High scorer | Has goals in life and a sense of directedness; feels there is meaning to present and past life; holds beliefs that give life purpose; has aims and objectives for living |
| Low scorer | Lacks a sense of meaning in life; has few goals or aims, lacks sense of direction; does not see purpose in past life; has no outlooks or beliefs that |

give life meaning

Self-acceptance

| | |
|-------------|--|
| High scorer | Possesses a positive attitude toward the self; acknowledges and accepts multiple aspects of self, including good and bad qualities; feels positive about past life |
| Low scorer | Feels dissatisfied with self; is disappointed with what has occurred in past life; is troubled about certain personal qualities; wishes to be different than what he or she is |

Note: Table 1 Taken from the work of Carol D. Ryff , (Ryff, 2014)p.12.

Getting a higher score on the scale of psychological well-being shows better mental health and satisfaction. The short version of the Psychological well-being scale correlated with the original fluctuated with Alpha between 0.7 to 0.89 (Moatamedy, Borjali, & Sadeqpur, 2018).

Ryff Psychological well-being scale is interesting and increasingly testing the validity in different parts of the world. The original English version translated into many languages based on their cultural context. Like Gao psychological well-being of adolescents in mainland China; and, Hu and Coulter (2016) living space and psychological well-being were conducted in China in the context of Chinese culture.

In Europe studies, Triado, Villar, Sole, and Celdran (2007) in Spanish; Psychological well-being of older adults in the Spanish context and Ozpolat, Isgor, and Sezer (2012) in Turkish context psychological well-being of university students were investigated.

In Ethiopia, some researches were conducted in different approaches. Ahmed (2017) psychological well-being and classroom environment; G/Kidan (2018) psychological well-being of women and their adolescent children; and Bedilu (2018) Psychological Well-being of married and unmarried postgraduate students in College setting were used Ryffs Psychological Well-

being scale.as an instrument for their studies. But not addressed the link between interpersonal relationships and Psychological well-being of adult condominium residents.

2.2 Interpersonal Relationships: Basic Concepts, Assessment, and Theories

Humans strive to achieve the quality of social interactions, but the motive of interaction depends on the quantity and the quality of the level of interactions. The need is doubtless for a certain minimum number of bonds and quantity of interaction for further social interaction (Baumeister & Leary, 1995). For the sake of friendship or neighborhood, individuals shift their interests to show how they are honor and accept others. Because relationships need commitment. Commitment tells how far you go to satisfy someone's needs or desires.

This relationship explained with an appraisal. Appraisal support is multifaceted; satisfaction, helpfulness, connection, integration, a guarantee of worth, trustworthy coalitions, and guiding principle and love, respect, and involvement (Vaux et al., 1986). Appraisal the capability to have easy-going, flexible, and intimate to pass the time together (Swindle, Cameron, Lockhart, & Rosen, 2004).

2.2.1 Basic Concepts of Interpersonal Relationships

Relationship is a process that develops through the level of acquaintance relationship to nurture a friendship with others maintaining and stimulating mental health (Ejifugha, 2011; Sharifi & Akbari, 2015). Willingness is the center of the progress of interpersonal relationships among individuals and based on the interest of the individuals. The great interaction, correspondence with experiences, awareness, and behavior on the side of individuals. To ensure the quality of relationships, the mutual accurately understanding of the interaction, improved psychological adjustment, and mutual benefits (Rogers, 1959).

Relationships apply if those individuals perceive that they understand the content of the interaction, the norm, and the rules of the society being respected. Hereupon, interpersonal relationships of individuals reach to achieve the target. In other way needs, desires, or intentions are achieved through relationships (Marilyn D. Klakovich & Cruz, 2006).

According to Herbers & Meijering (2005), the quality of personal relationships of individuals depends on the time and personal encounter. The elements which determine the degree which involvements and practice to promote increase and progress (Rogers, 1959).

Personality differences, personal orientation, and procedure also effective factors in a relationship. To enhance and to develop the quality of relationships, certain attitudinal ingredients are important. Merz et al., (2014) cited the work of Cohen, Underwood, and Gottlieb, 2000, as relationships are very important originators for the function of social support but highly linked with individual personality. Because individuals may have many social contacts but may not be supported by others or may individuals have much support from only high quality of interactions.

Having positive relationships and interaction means having space on a high value on individuals (Maxwell, 2004). High value is not achieving without individual efforts. Ejifugha (2011) interpersonal relationships need commitment and efforts. Effort are laborious to achieve. No pain or no gain.

2.2.2 Assessing Interpersonal Relationship

According to Berscheid (1994) it is difficult to assess interpersonal relationships to reach scholars for identified and endorsed a common goal; a variety and unique relationships have

adopted. The researchers used the dimensions of interpersonal relationships used to measure perceived interpersonal support (Belongingness, Appraisal, and Tangible support).

Convergent validity analyses suggested the ISEL-12 scores positively related to social network integration and life engagement, and inversely related to perceived stress and negative affect, confirming our hypotheses regarding the directionality of relationships. Interestingly, structural aspects of the social network (i.e., several social roles) yielded the lowest correlation with ISEL-12 scores, contrary to previous findings (Cohen, 2008).

Interpersonal Support Evaluation List-12 (ISEL-12): widely used as a short-form to measure relationships with functional social support. Encapsulate three subscale scores representing appraisal, belonging, and tangible social supports. (Merz et al., 2014). According to Delistamati et al., (2015), a study in Europe, Greek, showed that the score on the ISEL; with high, fair, and low social support. The internal consistency of the ISEL showed with a higher score in social support was secure against the dangerous effect of stressful events. (Cronbach's alpha: 0.452–0.752) of ISEL shows that the internal consistency is good and test-retest reliability (correlation coefficients (0.631–0.847). Besides this Merz et al., (2014), on their studies of ISEL scored in among Hispanics/Latinos and the translated English used congruently in South America countries the internal consistency showed that the total score of Cronbach's alphas for the ISEL-12 total score were all above .70 in the full sample, English and Spanish. And the languages are fit with the three models to exact well.

The researcher modified the Interpersonal Support Evaluation List-12 (ISEL-12), in the Ethiopian context, to assess the link between Interpersonal Relationships and Psychological Well-being of condominium residents in Ethiopia. To assess the dimension of interpersonal

relationships, dimensions of support; appraisal, belonging, and tangible perceived support with the psychological well-being of adult condominium residents.

2.3 Theories of Interpersonal Relationships

Studying interpersonal relationships has important values on different working and living environment of human beings. Rogers (1967) professionals like a psychotherapist, teacher, religious worker, guidance counselor, social worker, clinical psychologist, and [also social psychologists] are working on the quality of the interpersonal relationships toward the well-beingness of individuals. Interpersonal relationships play a central role in human happiness and physical and mental health.

Interaction has positive benefits for human beings. The social exchange focused on the interaction based on giving time, freedom, money to get something like love service, goods. Those relationships based on cost and rewards. People around each other for the day-to-day activities. Their interactions seeking profits through their exchange. The profit bounded with the time based may be at the present moment is immediate or forecasted or predicted for the coming and cumulative return on investment (Berscheid, 1994). Grasp what we harvest. Being safe and feeling belongingness within the group or putting a credit for an uncertain time of needs holding people to interact with.

Liu (2012), Social behavior is seen as a system of exchanges. Individuals will always try to maximize their rewards while parallel attempting to lessen their costs. Every interaction laid on personal interest and willingness. According to Molm (2006), all exchange theories agreed that the interest and the willingness of an individual very important for interactions. Social interactions are the bridge to feel the gap from a small group to large structures of the group. Relationships, or “social associations,” as “an exchange of activity, tangible or intangible, and

more or less rewarding or costly, between at least two persons” (Colquit et al., 2014). So that every interaction is going in a positive or negative way because of personality.

Another fundamental theory of Interpersonal Relationships lies in field theory.

Kruglansk and Higgins (2007), cited the work of “Kurt Lewin’s (1936) field theory, social psychologists have assumed that behavior is determined by two major forces. The first is the pressure of the situation or the environment, and the second includes the motives and perceptions that the person brings to the situation. In Lewin’s famous equation, behavior is understood to be a function of the person and the environment: $B = f(P, E)$. An expanded conception of the person term includes the set of social and moral values that shape the individual’s thoughts and feelings about what is ethical or normatively appropriate to do. We focus on two such values (1) the conviction that following the rules of the community is (in most cases) the morally appropriate thing to do, and (2) commitment to the notion that if the rules are fair and legitimate, they ought to be obeyed” p-808

Field theory emphasizes living environment and personality of an individual have effect on individual behavior. Which means a human is the product of his environment and his personality or efforts to behave and act in a certain environment. But it is contradicting. In a UK study; according to Foye (2017) adaptation theories suggest that space is a less important metric of societal well-being, as it has only a temporary effect on well-being. In Ethiopia studies environment has significant in psychological well-being. If the environment has conducive set up the well-being will be positive (Ahmed, 2017).

Interpersonal relationships begin with anticipation of having an advantage from others. According to Hon and Grunig, (1999) in an exchange relationship, individuals interact with others by expecting rewards at the moment, or ahead. Neighbors who have increased the likelihood and fulfilled with mental satisfaction because of the environment. Satisfying relationships measured with the balance of the cost within the benefit that we get. Relationships are depending on the situation and behavior. If the situation changes, also the relationships will change. In addition, integrative approaches making by discussions win-win values direct to successful interpersonal relationships.

Rafaella Leite Fernandes and Miranda (2016) cited Hildegard Peplau, on qualified as middle-range theory, Interpersonal Relationships mostly focused on the relationships nurse and patients using as an agent of treatment on the base of helping and supporting to have better health (Rafaella Leite Fernandes and Miranda, 2016). According to Colquit, Baer, Long, & Halvorsen-Ganepola (2014), on their study cited (Blau, P. M., 1964), on exchange and power in social life; focus on exchange relationships, nothing going or doing without expectations. Most of interpersonal relationships theories developed on the sense of reward and benefit (social exchange theory). Tit for tat.

Kondalkar (2007) individuals are not joining the group without calculating its outcome. If they feel the benefit is greater than the cost, they will join the group. The minimum positive level of effect has its contribution to establishing attraction and affiliation. The level of needs contributes to measuring individual satisfaction. The prime concern of those researchers is to study human behavior through human relationships. Likewise, the researcher believed that relationships in condominium sites among the residents not planned or purposively setting. Instead of that relationships develop through without plan or deliberately and also not there will

look for the benefits. Relationships will lead the residents for long and everlasting benefits of life satisfaction and quality of life.

2.4 Level of Psychological Well-being and Interpersonal Relationships

Andrew and Anthony(2013; Mukherjee (2017) in their study the quality of Interpersonal Relationships boost Psychological Well-being; the perceived impact of life events was a stronger predictor of the well-being of life. Psychological functioning and quality of Interpersonal Relationships associated with both well-being dimensions [Subjective Well-being and Psychological Well-being]. They reported that higher levels of quality of interpersonal relationships showed less decrement in negative life effect (less negative psychological well-being). Boost the positive effect of psychological well-being. The level of relationships (positivity/ negativity) is the strongest psychosocial predictors of one's physical well-being and mental health (Psychological Well-being) results. Interpersonal Relationships (IPR) strongly related to well-being.

Besides that, social networks, tangible support, belonging, are to provide and enhanced individual well-being. When we compare old adults have more stable and deep-rooted social contact than young adults. When old adults feel disruption, they lose networks or interactions. Because of these, old adults their well-being become decline (Martire, Schulz, Mittelmark, & Newsom, 1999).

2.5 Relationship between PWB and IPR on Demographic Factors

In this section, PWB and IPR with the demographic survey questionnaire consists of six dimensions of demographic characters: age composition; sex composition; marital status; years of living in the condominium; educational level, and monthly income used as the demographic

variables to measure psychological well-being of condominium residents. Some relevant works related to socio-demographic factors have reviewed for this study.

2.5.1 Age; Sex Related with PWB and IPR

Ryff (2014) purpose in life and personal growth decline when aging increases. In contrast, adult life link with higher well-being. Individuals who perceived younger than they are, but don't want to be younger. In addition, report high well-being is visualizing rather than an illusion in self-evaluation predicts higher well-being. Adult life changes attached to various psychological processes. Sagone, Elvira, and Caroli (2014) showed psychological well-being in relation to age differences, late adolescents were more likely than middle ones for recent involvements with a sense of understanding their own potentialities and the purposes for living.

Ryff and Keyes (1995) "The age analyses further clarify that life-course effects on well-being cannot be explained with a general factor because these age effects are not uniform different dimensions of well-being show different age profiles *p*-723.

Models of environmental mastery and self-acceptance showed differences in age profiles. Thus, redundancy in structural analyses differentiates with obvious clarity in life course analyses, illustrating the importance of theory and multiple modes of testing it in assessing the structure of the well-being domain (Ryff & Keyes, 1995).

Ryff (2014) cited her studies as aging adults perceive themselves to grow older. Younger and middle-aged adults have seen changes through overtime, but older adults feel a decline in their well-being through time. The study showed that subscale of purpose in life and personal growth scores showed the old adult significantly lower than a young and middle adult for both genders. The score of environmental mastery showed, middle and old adults higher than young

adults for both genders. But self-acceptance scale showed no age differences. Autonomy again showed age increments, but only from young adulthood to middle age adult. A significant sex difference was on the scale of positive relations with others showed females scoring higher than males (Ryff and Keyes, 1995).

Sex difference showed the variation on the psychological well-being among males and females. Males were more likely than females to show positive attitudes and to accept multiple aspects of themselves, including positive and negative qualities. Positive relationships between psychological well-being (environmental mastery, personal growth, and self-acceptance) research study showed that more males have more self-acceptance than female and late adolescents. But personal growth and purpose in life among the middle-age adults showed variation among age and sex (Sagone and Elivira, 2013; Ryff, Singer, Love, and Essex, 1998; Singer, 2003). The study shows, some progress and changes going through a time in human psychological well-being.

2.5.2 Marital Status and Education Background

Marital status and educational background have got relationships with psychological well-being. Findings showed marital status associated with higher self-esteem, greater life satisfaction, greater happiness, and less distress. Education was positively related to relationship happiness, self-esteem, and general life happiness. Marital status shows people who are happy and content with their current lives feel little need to adopt more committed relationships also the level of psychological well-being. Marriage has significant in individual well-being. Ryff (2014), cited works of (Shapiro 2008, Marks 1998 and Bevvino 2003), concern marriage; those who married had higher significance on purpose in life compared with divorced, widowed, or single. Being divorced and never married negatively associated with total psychological well-being. But

compared with sex; divorced or single women reported higher significant total was the same. But single women better than the married women on the level of autonomy and personal growth. On the other side decline, psychological well-being on divorced women declined.

2.5.3 Monthly Income and Years of Living related with PWB and IPR

In Ethiopia, monthly income a typical working person earns around 8970 ETB per month. The salary ranges from 1,210 ETB (lowest average) to 39,700 ETB (highest average, the actual maximum salary is higher) according to salsaryexplorer.com. (Average Salary in Ethiopia 2020).

Kaplan, Shema, and Cláudia Maria A. Leite (2008) according their studies, the collected data (which were more than three decades) showed that socio-economic variation or income differences associated with the five scales of psychological well-being (Purpose in Life, Self-acceptance, Personal Development, Environmental Mastery, and Autonomy). Income has been regressed by age and psychological well-being measure and showed they strongly associated the mean income with all five scales of psychological well-being.

According to the study of Alloush (2017), a reduction in psychological well-being decreases individual income in a nonlinear way. When the household income decrease it estimated that depressive symptoms increase, especially among the poor. Simulations of income over time using the estimated dynamic system suggest that the vicious circle that extends poverty and hinders resilience to shocks may extremely affect the poor with low levels of psychological well-being. The findings revealed that income and psychological well-being are intertwined each other.

In Ethiopia findings also results of linear regression modeling showed that income was statistically and significantly associated with all subscales of psychological well-being. Higher-

income levels predicted higher psychological well-being scores. The strongest prediction was for Purpose in Life. Age variation did not show a difference in all six subscales of Psychological Well-being. Instead, different levels of income, education, and gender showed different Psychological Well-being scores (Tafesse, 2018).

2.6 Summary and Implications of the Reviewed Literature

To summarize the literature reviewed and related to this study, emphasis on the features of positive functioning like purposeful engagement in life. Because psychological well-being refers to the health of a human being. It functions optimally and also flourishes of lives of individuals. The result associated with the level of individual relationships and environment situations. In addition to these living in one place for a long period of times or years boosts the interactions of the people. Andrew and Anthony (2013); Mukherjee (2017) time is boosts the quality of interactions and reduced negative feelings of psychological well-being.

Condominiums contribute a lot to shift from the traditional way to the modern way of living style (Habtamu, 2015; Ingwani et al., 2010; Baron & Donath, 2016; Seife, 2014). To sum up the theory field theory (Environment and personality the product of individual behavior), social exchange theory (Cost-benefit analysis), social support theory (helping for rewarding for the future), and more related issues have been covered through interpersonal relationships to address the primary target of this study of psychological well-being.

The reviewed literature showed that every interaction has positive or negative effects on individuals' psychological well-being. This shows interactions or relationships have values in an individual's life (Maxwell, 2004). Understanding and knowing the level of Interpersonal relationships and Psychological well-being will help us state the existing mental satisfaction of residents (Ryff and Singer, 2008).

The level of relationships used as an indicators and predictor of psychosocial of Individuals. As Andrew and Anthony, 2013; Mukherjee, (2017) having higher levels of quality of interpersonal relationships showed less decrement in negative life effect. Which tell us people are not joining without having benefits (Kondalkar, 2007). The positive level of interpersonal relationships. So measuring the level of psychological well-being has its contribution to establishing attraction and affiliation to measuring individual satisfaction.

The norm of society and rules are respected through their interactions. Traditional or collective society have the great values and space for neighborhood interactions which means *‘ኗቅ ካለ ዘመድ ይሻላል ቅርብ ያለ ነጋቤት’* translated as, [A closer neighbor is better than distant relatives]. The level of satisfaction, helpfulness, connection, integration manifested through the dimension of interpersonal relationships. These perceived by individuals within the contents of interaction (Marilyn D. Klakovich and Cruz, 2006 (Baumeister & Leary, 1995). The profit of Interpersonal relationships bounded with the time based may be at the present moment is immediate or forecasted or predicted for the coming and cumulative return on investment. The literature showed different levels and variations of interpersonal relationships and psychological well-being among demographic factors (Tafesse, 2018). The literature review or the previous findings used to assess the level and the link and the relationships of interpersonal relationships and psychological well-being. Besides, the effect of demographic characters on IPR and PWB will assess for addressing the research questions of the study.

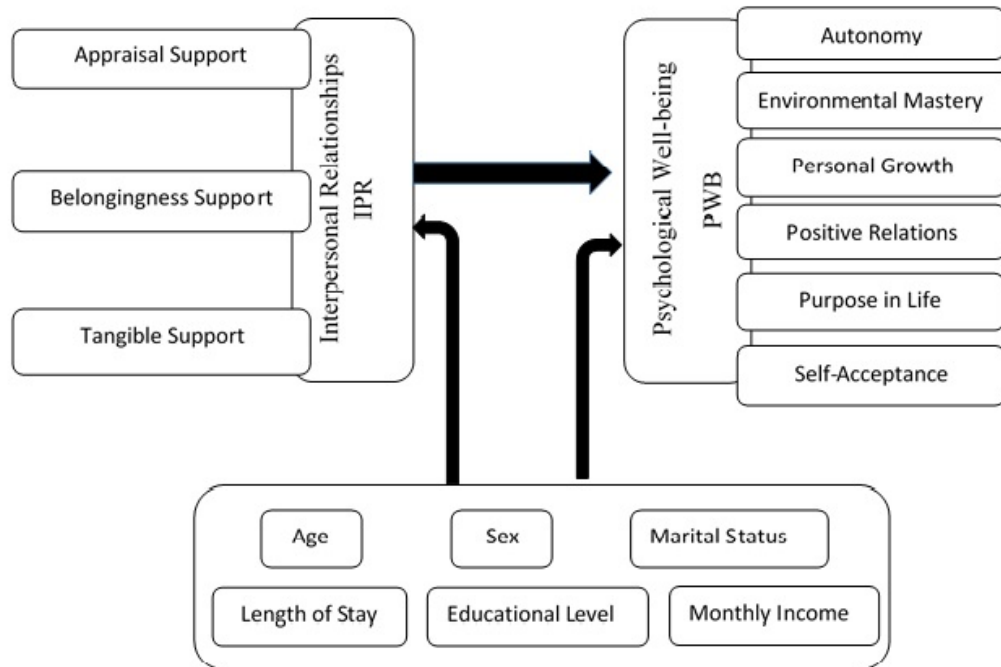
2.7 Theoretical Framework

The theoretical framework showed that how the variables treated in this study. The level and association of interpersonal relationships and psychological well-being among adult condominium residents are measured. Demographic variables like sex, age, marital status, years

of living in a condominium, education background and monthly income measured to find out the effects on adults condominium residents interpersonal relationships (appraisal, tangible, and belonging) and their psychological well-being (environmental mastery, autonomy, personal growth, positive relationships with others, purpose in life and self-acceptance). Interpersonal relationships variables are treated as independent variables; psychological well-being (environmental mastery, autonomy, personal growth, positive relationships with others, purpose in life and self-acceptance) used as dependent variables; and demographic variables (sex, age, marital status, years of living in a condominium, education background and monthly income) used as mediator factors for this study (See Figure below).

Figure 1.

Theoretical Frame Work of Variables



Chapter Three: Methods

In this chapter the study design, the sources of the data collection, the sampling frame, the procedures, and the instruments used to collect the data, and methods of data analysis are discussed.

3.1 Research Design

To address the major objectives of this study, a quantitative research approach was used. The study was descriptive in its nature, which used a correlational research design. And used non-experimental procedures in quantitative research to measure the association (or relationship) between two or more variables by using the statistical procedures of correlational analysis (Clark & Creswell 2015). The level of psychological well-being of adult condominium residents associated with their interpersonal relationships; the correlation and the variation between variables among respondents; and also, the effect of demographic characters on the variables attempted to assess in this study.

3.2 Study Setting

This study was conducted at Mickey Leland Condominium Sites, at '*Kolfe Keranyo*' Sub-city in Addis Ababa. It is one of the first model condominium sites and built-in 2000 E, C, it has well-built infrastructures (such as; asphalt roads, sewerage, and dry waste control, health Center, schools, police station, banks and insurances, bus and taxi terminals, free open space). Well-organized management and security services are available for condominium residents.

3.3 Sample and Sampling Techniques

For this study, a stratified sampling technique was used to select sample. The research area has 123 condominium blocks; which comprises $N = 4,657$ households. The blocks categorized into 16 sub-divisions which are called '*Ketenas*', (Categorized for administration

purpose based on their geographical set up by the condominium administration office). The researcher used those 'Ketena's as a stratum to address the representative samples. To ensure a fair representation; stratified random sampling technique was used. Each Unit of the household was taken as a sample and addressed the by using lottery method to get the first representative.

From total $N = 4657$ units of households, 350 units were excluded from the study (Shops, Cafes, banks, pharmacies...) Because those units of houses were used as commercial and business activities). By using Krejcie & Morgan (1970), the sampling technique $n = 354$ sample adult respondents were selected from the total population of $N = 4307$ households.

$$s = \frac{X^2 NP (1-P)}{d^2 (N-1) + X^2 P(1-P)}$$

s = required sample size.

X^2 = the table value of chi-square for 1 degree of freedom at the desired confidence level

$$X^2 = (1.6)^2 = (3.841).$$

N = the population size.

P = the population proportion (assumed to be .50 since this would provide the maximum sample size). d = the degree of accuracy expressed as a proportion (.05).

Therefore, the study took $n = 354$ households.

From each stratum, the sample was selected.

N : Population size

$$K : \text{Number of Strata} \quad N = \sum_{i=1}^k Ni$$

N_i : Number of sampling units in i^{th} strata

Table 2*Sample**of Respondent (Stratum)*

| Mickey Leland Condominiums Ketena (strata) | Number of blocks | N=Households | Ratio of Stratum n/N*House | | | |
|--|--------------------------|--------------------------------|----------------------------|----------|----|--------------|
| <i>Ketena 1</i> | 9 | 340 | 354/4307*340 | 27.94521 | 28 | |
| <i>Ketena 2</i> | 6 | 180 | 354/4307*180 | 14.79452 | 15 | |
| <i>Ketena 3</i> | 5 | 180 | 354/4307*180 | 14.79452 | 15 | |
| <i>Ketena 4</i> | 8 | 250 | 354/4307*250 | 20.54795 | 21 | |
| <i>Ketena 5</i> | 9 | 286 | 354/4307*286 | 23.50685 | 24 | |
| <i>Ketena 6</i> | 14 | 428 | 354/4307*428 | 35.17808 | 35 | |
| <i>Ketena 7</i> | 10 | 340 | 354/4307*340 | 27.94521 | 28 | |
| <i>Ketena 8</i> | 11 | 363 | 354/4307*366 | 29.83562 | 30 | |
| <i>Ketena 9</i> | 9 | 304 | 354/4307*304 | 24.9863 | 25 | |
| <i>Ketena 10</i> | 9 | 280 | 354/4307*280 | 23.0137 | 23 | |
| <i>Ketena 11</i> | 6 | 268 | 354/4307*268 | 22.0274 | 22 | |
| <i>Ketena 12</i> | 5 | 210 | 354/4307*210 | 17.26027 | 17 | |
| <i>Ketena 13</i> | 5 | 200 | 354/4307*200 | 16.43836 | 16 | |
| <i>Ketena 14</i> | 8 | 285 | 354/4307*285 | 23.42466 | 23 | |
| <i>Ketena 15</i> | 4 | 180 | 354/4307*180 | 14.79452 | 15 | |
| <i>Ketena 16</i> | 5 | 210 | 354/4307*210 | 17.26027 | 17 | |
| Total N=16 Ketenas | Blocks Total N=123 | Households Total N= 4307 | | | | Sample n=354 |

Note: S stands for a Total number of Households in the Stratum

3.4 Data Gathering Tools

The data collection process implemented through the application of three sets of data gathering tools: Socio-Demographic Survey Questionnaire, Ryff's Psychological Well-Being18-

Items Scale of measurement, and modified Interpersonal Support Evaluation List shortened version 12-Items scales of measurement were used in this research.

3.4.1 The Scale of Psychological Well-being (PWB)

Ryff's Psychological Well-being (RPWB) 18-item scale was (see Appendix A-II), comprises of 18-items. And it has six dimensions of well-being subscales with eight positive and ten negative items. The score measured by Likert scales; (1=strongly agree to 7=strongly disagree). The score uses to show the existence of high or low level of psychological well-being.

The scored which is greater than a median is considered as high, and the value of median less than considered as low. The median split of Ryff's Psychological well-being scale 18 item score (1, 2, 3, 4, 5, 6, and 7). The 4 takes as a median and multiplied with 18 items consisted in the scale. The median split of Psychological well-being $4 \times 18 = 72$ considered as a cut-point of the score.

3.4.2 Scale to Measure Interpersonal Relationships

Interpersonal Support Evaluation List shortened version -12 items; Cohen & Hoberman, (1983) used in this study. The tools made to measure the dimensions of interpersonal relationships; though the perceived social support. The scale has three dimensions belonging, appraisal, and tangible subscales. Those subscales used to measure the psychological well-being of adult condominium residents on the base of their interpersonal relationships. The items modified and translated in Amharic to address in Ethiopia context (see Appendix- B). ISEL-12 item scales comprised of six positive and six negative items. The score measures by using a 4-point scale ranging from "1=Definitely True" to 4= "Definitely False". The cutting point of scale score is 30 (2.5×12) which tells the level of interpersonal relationships of the participants by showing high or low (above or below) the cutting point of the scale.

3.4.3 Data Collection Procedures

The research had taken a supporting letter from Addis Ababa University, School of Psychology. And has gave the letter to administration office of Mickey Leland for cooperation to do this research in Site. The researcher explained the purpose of the study for the office administrators. The office strongly collaborated by giving detailed information and support on the time of studying.

Data were collected between the months of March - April 2020. The researcher administered all the survey questions with the help of four assistant data collectors. Detailed instruction had given orally for the data collectors before distributing the survey questions. The purpose of the research had informed to the participants in the time of data collection.

The data were distributed for participants by going door to door. The challenge was the respondents did not fill the data as soon as they received it. According to the program, the data was collected in March 2020. In the time of data collection, unexpected pandemic Novel Corona Virus (COVID-19); the victim was found in Ethiopia. Because of pandemic COVID -19, it was too hard to go door to door and to collect the data. But the researcher collected $n = 263$ (74.3%) of participants' data from the total sample of $n = 354$, before the announcement of the pandemic of novel corona COVID-19.

The researcher has tried to address the rest of the participants by creating Google form link <https://forms.gle/VVT7mZNqwBgNvfqd8> and sent it to some respondents by their telephone address which the researcher has gotten from the office. But was too hard to get the whole participants to address, besides that the response was not satisfactory, (repetition, unfinished). From $n = 263$ respondents' data (Collected before the time of COVID-19) number of eleven participants and Google form respondents did not fill the data clear and proper according to the

instruction. So the researcher excludes those number of eleven participants data, and also the data obtained through Google form responses to keep quality of the data from attrition (Almquist, Ashir, & Brännström, n.d.). Therefore, the analysis of this study based on $n = 252$ participant data collected before the time of announcement COVID-19.

3.5 Translation and Validation of the Tools

Before doing the actual research, the quality of all tools checked. Both tools were modified and translated into Amharic with the help of two MA in English language graduates and two psychologists. For instance, from ISEL-12 Item scale item number 1, (e. g.1, “If I wanted to go on a trip for a day (for example to the beach, the country or mountains), I would have a hard time finding someone to go with me”. This original reverse item modified as follows (1, “If I have got an announcement of death or (*Merdo*), it hard to find someone to go with me in a day journey” (See Appendix B –III)

3.6 Pilot Study

The adopted and translated instruments were distributed for the sample participants of $n = 30$ adult condominium residents. The participants were $n = 13$ (43.3%) males and $n = 17$ (56.7%) females. Participants were categorized by three age groups; young adults: ages between 18–35 years; $n = 15$ (50%), middle-aged adults: ages between 36–55 years, $n = 10$ (33.3%), and old-aged adults: ages above 56 years $n = 5$ (16.7%). Total mean of age was 39.27 years ($SD = 10.935$). Marital status was indicated $n = 27$ (90%) married, $n = 2$ (6.7%) single and $n = 1$ (3.3%) divorced. All the participants were residents of ‘*Asko Condominium Site*’. It’s near to the *Mickey Leland Condominium site*. This pilot test results did not include in the main research but used only to measure the reliability and validity of the tools.

Ryff's Psychological Well-Being 18-Items Scale pilot test result Chronbach's Alphas was $\alpha = .77$; and ISEL-12 Items scale Cronbach's Alpha was $\alpha = .90$. (See Appendix C- I and II). According to Olaniyi (2019) Cronbach's Alpha values of 0.7 and above are acceptable internal consistency. The scales were acceptable by conventional standards to use in the Ethiopian context.

3.7 Techniques of Data Analyses

The collected data has analyzed by using Statistical Package for Social Sciences Version 24 (SPSS) software. The techniques of data analysis briefly described as follows. Before entering the data to analyze, the normality of data was checked. Tests of skewness and kurtosis (see Table 14). Psychological well-being, measured by the number of participants were between the range of +1.5 to -1.5 this considered normal) therefore, the untransformed data were used for the analyses.

3.7.1 Descriptive Statistics

Descriptive statistics were used to describe the basic features of the data in this study. It provides the simple summarized information about the sample and the measures. Summarized tables and figures are presented by using the central tendency: mean (or average), median or mode, and variability with standard deviation.

The level of IPR and PWB. Hypothesized cutting point score used to compute frequency and percentages to show the proportion of scores below and above the hypothesized cutting point score. Compute statistical differences between certain groups of samples (such as sex, age, educational background, marital status, and length of time living in the condominium site) descriptive statistics and inferential statistics were used.

3.7.2 Correlation and Regression Analyses

Pearson correlation coefficient computed to provide information on whether the interpersonal relationship variables and psychological well-being variables correlate each other and to measure the degree of relationship between variables. Regression analyses used to determine the linear relationships between IPR and PWB. And also, the correlation coefficient was used to show the level to which direction the two variables move together and express their relationships with the numeric value of the relationship between IPR and PWB of participants.

3.7.3 Multivariate Analysis of Variance

Multivariate analysis of variance (MANOVA) was used to examine the effects and variations of differences of demographic factors (sex, age, marital status, educational background, monthly income, and length of time in the condominium) on interpersonal relationships and psychological well-being of respondents. The effect and the variance of those demographic variables were tested to find out their significant on Interpersonal relationships and psychological well-being of adult condominium residents. As showed in theoretical framework of the study (see Figure 1).

3.8 Ethical considerations

This research was conducted by taking all ethical issues of research into consideration. The main reasons behind taking ethical consideration in this research were: participants fully informed about the purpose of the study and consented verbally. Measures were taken to ensure the respect, dignity, and freedom of each individual participating and to assure confidentiality in the study. Participants were informed that the information they provide would be kept confidential and) would not be disclosed to anyone else, including anyone in the condominium site.

Chapter Four: Results

In this chapter, the findings of the study are presented. Descriptive statistics and inferential statistics are used to show and to infer the data report. In the first part, the status and the level of participants' interpersonal relationships and psychological well-being. The Second shows the association between the two variables with adult participants. The third proportion and variance of psychological well-being and interpersonal relationships among the respondents and the effect of participant demography on interpersonal relationships and psychological well-being are reported described and reported.

4.1 Demographic Characteristics of the Participants

The purpose of the analysis of the demographic profile will help us to know the status of participants. Descriptive statistics (mean, median, total frequency, etc.) sex, age, marital status, year of living in a condominium, educational background, and monthly income are presented. Number of 136 (54%) male and $n = 116$ (46%) female. Participant were participated in this study. Age categories showed young age adults 18-35 years (41.7%), middle-aged adults 36-55 years (46.0%), and older adults above age 56 years old (11.5%), the number of old participants is very less from the rest of age group. The total mean age ($M=39.37$, $SD = .696$). The marital status of participants was, (77.4%) married, (16.3%) single, (5.2%) divorced, and (1.2%) widowed. The education level of adults showed (3.6%) of elementary school (1-8); (17.9%) high school (9-12); (29.4%) college diploma; and (49.2%) degree and above.

Descriptive statistics (Table 3) showed years of living in the condominium and monthly income of adults. Adults lived years in the condominium site years of mean showed ($M = 4.65$, $SD = 2.632$). And adults who lived in the site for over four years were (61.1%). Monthly income mean ($M = 6826.18$, $SD = 3920.76$) Birr. Based on the average monthly income in Ethiopia data

showed (8970 Birr is the average) (from salary explorer website www.salaryexplorer.com).

Median = 6000 Birr showed from the data. Based on the data (29.8%) adults were above and

between the Median and Ethiopian average (6000 - 8970 Birr) earn monthly less than the mean

6826.18 Birr, and (46.0%) adults earned less than the mean of monthly income. The rest of

(21.4%) of adults get above the average of Ethiopian monthly income 8970 Birr above.

Table 3

Years of Living in Condominium and Monthly Income

| Descriptive Statistics | | | | | |
|---------------------------------------|---|-----------|---------|------|------------------|
| Variables | Labels | Frequency | Percent | Mean | Std Deviation |
| Years of living In the condominium | From 1 year to 10 years | 252 | | 4.65 | 2.632 |
| | Total sample lived in condominium site | | | | |
| | Between 1- 4 years | 98 | 38.9% | | |
| | Above 4 years | 154 | 61.1% | | |
| Monthly Income * | Above 7800 Birr | 77 | 21.4% | | |
| | From 6000-8970, Birr | 52 | 29.8% | | |
| | From 1100-5999, Birr | 116 | 46.0% | | |

n = 245*

4.2 Level of IPR and PWB among Condominium Residents

In this section, the researcher showed the level of IPR and PWB of adult condominium residents. Descriptive statistics and inferential statistics used to find the significance of the variables among the participants. Cross tabulation, (See Table 4) shows that (61.1%) of adult

condominium residents scored above the cutting point of ISEL-12 items scales score above 30. Within the group, male adults were scored (62.5%) above the cutting point. And female adults' group (59.5%) were high above the score of ISEL. The rest (40.5%) adult females scored low.

The result shows (83.3%) of adults scored above the cutting point of PWB score 72. Within the group, (86.2%) of adult females scored high above the cutting point of PWB. And (80.9%) of adult males also scored above the cutting point.

Table 4

Level of the Respondents IPR and PWB between Sexes

| Sex of the Respondents IPR and PWB | | | | | | |
|---|-------------------|--------|------------------|--------|---------|--|
| Cross tabulation | | | | | | |
| | ISEL cut point 30 | | PWB cut point 72 | | Total | |
| | Low | High | Low | High | | |
| Male | 51 | 85 | 26 | 110 | 136 | |
| | 37.50% | 62.50% | 19.10% | 80.90% | 100.00% | |
| Female | 47 | 69 | 16 | 100 | 116 | |
| | 40.50% | 59.50% | 13.80% | 86.20% | 100.00% | |
| Sum of the group | 98 | 154 | 42 | 210 | 252 | |
| | 38.90% | 61.10% | 16.70% | 83.30% | 100.00% | |

Adult males were better on interpersonal relationships than adult females. And reverse adult females better than adult males on psychological well-being. However, we do not yet know whether this apparent difference is statistically significant. One of the target of this study was to assess the level of interpersonal relationships and psychological well-being of adult condominium residents.

Table 5*Descriptive Statistics of PWB and IPR*

| Descriptive Statistics | | | | |
|--|--------------|---------------|----------------|-------------------|
| | Minimum | Maximum | Mean | Std. Deviation |
| Psychological Well-being of Residents | 44.00 | 117.00 | 87.3056 | 16.02332 |
| 1. Self –Acceptance | 3.00 | 21.00 | 15.0357 | 4.70597 |
| 2. Purpose in Life | 4.00 | 21.00 | 13.5119 | 3.31059 |
| 3. Environmental Mastery | 3.00 | 21.00 | 13.7024 | 3.96834 |
| 4. Personal Relation with the others | 4.00 | 21.00 | 13.8333 | 4.16732 |
| 5. Personal Growth | 4.00 | 21.00 | 15.9722 | 3.71216 |
| 6. Autonomy | 4.00 | 21.00 | 15.2500 | 4.28062 |
| Interpersonal Evaluation Support List | 12.00 | 50.00 | 32.4921 | 8.34777 |
| 1. Belongingness Support | 4.00 | 18.00 | 11.0794 | 3.06400 |
| 2. Appraisal Support | 4.00 | 16.00 | 10.9563 | 3.28617 |
| 3. Tangible Support | 4.00 | 16.00 | 10.4563 | 3.17643 |

N=252

4.3 Age and Sex Level of IPR and PWB

The age categories have got difference in the total mean score of psychological well-being. Adults above age 56 years old ($M = 91.1034$, $SD = 16.67193$) highest score in PWB. When compare with young ages adults 18–35 years ($M = 88.6571$, $SD = 14.43675$); and middle-aged adults ages 36–55 years ($M = 85.1810$, $SD = 17.12440$).

The total scored mean of psychological well-being based on sex showed as follows. Adult males age above 56 years ($M = 93.4706$, $SD = 17.91688$) was the highest from young adult

male age 18-35 years ($M = 88.5319$, $SD = 14.58387$); and middle age adult male ($M = 81.8000$, $SD = 18.18870$).

Adult females within their group the total score of psychological well-being showed below. Middle-aged adult females ages 36–55 years ($M = 90.3261$, $SD = 14.04604$) was the highest compare with young adult females age 18-35 years ($M = 88.7586$, $SD = 14.44325$); and middle age adult female ($M = 90.3261$, $SD = 14.04604$) (see the table below).

Table 6

Psychological Well-being Age and Sex Category

| Psychological Well-being of Residents | | | | |
|--|--------------------------------------|----------------|-----|-----------------|
| Sex of the respondents | | Mean | N | Std. Deviation |
| Male | Young ages adults 18–35 years | 88.5319 | 47 | 14.58387 |
| | Middle-aged adults ages 36–55 years | 81.8000 | 70 | 18.18870 |
| | Old adult above age 56 years old | 93.4706 | 17 | 17.91688 |
| | Total | 85.6250 | 136 | 17.28409 |
| Female | Young ages adults 18–35 years | 88.7586 | 58 | 14.44325 |
| | Middle-aged adults ages 36–55 years, | 90.3261 | 46 | 14.04604 |
| | Old adult above age 56 years old | 87.7500 | 12 | 14.82090 |
| | Total | 89.2759 | 116 | 14.22770 |
| Total | Young ages adults 18–35 years | 88.6571 | 105 | 14.43675 |
| | Middle-aged adults ages 36–55 years, | 85.1810 | 116 | 17.12440 |
| | Old adult above age 56 years old | 91.1034 | 29 | 16.67193 |
| | Total | 87.3056 | 252 | 16.02332 |

4.4 Marital and Education Status of Respondents in PWB and IPR

This section the level of association of marital status and education on the psychological well-being of adult condominium residents' result is reported. Single adult condominium residents scored mean of psychological well-being was the highest ($M = 90.8293$, $SD = 14.64053$) (see Table 7). Compare with married adults scored ($M = 87.4769$, $SD = 15.64962$); divorced adults scored mean ($M = 77.0769$, $SD = 18.61658$); and the lowest score ($M = 72.3333$, $SD = 28.72862$) reported by adult widows.

Education background data showed adults elementary school mean of psychological well-being score ($M = 91.6667$, $SD = 9.39415$) was the highest from the group. Adults who hold a degree and above scored ($M = 88.5806$, $SD = 16.62944$) in the table showed all variables showed above the cutting point of the scale of psychological well-being,

Marital status and education on the interpersonal relationships of adult condominium residents' result is reported. Single adult condominium residents scored mean of the highest ($M = 34.6829$, $SD = 7.46136$). Compare with married adults scored ($M = 32.4256$, $SD = 8.41013$); divorced adults and widow adults scored below the cutting point of ISEL (See Table 7 below).

Table 7*Marital Status, and Education of Respondents on PWB and IPR*

| PWB and IPR * Marital Status of the respondents | | | | | |
|--|-----|---------|----------------|---------|----------------|
| Marital Status of the Respondents | PWB | | | ISEL | |
| | N | Mean | Std. Deviation | Mean | Std. Deviation |
| Married | 195 | 87.4769 | 15.64962 | 32.4256 | 8.41013 |
| Single | 41 | 90.8293 | 14.64053 | 34.6829 | 7.46136 |
| Divorced/ Separated | 13 | 77.0769 | 18.61658 | 28.3077 | 8.42995 |
| Widowed | 3 | 72.3333 | 28.72862 | 25.0000 | 6.92820 |
| Total | 252 | 87.3056 | 16.02332 | 32.4921 | 8.34777 |

| PWB and IPR * Education Background of the respondents | | | | | |
|--|-----|---------|----------|----------|---------|
| Elementary School (grades 1-8) | 9 | 91.6667 | 9.39415 | 32.6667 | 6.57647 |
| High School (grades 9-12) | 45 | 87.8222 | 14.78219 | 32.6667 | 7.71657 |
| College Diploma | 74 | 84.3243 | 16.1611 | 32.4865 | 9.03758 |
| Professional Degree and above | 124 | 88.5806 | 16.62944 | 32.4194 | 8.34237 |
| Total | 252 | 87.3056 | 16.02332 | 32.49206 | 8.34777 |

*IPR Interpersonal Relationships (measured by ISEL)

4.5 The Relation between IPR and PWB

A correlational analysis of the variables used in the study. The purpose of this analysis is to find out statistically significant relationships and show the direction of the strength between the variables. The Pearson correlation procedure computes the pair-wise associations for a set of variables and displays the results in a matrix Bivariate Pearson Correlation coefficient.

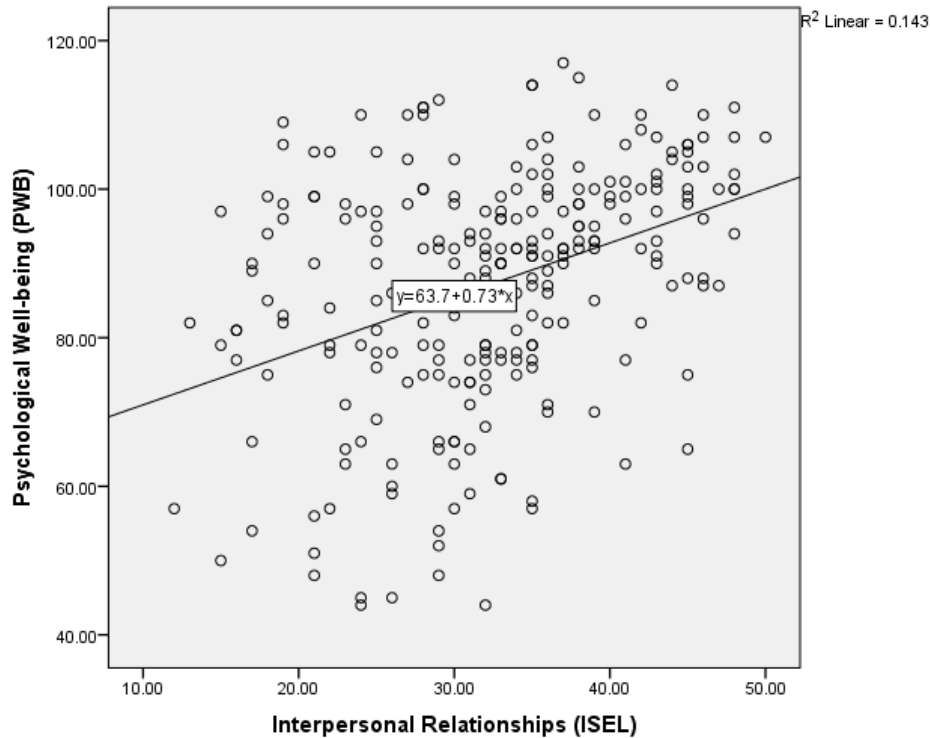
Correlation coefficient r , which measures the strength and direction of linear relationships

between variables and evaluates whether there is a statistical difference for a linear relationship among them (variables). The result of the Pearson correlation indicated that there was a significant positive moderate association between interpersonal relationships and psychological well-being, ($r(252) = .38, p = .001$). Respondents with more ability of interpersonal relationships are a moderate increase in psychological well-being.

4.6 The Proportion of the Variance in PWB Explained by IPR

Simple Regression analysis and a scatter plot were used to determine whether a linear (straight line) correlation exists between two variables. There was no evidence of a curvilinear relationship or the undue influence of outliers (see Figure 2).

The scatterplot result showed that a linear positive relationship between the two variables has existed. This result of the scatterplot suggested that to predict the impact of the relationships on the variable to others. It is possible to predict accurately an adult condominium residents' psychological well-being from their interpersonal relationships (interactions).

Figure 2*Scatterplot of Relationships of IPR and PWB*

Note: $a = 63.70$ and $B = + 0.73$

Regression Coefficients tables (see Table 10) showed their linearity of IPR and PWB.

And this supported by the output of the scatterplot to show on the figure the direction (Figure 2)

A bivariate regression conducted to examine how well adult residents of their interpersonal relationships could predict the level of their psychological well-being (The state of being happy, health, or mental health). A scatterplot showed that the relationship between IPR and PWB was positive and linear and did not reveal any bivariate outliers

Table 8*Regression Model Summary*

| Model Summary^b | | | | |
|----------------------------------|-------------------|----------|-------------------|----------------------------|
| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate |
| 1 | .378 ^a | 0.143 | 0.140 | 14.86093 |

a. Predictors: (Constant), Interpersonal Evaluation Support List

b. Dependent Variable: Psychological Well-being of Residents

There was a significant positive correlation between interpersonal relationships and psychological well-being. The above Regression Model summary (Table 8) and Regression Model ANOVA (Table 9) results showed: $r = .38$, $F(1, 250) = 41.80$, $p < .001$. And p -Value (.001) is less than 0.05 significant level. This suggests that the sample data provide sufficient evidence to conclude that the regression model was well fit. The p - value (.001) is significant and can be concluded that interpersonal relationships can predict the psychological well- being of adult condominium residents significantly. The value of the coefficient of determination of R - Squared value for the regression Model Summary was .143. This shows that 14.3% of the variance in the level of psychological well-being of adult condominium residents was predictable from their level of interpersonal relationships (IPR) (See. Table 8)

Table 9*Regression Model ANOVA*

| ANOVA ^a | | | | | |
|--------------------|----------------|-----|-------------|--------|-------------------|
| Model | Sum of Squares | Df | Mean Square | F | Sig. |
| Regression | 9231.652 | 1 | 9231.652 | 41.801 | .000 ^b |
| Residual | 55211.821 | 250 | 220.847 | | |
| Total | 64443.472 | 251 | | | |

a. Dependent Variable: Psychological Well-being of Residents

b. Predictors: (Constant), Interpersonal Evaluation Support List

The value of $a = 63.70$ and the value $B = 0.73$ showed in the result of the regression model (See Table 9) The regression equation is $Y' = 63.70 + 0.73X$, where an individual X is an individual interpersonal relationship (interactions) score, and Y' is the best prediction of their psychological well-being of the adult condominium residents (see Figure 2). The result ($a = 63.700$, $p = .001$) shows that there was a significant positive relationship between Interpersonal relationships and psychological well-being (see Table 10). The positive relationship between Interpersonal relationships and psychological well-being implies that if there is an increase in interpersonal relationships of adult condominium residents, there will be an increase in the psychological well-being of the condominium residents.

The slop (95%) confidence interval for predicting psychological well-being of adult condominium residents from Interpersonal relationships ranges from 0.50 to 0.95. This means that each one unit of increase of interpersonal relationships increases 0.5 to 0.95 points (see. Table 10).

Table 10*Regression Coefficients of IPR and PWB*

| | | Coefficients^a | | | | | | |
|---|------------|---------------------------------|------------|---------------------------|--------|---------------------------------|-------------|-------------|
| | | Unstandardized Coefficients | | Standardized Coefficients | | 95.0% Confidence Interval for B | | |
| | | B | Std. Error | Beta | t | Sig. | Lower Bound | Upper Bound |
| 1 | (Constant) | 63.700 | 3.769 | | 16.900 | 0.000 | 56.277 | 71.124 |
| | IPR (ISEL) | 0.726 | 0.112 | 0.378 | 6.465 | 0.000 | 0.505 | 0.948 |

a Dependent Variable: PWB

4.7 Differences in (IPR) and (PWB) as a Function of Demographic Variables

In this section, Multivariate analysis of variance (MANOVA) was used to analyze statistically significant differences among multiple variables. The effect of demographic factors on interpersonal relationships and psychological well-being was analyzed by MANOVA. The assumptions of homogeneity of covariance across the group were checked by the Box Test Equality of covariance (Table 17). The Box's M (30.27) showed that the covariance using $p = .001$ as a criterion, $p (.235 > \alpha (.001))$, indicate there were no significant differences between the covariance matrices.

Table 11*Multivariate Tests of Demographic Factors*

| Multivariate Tests^a | | | | | | |
|---------------------------------------|-------|--------------------|------------------|----------|-------|---------------------------|
| Wilks' Lambda | | | | | | |
| Effect | Value | F | Hypothesis df | Error df | Sig. | Partial Eta Squared |
| Age | 0.992 | .166 ^b | 4.000 | 166.000 | 0.955 | 0.004 |
| Gender | 0.992 | .318 ^b | 2.000 | 83.000 | 0.729 | 0.008 |
| Marital Status | 0.912 | 1.303 ^b | 6.000 | 166.000 | 0.258 | 0.045 |
| Years of Living In Condominium | 0.883 | 1.337 ^b | 8.000 | 166.000 | 0.229 | 0.061 |
| Edu_ Background | 0.957 | .616 ^b | 6.000 | 166.000 | 0.717 | 0.022 |
| Monthly Income | 0.982 | .384 ^b | 4.000 | 166.000 | 0.820 | 0.009 |

a. Design

Intercept

b. Exact statistic

The demographic factors test the PWB and IPR scales by using MANOVA, The test result showed that those demographic factors did not show the effect on PWB and IPR scales Wilks Lambada test revealed that the test is showed above the level of an alpha level of .05. This indicates there is no significance observed

Multivariate factorial model (MANOVA) was used to determine the presence of main interaction effect within the two variables IPR (It has three dimensions; Belonging, Tangible, and Appraisal Support) and PWB (It has six dimensions; Self-Acceptance, Purpose in Life, Environmental Mastery, Personal Relationship with Others, Personal Growth and Autonomy) while demographic factors are taken as, age, gender, marital status, years of living in condominium site, education background and monthly income are taken as factors.

The finding of the full factorial MANAOVA analysis yielded no significant difference effects for all demographic factors age, gender, marital status, years of living in condominium site, educational background, and monthly income. Alpha level of .05 for all statistical tests used by the researcher. The finding showing all demographic factors (age, gender, marital status, and years of living in condominium site, education background, and monthly income) did not produce a meaningful difference in interpersonal relationships and psychological well-being of adult condominium residents.

Chapter Five: Discussion

In this section, the results which are presented in the summary of the findings, which are in line with the fundamental research questions, are discussed to achieve the main target of this research. The findings are set and summarized in this section briefly. That means, the following major findings were obtained to answer the set research questions: 1) There exists a moderate-high level of Interpersonal Relationship and Psychological Well-being.

2) There exists a statistically significant relationship or association between Interpersonal Relationship (IPR) and Psychological Well-being (PWB);

3) There exists a low proportion of variance between Psychological Well-being (PWB) and Interpersonal Relationships (IPR)

4) There exists no statistically significant effect of demographic factors on Interpersonal Relationships (IPR) and Psychological Well-being (PWB).

The above result can be further discussed briefly.

5.1 IPR and PWB among Condominium Residents

The findings showed that the mean score of ISEL was statistically high above the cut point score of ISEL. The data showed that about (61.1%) of the respondents score the above the cutting point of ISEL. As the data showed the same present (61.1%) of respondents lived over four years in this condominium site. These adults who lived for a certain period in the same place have the opportunity to know the environment and acquainted with others. Experiences boast the quality of interactions as stated by the work of Rogers, 1959. And also supported by the study of Andrew and Anthony (2013); Mukherjee,(2017), time boosts the quality of interactions and reduced negative feelings of psychological well-being’.

Repeatedly interaction or meeting leads people to create a social network with others. This social network manifested with a sense of belonging, tangible and appraisal support. Which is also expressed through *Idir, Ekub, Mahber* as mentioned (Darge Wole (2017); G/Kidan G/Tsadik, 2015). The sense of belongingness is expressed through sharing good moments (like the wedding ceremony) and bad moments (like the announcement of death or (*Merdo*). So that condominium setting facilitate the opportunity of interaction for those adult condominium residents. The above mentioned social networks are existed among them.

Based on sex the data shows that adult males greater than adult females in interpersonal relationships. As the researcher observation adult male condominium residents met frequently (at Cafes, restaurants, bars which are used as focal meeting points in Mickey Leland Condominium Site). These places have opened access for adult male condominium residents to interact with each other. Male adult condominium residents each other better than female adults. Mentioned in the study of Ryff, 2014, interpersonal relationships and psychological well-being are going side by side. When interpersonal relationships increase and also psychological well-being increase as well. But the result showed adult males condominium residents' psychological well-being was less than female adult residents. This finding showed that there are some factors to better in psychological well-being and interpersonal relationships. Individual differences and environmental factors have a space for interactions and well-being of adult residents to contradict with those who interact better have got better psychological well-being.

Even if the level of interpersonal relationships of adult condominium residents the total mean score showed above the cutting score of ISEL there is a gap to address the adult condominium residents. Cross tabulation, (See Table 4) (38.90%) of adult condominium residents were below the cutting point of ISEL. This means there is a gap that need to do more to

improve their personal interactions. Which helps to address the benefit of interpersonal relationships for their mental health satisfaction (Psychological well-being).

The results of demographic factors have shown that when an individual increases in age, the mean of Psychological well-being increases as well. Above the age of 56 years have scored higher than the other two age groups. Based on sex and age category male old adults above age 56 years old groups have shown a high score in psychological well-being. This concept has been supported by (Martire, Schulz, Mittelmark, & Newsom, (1999) the need for social support will be high when people getting old. As Ethiopian culture, the demand for support a need of feeling acceptance with the community is high in old adults' age.

Those single adult condominium residents' psychological well-being was high, likewise those who are married adults' (scores have also shown high PWB). So, being single or married has the same result with a little gap in scores. But those divorced adult condominium residents have above the cut point of PWB and widow adult condominium residents were least score recorded but they are almost the cut point of PWB.

Widowed and divorced adult condominium residents needed more psychological support to enhance their interpersonal relationships. Both widowed and divorced adult condominium residents have shared the common grounds both of them were losing their spouse natural (death) or man-made social problems (Divorce). The feeling of loneliness observed among them. These finding going with the study of Siracusano (2017) He stated that abandoned the living environment and feel the responsiveness of nothingness. Social exclusions or isolation, loss of emotional, instrumental, and information supports are the indicators of losing social ties.

Because, widowed adult condominium residents' mean score was on the margin line of the cut point of PWB and IPR. This indicates that the feeling of loneliness has observed because of the loss of their spouse. This makes them detached from the community and lose social ties. The decline of their interpersonal relationships was observed.

In other words, marriage or (having family) was played a high role in construction social networks within the community. And having good communication was one way of maintaining their relationships with their neighbor.

In general, the level of IPR and PWB of adult condominium resident total score for both females and males was moderate. It's not near to the highest score of the scales. But the scores of autonomy of female adult condominium residents scored the highest of all subscales of the psychological well-being. This has shown females were self-determined and independent; able to resist social pressures to think and act in certain ways; regulates behavior from within; tests self by personal standards (see Ryffs Table 1) In other words, female adults do have moderately high interaction with their living environment as it is showed by their mean score of environmental mastery. So that it has to do more training and help support are needed for adult residents to enhance their interpersonal relationships for a better way of life (mental and health Satisfaction).

5.2 Relationships of IPR and PWB

The major objective of the research was to assess the link between the Interpersonal Relationships and Psychological Well-being of adult condominium residents. Thus, the result showed a positive moderate correlation. The study showed that there is a significant relationship exists among IPR and PWB. And it can be concluded that interpersonal relationships can predict the psychological well- being of adult condominium residents significantly. The value of the coefficient of determination of R-square value for the regression Model Summary was 143; this

shows that (14.3%) of the variance is in the level of psychological well-being. This study has showed, if adult condominium residents works on boast their interpersonal relationships with others within the community; they also enhance their psychological well-being and their mental health and satisfaction as well.

Monthly income mean score indicated that the mean score of it doesn't showed any effects or changed in adult condominium residents. Having above the monthly income or low it doesn't show any differences among the condominium residents. These opposed the finding of Kaplan, Shema, and Cla'udia Maria A. Leite (2008) socio-economic variation or income differences associated with the five scales of psychological well-being and also income associated with regressed by age and psychological well-being measure and showed the mean income was strongly associated with all five scales of psychological well-being.

The previously reviewed literature showed the existence of the effects of demographic factors on IPR and PWB (Tafesse, 2018, in Ethiopian studies). But the finding of this study revealed that all demographic factors (age, gender, marital status, years of living in condominium site, education background and monthly income) did not produce a meaningful difference or variations in interpersonal relationships and psychological well-being of adult condominiums residents (The MANOVA analysis result showed). But the compare mean scores of psychological well-being and interpersonal relationships show there are the exiting high moderate variations between the groups. Cross tabulations showed the variations among the respondents.

Chapter Six: Summary, Conclusion, and Recommendation

This summary chapter of the study gives the implications, limitations, and conclusion of the study results with recommendations based on the overall research results and findings.

6.1 Summary of the Study

The major objective of this present study was to assess the relationship between Interpersonal Relationships and psychological well-being among adult condominium residents. The total number of participants from which usable data were obtained was $n = 252$. So, in order to achieve the objectives of the research, those research questions were used.

- (1) What is the level of IPR and PWB among Condominium Residents?
- (2) Is there a statistically significant relation between IPR and PWB?
- (3) What proportion of the variance in PWB was explained by IPR?
- (4) Are there statistically significant differences in IPR and PWB with regard to demographic variables (i.e., age, sex, marital status, length of stay in the condominium, education level, and monthly income?)

In order to answer the above research questions, Ryff's Psychological Well-being 18-items scale (developed by Prof. Carol D. Ryff 1989) for measuring PWB; Interpersonal Support Evaluation List-12 (ISEL-12 Item scale developed by; Cohen, Mermelstein, Kamarck, & Hoberman, 1985) for measuring IPR; and also prepared Demography Questionnaire were used. The instruments were evaluated and modified in Amharic and in the Ethiopian context. In addition, the quality of the data checked by using pilot test. Pilot test showed the internal consistency reliability coefficients of the two scales found to be satisfactory. The range were PWB 18-items $\alpha = .77$ and ISEL-12 items $\alpha = .90$.

The collected data were analyzed by using a statistical package for social science software (SPSS); Descriptive Statistics, Pearson Correlation, Regression Analyses, and Multivariate Analysis of Variance, used in this study. The result confirmed that the descriptive statistics showed the level of the variables among adult condominium residents. Pearson Correlational and Regression analyses showed the relationship and the directions of the variables, and Multivariate Analysis of Variance (MANOVA) analyzed to see the proportion and the effect of the demographic factors on the variables (IPR and PWB).

The total result yielded that there is a statistically positive moderate significant relationship among IPR (i.e. Belonging, Appraisal support, and Tangible support) and PWB (i.e. Self-Acceptance, Personal Relation with Others, Personal Growth, Environmental Mastery, Purpose in Life, and Autonomy). The total mean scored of PWB and IPR showed a high level of PWB and IPR existed among adult condominium residents. The proportions of variance showed that there is a positive, moderate linear relationship between IPR and PWB. Which means when IPR increases PWB also increase positively moderate among condominium residents. At last, this study (MANOVA) showed demographic characters of the respondents not revealed a statistically significant effect of variances in adults IPR and PWB.

6.2 Conclusions

Even if living in a condominium, a novel way of life and the western lifestyle mentioned the previous studies. The finding showed that there was no significantly or absolutely differences between the traditional ways of life. The felling of individualistic not observed among adult condominium residents. Based on the findings and discussion of the results, living in condominiums have created an opportunity for residents to interact each other. The feeling of

isolation or exclusions and loneliness not observed. The total score of the variables showed all adult condominium residents were above the cutting point. This showed that the level of IPR and PWB highly observed by more in old adult condominium residents. Those adults adopted and have interacted well within their environment. The sense of belonging, appraisal, and tangible support exists among them. But more independent and the feeling of autonomy and also have high psychological well-being showed on single adults and married adult condominium residents.

The findings show that there is a positive relationship between IPR and Psychological well-being among adult condominium residents. This tells us that those who are living in this condominium site have social ties. It didn't show the feeling of exclusion or the feeling of loneliness. Even if the mean score of IPR and PWB of divorced and widowed adult were the above the cutting points, it needs more support and implementations to enhance IPR among the community. This will help them avoid the gap between the communities. They express their social tie through social networks. The sense of belongingness, appraisal, and emotional support used as a glue to create social networks.

The existing moderate relationship which shows the existence of a significant effect on their mental health of the society moderately. The level of relationships facilitates and improve the mental health of the residents. The more they interact, the more they get benefit.

The finding of this study did not reveal that those who are living in condominium life follow an independent way of life or individualistic lifestyle. Even if condominium accommodation is a western approach, the life of the individuals in the research area did not show the feeling of isolation or (independent life) from the group. As showed Kurt Lewin's field theory.

6.3 Implications

The implication of this study as follows. Even if living in a condominium a recent trend in Ethiopia, there is no statistical evidence showed the western lifestyle. But not observed in the research data which assumed by the researcher. But contrast with the finding of Siracuano (2017) he stated, feels alone, which means residents abandoning the living environment would feel the responsiveness of nothingness. Social exclusions or isolation, loss of emotional, instrumental, and information supports are the indicators of losing social ties. Those were not observed in this study.

“A closer neighbor is better than distant relatives” proverbs experienced among the condominium residents. The importance and the existence of interpersonal relationships are high to get the benefit of psychological well-being. Therefore, those adult condominium residents in Mickey Leland, their psychological well-being the mean score revealed there is high among them. PWB (Autonomy, Environmental Mastery, Personal Growth, Positive Relationships with Others, Purpose in Life and Self-acceptance) moderately related with their effort on IPR (Belonging, Tangible and Appraisal support). This yielded there is moderately high Interaction among them.

Based on the finding of this study, old age adults' score was in high psychological well-being. This showed that living in condominiums have not changed their norm of communication. Having high psychological well-being showed that positive well-being has the benefit of their life. Hedonic and eudemonic meaning happiness and satisfaction and mental and physical benefit they have. But widow adults were the least scored in the group. The psychological well-being of widows is lower when we compare it with others. Therefore, the researcher recommends that those who feel that they miss their partners have to get psychological advice & appraisal support.

The psychological well-being subscale showed that all adult residents' self-acceptance and Autonomy Subscale has a high score which means those who are living in the condominium. They did not want any intentions to get social support from the community. ISEL subscales revealed this. Appraisal and Tangible support scored results. Purpose in life and environmental mastery subscales also showed there is a need to do more in the living community (condominium).

6.4 Limitations

There are limitations associated with the study. First, only 74.3% of participants replied to the survey questionnaires and it might decrease the extent to generalize to all adult condominium residents. Second, the tools of measurements of psychological well-being had exposing questions related to respondents' subjectivity. Last, the questionnaire did not give opportunities for residents to express their feelings and opinions toward their perception of their interpersonal relationships. The absence of these data covered our understanding of their feelings and the association between interpersonal relationship and psychological well-being. The last of this research was not focusing to assess the quality of interpersonal relationships for the quality of psychological well-being.

6.5 Recommendations

Based on the findings of the current study and conclusions drawn, the researcher has forwarded the following suggestions: -

6.5.1 Implications for practice

1. Condominium housing developers and agencies have to consider the psychological well-being of residents in the context of Ethiopian culture while designing and building the

condominium. They should not only focus on building the house but also try to facilitate the meeting environment for interaction and improve the residents' way of life.

2. Policymakers and practitioners have to make intervention programs incorporate with pieces of training to create awareness and generative aspects of the three dimensions of IPR for the benefit of human potentials to promote psychological well-being

3. Condominium management offices they have to facilitate to organize group activities based on blocks of condominiums to address adult residents. (Like beautification of the living compound by cleaning, planting trees and flowers, group activities organizing some entertainment activities the community.

Those activities and actions will help the residents to have access to interact and to feel the sense of belonging within the community

6.5.2 Implication for researcher

1. Researchers have to have a good relationship with the community in order to collect research data. So, the researcher must be well-organized interpersonal relationships to do the research efficiently.

2. The researchers, psychologists, and social workers should focus on promoting to improve social interactional and support to develop the positive psychological functioning.

3. To minimize the limitations, future research should attempt to use more samples of data to address the total sample. And it is advisable for researchers to consider preparing alternative methods of data collection tools in advance to be out of the trouble of (like this epidemic of COVID-19 or related issues) before happening.

4. Using mixed approaches of research design is advisable and recommended for collecting the perceptions, and the hidden feelings of the participants for further inclusion of their personal opinions

5. Furthermore, refining the tools of survey instruments in Ethiopian context i.e. not using them as they are in this line of research would be advisable for the future researchers

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Appendices

Addis Ababa University

College of Education and Behavioral Science

School of Psychology

Instruction about the Questionnaire English Version

Instruction: Filled by Adult Condominium Residents

Dear Adult,

The purpose of this questionnaire is to collect data that are required for this research to assess the link between interpersonal relationships and psychological well-being among condominium residents. The success of the study highly depends on your genuine response for the items in this questionnaire will be used in scientific research. I kindly ask your cooperation in filling the questionnaire honestly and completely. Please, be as honest as possible and give accurate responses of your own. There is no right or wrong answer. It is also very important that you answer all the questions: check you have!

Information: My name is Daniel Mekonnen I am a post graduate student of Social Psychology in Addis Ababa University. If you have any question about this questionnaire you are welcome.

E-mail: dansocialpsy@yahoo.com *Tele:* +251 911 448 963

Ketena..... Code.....

Appendix: A**Demographic Survey Questionnaire for Adult Residents****PART I: Demographic Questions** (Fill in the blank/ Tick (✓) the Choice)**1. Age:****2. Gender:** 1. Male 2, Female. **3. Marital status:** 1. Married 2. Single 3. Divorced 4. Separated 5. Widowed **4. How long have you been living in this condominium site:** For..... Year(s)**5. Educational background:**1, Elementary School (grades 1-8) 2. High School (grades 9-12) 3. College Diploma 4. Professional Degree and above **6. Monthly income:** In Birr.....

I Ryff's Psychological well-being 18-item Scale

Instructions: The following set of statements deals with how you might feel about yourself and your life. Please remember that there are neither rights nor wrong answers. Please, **Circle** the number of the response that best describes the degree to which you agree or disagree with

Response Format: 1. Strongly agree; 2. Somewhat agree; 3. A little agree; 4 = Neither agree or disagree; 5 = A little disagree; 6 = Somewhat disagree; 7 = Strongly disagree.

| Subscales Type | No. | Ryff's Psychological Well-being Survey Questions (18-item version) | 1 = Strongly agree; | 2 = Somewhat agree | 3 = A little agree | 4 = Neither agree or disagree | 5 = A little disagree | 6 = Somewhat disagree | 7 = Strongly disagree |
|----------------|-----|--|---------------------|--------------------|--------------------|-------------------------------|-----------------------|-----------------------|-----------------------|
| SA | 1 | "I like most parts of my personality." (R) | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| SA | 2 | "When I look at the story of my life, I am pleased with how things have turned out so far."(R) | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| PL | 3 | "Some people wander aimlessly through life, but I am not one of them." (R) | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| EM | 4 | "The demands of everyday life often get me down." | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

| | | | | | | | | | |
|----|----|---|---|---|---|---|---|---|---|
| SA | 5 | “In many ways I feel disappointed about my achievements in life.” | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| PR | 6 | “Maintaining close relationships has been difficult and frustrating for me.” | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| PL | 7 | “I live life one day at a time and don’t really think about the future.” | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| EM | 8 | “In general, I feel I am in charge of the situation in which I live.”(R) | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| EM | 9 | “I am good at managing the responsibilities of daily life.”(R) | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| PL | 10 | “I sometimes feel as if I’ve done all there is to do in life.” | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| PG | 11 | “For me, life has been a continuous process of learning, changing, and growth.” (R) | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| PG | 12 | “I think it is important to have new experiences that challenge how I think about myself and the world.”(R) | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| PR | 13 | “People would describe me as a giving person, willing to share my time with others.” (R) | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

| | | | | | | | | | |
|----|----|---|---|---|---|---|---|---|---|
| PG | 14 | “I gave up trying to make big improvements or changes in my life a long time ago” | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| AU | 15 | “I tend to be influenced by people with strong opinions” | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| PR | 16 | “I have not experienced many warm and trusting relationships with others.” | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| AU | 17 | “I have confidence in my own opinions, even if they are different from the way most other people think.”(R) | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| AU | 18 | “I judge myself by what I think is important, not by the values of what others think is important.” (R) | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Scoring: The Autonomy (AU), subscale items are Q15, Q17, Q18.

The Environmental Mastery (EM), subscale items are Q4, Q8, Q9.

The Personal Growth (PG) subscale items are Q11, Q12, Q14.

The Positive Relations with Others (PR), subscale items are Q6, Q13, Q16.

The Purpose in Life (PL), subscale items are Q3, Q7, Q10.

The Self-Acceptance subscale items are Q1, Q2, and Q5.

Items Q1, Q2, Q3, Q8, Q9, Q11, Q12, Q13, Q17, and Q18 should be reverse-scored.

Reverse-scored items are worded in the opposite direction of what the scale is measuring. The formula for reverse-scoring an item is: $(\text{Number of scale points}) + 1 - (\text{Respondent's answer})$ (R).

For example, Q1 is a 7-point scale. If a respondent answered 3 on Q1, you would re-code their answer as: $(7 + 1) - 3 = 5$. In other words, you would enter a 5 for this respondents' answer to Q1. To calculate subscale scores for each participant, sum respondents' answers to each subscale's items. Higher scores mean higher levels of psychological well-being.

Sources:

Ryff, C. D., Almeida, D. M., Ayanian, J. S., Carr, D. S., Cleary, P. D., Coe, C., Williams, D. (2010). National Survey of Midlife Development in the United States (MIDUS II), 2004-2006: Documentation of psychosocial constructs and composite variables in MIDUS II Project 1. Ann Arbor, MI: Inter-university Consortium for Political and Social Research.

II Interpersonal Support Evaluation List - 12 Items Scale

Instructions: This scale is made up of a list of statements each of which may or may not be true about you. For each statement Circle "definitely true" if you are sure it is true about you and "probably true" if you think it is true but are not absolutely certain. Similarly, you should circle "definitely false" if you are sure the statement is false and "probably false" if you think it is false but are not absolutely certain.

Response Format:

1. Definitely false 2. Probably false 3. Probably true 4. Definitely true

| No. Items | Subscales | Interpersonal Support Evaluation List Shortened Version -12 Items Survey Questions | 1 = Definitely false | 2 = Probably false | 3 = Probably true | 4 = Definitely true |
|-----------|-----------|--|----------------------|--------------------|-------------------|---------------------|
| 1 | (BS) | If I have got an announcement of death or (<i>Merdo</i>), it hard to find someone to go with me in a day journey. (R) | 1 | 2 | 3 | 4 |
| 2 | (AS) | I feel that no one can share my personal anxieties and fears. (R) | 1 | 2 | 3 | 4 |
| 3 | (TS) | If I am sick, I could find someone who could easily support me in my daily chores. | 1 | 2 | 3 | 4 |

| | | | | | | |
|----|------|---|---|---|---|---|
| 4 | (AS) | When I get in trouble, there is someone who can help me to get out. | 1 | 2 | 3 | 4 |
| 5 | (BS) | If I want to go out to entertain myself, I can easily find someone to accompany me. | 1 | 2 | 3 | 4 |
| 6 | (AS) | When I faced personal problem, and needs of consultation, I know someone who gives me advice and suggestions. | 1 | 2 | 3 | 4 |
| 7 | (BS) | Most of the time, I am not interested to do things with other people. (R) | 1 | 2 | 3 | 4 |
| 8 | (TS) | If I am out for few days to somewhere, it is difficult to find someone to look after my home. (R) | 1 | 2 | 3 | 4 |
| 9 | (BS) | If I want drink coffee with someone, I can get easily somebody to drink with. | 1 | 2 | 3 | 4 |
| 10 | (TS) | If I am far from my living area, there is someone who can call me. | 1 | 2 | 3 | 4 |
| 11 | (AS) | If a family crisis arose, it would be | 1 | 2 | 3 | 4 |

| | | | | | | |
|----|------|--|---|---|---|---|
| | | difficult to find someone who could give me good advice about how to handle it. (R) | | | | |
| 12 | (TS) | If I decide to move a new place for living, it's too difficult to find someone to help me to carry my staffs. (R) | 1 | 2 | 3 | 4 |

Scoring: Items: 1, 2, 7, 8, 11, and 12 are Reverse Scored. **(R)**

Items: 2, 4, 6, 11 make up the Appraisal Support subscale (AS)

Items: 1, 5, 7, 9 make up the Belonging Support subscale (BS)

Items: 3, 8, 10, 12 make up the Tangible Support subscale (TS)

All scores are kept continuous.

Sources:

Cohen S., Mermelstein R., Kamarck T., & Hoberman, H. M. (1985). Measuring the functional components of social support. In Sarason, I. G. & Sarason, B.R. (Eds), *Social support: theory, research, and applications*. The Hague, Netherlands: Martinus Nijhoff.

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Appendix B

አባሪዎች

አዲስ አበባ ዩኒቨርሲቲ

ስነ ትምህርት እና የስነ-ባህሪ ሳይንስ ኮሌጅ

የስነ ልቦና ሳይንስ

መጠይቆች አማርኛ ትርጉም

መጠይቅ: በአዋቂ ኮንዶሚኒየም ነዋሪዎች የሚሞላ

ቀጠና ኮድ

ውድ የኮንዶሚኒየም ነዋሪዎች፤

የዚህ መጠይቅ ዓላማ በጋራ መኖሪያ (ኮንዶሚኒየም) ኗሪዎች ስለገርቦትና ጎረቤታዊ ግንኙነት እና በሥነ ልቦና ደህንነት መካከል ያሉ ግንኙነቶችን ለመገምገምና ለዚህ ምርምር የሚያስፈልጉትን መረጃዎች ለመስጠት ነው። ዋነኛ ግቡም ከአዲስ አበባ ዩኒቨርሲቲ የስነ ትምህርት እና የስነ ባህሪ ሳይንስ ኮሌጅ የማህበረሰባዊ ስነ ልቦና ሳይንስ በማስተርስ ዲግሪ ለመመረቅ የሚያሥፈልገኝን መስፈርትን ለማሟላት የሚደረግ የጥናት ጽሁፍ ነው። መጠይቁን ለመሙላት ስምዎትን መግለጽ አይጠበቅብዎትም የሚሰጡት አስተያየትም ሚስጥራዊነቱ የተጠበቀ ነው። መረጃውን በመሙላት ለሚያድጉልኝ እገዛ ከወዲሁ ልባዊ ምስጋናዬን አቀርባለሁ። መጠይቁን ከዚህ በታች ባለው ሊንክ ማግኘት ይችላሉ።

Google form link <https://forms.gle/VVT7mZNqwBgNvfqd8>

መረጃ: ዳንኤል መኮንን እባላለሁ። ስለዚህ መጠይቅ ማንኛውም ጥያቄ ካለዎት በደስታ

እቀበላለሁ።

ኢሜይል: dansocialpsy@yahoo.com

ስልክ ቁጥር +251 911 448 963

I የስነ-ሕዝብ ባህሪያት መጠይቅ

ክፍል I: የስነ-ሕዝብ ባህሪያት መጠይቆች (ባዶውን ይሙሉ / ምርጫዎን ያክብቡ)

1. ዕድሜ:

2. ፆታ: 1, ወንድ2, ሴት.....

3. የጋብቻ ሁኔታ: 1, ያገባ/ች 2, ያላገባ/ች.....

3, የተፋታ/ች..... 4, መበለት/የትዳር ጓደኛ በሞት የተለየ.....

4. በእዚህ የጋራ መኖሪያ ቤት ለስንት አመታት ኖሩ?

ለ አመት/ታት

5. የትምህርት ደረጃ:

1, የመጀመሪያ ደረጃ ትምህርት (ከ1-8) 2, የሁለተኛ ደረጃ ትምህርት (ከ9-12) ...

3, የኮሌጅ ዲፕሎማ.....

4, የመጀመሪያ ድግሪ እና ከዚያ በላይ.....

6. ወርሃዊ ገቢ:በብር መጠን ይግለጹ።ብር

II የስነ-ልቦና ደህንነት የዳሰሳ ጥናት ጥያቄዎች (ባለ 18-አይነት ዝርዝር)

መመሪያዎች:- እባክዎን ምን ያህል መስማማትዎንን ወይም አለመስማማትዎን ለማመልከት ለእያንዳንዱ መጠይቅ ምላሽ ከተሰጡት ምርጫዎች ከ1-7 ውስጥ መርጠው ከሰንጠረዥ ውስጥ ከጥያቄው ትክክል ያለውን የመልስዎን ቁጥር ያክብቡ።

መልስዎ:-

- 1, በጣም እስማማለሁ 2, በተወሰነ ደረጃ እስማማለሁ 3, በትንሹ እስማማለሁ
- 4, በመስማማትና ባለመስማማት መሀል 5, በትንሹ አልስማማም
- 6, በተወሰነ ደረጃ አልስማማም 7, በጣም አልስማማም

| ተራ ቁጥር | የስነ-ልቦና ደህንነት የዳሰሳ ጥናት ጥያቄዎች (ባለ18-አይነት ዝርዝር) | 1. በጣም እስማማለሁ | 2. በተወሰነ ደረጃ እስማማለሁ | 3. በትንሹ እስማማለሁ | 4. በመስማማትና | 5. በትንሹ አልስማማም | 6. በተወሰነ ደረጃ አልስማማም | 7. በጣም አልስማማም |
|--------|--|---------------|---------------------|----------------|------------|----------------|---------------------|---------------|
| 1 | አብዛኛውን የራሴን ባህሪዎቼን እወዳለሁ። | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2 | እራሴን ወደኋላ ስመለከት በራሴ ደስተኛ ነኝ። | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3 | አንዳንድ ሰዎች ዓላማ በሌለው የሕይወት መንገድ ይጓዛሉ ፤ እኔ ግን እንደነሱ አይደለሁም። | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

| | | | | | | | | |
|----|--|---|---|---|---|---|---|---|
| 4 | ለመኖር የሚያስፈልገኝ ነገሮች ክብደት ወደ ጎላ ይጎትተኛል | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5 | በአብዛኛው ስኬቶቼ ደስተኛ አይደለሁም :: | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6 | የጠበቀ ወዳጅነት መፍጠር ለእኔ ከባድ እና ተስፋ አስቆራጭ ነው:: | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7 | ስለ ዛሬ እንጂ ስለነገ አልጨነቅም:: | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | ኑሮዬን በምፈልገው መንገድ እራሴ እንደምመራው ይሰማኛል:: | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9 | የዕለት ተዕለት ኑሮዬ ኃላፊነት በመወጣት ረገድ ጥሩ ነኝ:: | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10 | አንዳንድ ጊዜ በሕይወቴ ውስጥ ማድረግ የምፈልገውን ሁሉ ያደረኩ ሆኖ ይሰማኛል:: | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 11 | ለእኔ ሕይወት የመማር ፣ የመቀየር እና የእድገት ቀጣይ የገዛ ሂደት ነው:: | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 12 | ስለራሴ እና ለአለም ያለኝን አመለካከት የሚፈታተኑ አዳዲስ ልምምዶችን ማግኘት አስፈላጊ እንደሆነ ይሰማኛል:: | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 13 | ሰዎች እኔን ሰጪና ጊዜዬን ለማካፈል ፈቃደኛ | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

| | | | | | | | | |
|----|---|---|---|---|---|---|---|---|
| | ሰው እንደሆንኩ ይገልጻሉ። | | | | | | | |
| 14 | በሕይወቴ ውስጥ ታላላቅ ማሻሻያዎችን ወይም ለውጦችን ለማድረግ ካቆምኩ ረጅም ጊዜ ሆኖኛል ። | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 15 | ጠንካራ አስተሳሰብ ባላቸው ሰዎች ተጽዕኖ ስር እወድቃለሁ። | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 16 | ከሌሎች ጋር ጠበቅ ያለና እምነት የሚጣልበት ወዳጅነት የለኝም። | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 17 | ሰዎች ከኔ የተለየ ሀሳብና አቋም ልዩነት ቢኖራቸው በራሴ አቋም ላይ ጽኑ እምነት አለኝ። | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 18 | እራሴን የምገመግመው ራሴ ባመንኩበት እንጂ ሌሎች ትክክል በሚሉት አይደለም። | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

III የእርስ በእርስ ግለሰባዊ ጥምረታዊ ድጋፍ መመዘኛ አጭር ባለ-12 መጠይቅ

መመሪያዎች :-ይህ ልኬት እያንዳንዳቸው ስለእናንተ እውነታዎች እና እውነት ላይሆኑባቸው በሚችሉ ዝርዝር መግለጫዎች የተዋቀረ ነው። ለእያንዳንዱ መጠይቅ የሚመልሱት መልስ ክብ በማድረግ ይክበሱ ። እውነት ነው ብለው የሚያስቡ ከሆነ እና እውነት ነው ብለው የሚያምኑ ከሆነ “ምናልባትም እውነት” ነው። በተመሳሳይም ሀሰቱ ምን አልባትም ሐሰት ነው ብለው የሚያስቡ ከሆነ “ምናልባት ሐሰት” እና በእርግጠኝነት ሐሰት ከሆነ “በእርግጠኝነት ሐሰት” በማለት ምርጫዎን ያክብቡ።

የመልስ ምርጫዎች:

- 1, በእርግጠኝነት ሐሰት
- 2, ምናልባት ሐሰት
- 3, ምናልባት እውነት ነው
- 4, በእርግጠኝነት እውነት ነው

| ተራ ቁጥር | <p>በጋራ መኖሪያ (ኮንዶሚኒየም) ኗሪዎች ስለጉርበትና ጎረቤታዊ ግንኙነት ላይ ያተኮረ የእርስበርስ ግለሰባዊ ጥምረታዊ ድጋፍ መመዘኛ አጭር ባለ-12 መጠይቅ ዝርዝር</p> | 1. በእርግጠኝነት ሐሰት | 2. ምናልባት ሐሰት | 3. ምናልባት እውነት ነው | 4. በእርግጠኝነት እውነት ነው |
|--------|---|-----------------|--------------|------------------|---------------------|
| 1 | <p>ድንገተኛ መርዶ ቢገጥመኝ ለአንድ ቀን ገዙ ከእኔ ጋር አብሮ የሚሄድ ሰው ማግኘት ይቸግረኛል።</p> | 1 | 2 | 3 | 4 |
| 2 | <p>የሚሰማኝን የግል ጭንቀቶቼንና ፍራቻዎቼን የማካፈልው ምንም ሰው እንደሌለኝ ይሰማኛል።</p> | 1 | 2 | 3 | 4 |

| | | | | | |
|----|---|---|---|---|---|
| 3 | ብታመም በዕለት ተዕለት የቤት ውስጥ ሥራዬን በቀላሉ ሊረዳኝ ወይም ሊያግዘኝ የሚችል ጎረቤት ማግኘት እችላለሁ ። | 1 | 2 | 3 | 4 |
| 4 | ችግር ውስጥ ብገባ የሚረዳኝ ሰው አለ። | 1 | 2 | 3 | 4 |
| 5 | ለመዘናናት ብፈልግ ከእኔ ጋር አብሮኝ የሚሄድ ሰው አለ። | 1 | 2 | 3 | 4 |
| 6 | የግል ችግርን በገጠመኝ ጊዜ፤ ምክርና አስተያየት ሲያስፈልገኝ የሚያማክረኝና የማገኘው ሰው አለ። | 1 | 2 | 3 | 4 |
| 7 | በአብዛኛውን ክሌሎች ሰዎች ጋር ምንም ነገር ማድረግ አልፈልግም። | 1 | 2 | 3 | 4 |
| 8 | ለጥቂት ሳምንታት ከከተማ ውጭ መውጣት ቢኖርብኝም ቤቴን የሚጠብቅ ወይም የሚንከባከብ ሰው ማግኘት አስቸጋሪ ነው ። | 1 | 2 | 3 | 4 |
| 9 | ምሳ መመገብ/ ቡና መጠጣት ብፈለግ ፣ በቀላሉ ከእኔ ጋር አብሮኝ የሚመገብ/ የሚጠጣ ማግኘት እችላለሁ። | 1 | 2 | 3 | 4 |
| 10 | ሩቅ ቦታ ብሆን ደውሎ ሊያስታውሰኝ የሚችል ሰው አለ ። | 1 | 2 | 3 | 4 |
| 11 | በቤተሰብ ውስጥ ችግር ቢፈጠር ችግሩን ለመፍታት ጥሩ ምክር ሊሰጠኝ የሚችል ማግኘት ይከብደኛል። | 1 | 2 | 3 | 4 |

| | | | | | |
|----|--|---|---|---|---|
| 12 | ወደ ሌላ ሰፈር ለመቀየር ብወስን፤ ዕቃ ለመጫን እገዛ ብፈለግ የሚረዳኝ ሰው ማግኘት ይቸግረኛል። | 1 | 2 | 3 | 4 |
|----|--|---|---|---|---|

ጊዜዎን ሰውተው መጠይቁን በጥንቃቄ ስለሞሉ እጅግ አድርጌ አመሰግናለሁ።

እግዚአብሔር ይስጥልኝ።

Appendix C:

I Ryff's PWB 18-Items Pilot Test

Ryff's Psychological Well-being 18-Item Scale

Table 12

Ryff's Psychological Well-being 18- Items Pilot test

| Pilot Test Reliability Statistics | | |
|--|---|---|
| Cronbach's Alpha | Cronbach's Alpha Based on Standardized Items | N of Items |
| 0.767 | 0.763 | 18 |
| n =30 Participants | | |
| Ryff;s Psychological Well-being 18-Items Scale | | Cronbach's Alpha if Item Deleted |
| 1 , "I like most parts of my personality." (R) SA , | | 0.746 |
| 2 , "When I look at the story of my life, I am pleased with how things have turned out so far."(R) SA | | 0.737 |
| 3 , "Some people wander aimlessly through life, but I am not one of them." (R) PL | | 0.748 |
| 4 , "The demands of everyday life often get me down." EM | | 0.748 |
| 5 , "In many ways I feel disappointed about my achievements in life." SA , | | 0.751 |
| 6 , "Maintaining close relationships has been difficult and frustrating for me." PR , | | 0.710 |
| 7 , "I live life one day at a time and don't really think about the future." PL , | | 0.754 |
| 8 , "In general, I feel I am in charge of the situation in which I live."(R) EM , | | 0.760 |
| 9 , "I am good at managing the responsibilities of daily life."(R) EM | | 0.765 |

| | |
|---|-------|
| 10 , “I sometimes feel as if I’ve done all there is to do in life.” PL , | 0.786 |
| 11 , “For me, life has been a continuous process of learning, changing, and growth.” (R) PG , | 0.741 |
| 12 , “I think it is important to have new experiences that challenge how I think about myself and the world.”(R) PG | 0.759 |
| 13 , “People would describe me as a giving person, willing to share my time with others.” (R) PR | 0.759 |
| 14 , “I gave up trying to make big improvements or changes in my life a long time ago” PG , | 0.762 |
| 15 , “I tend to be influenced by people with strong opinions” AU | 0.807 |
| 16 , “I have not experienced many warm and trusting relationships with others.” PR , | 0.734 |
| 17 , “I have confidence in my own opinions, even if they are different from the way most other people think.”(R) AU , | 0.771 |
| 18 , “I judge myself by what I think is important, not by the values of what others think is important.” (R) AU , | 0.758 |

II Interpersonal Relationships Support Evaluation List 12-Item

Table 13

ISEL 12-Items Scale for Pilot Test

| Reliability Statistics | | |
|--|---|--|
| Cronbach's Alpha | Cronbach's Alpha Based on Standardized Items | N of Items |
| 0.901 | 0.898 | 12 |
| n =30 Participants | | |
| Item-Total Statistics | | |
| | | Cronbach's Alpha if Item Deleted |
| 1. If I have got an announcement of death or (<i>Merdo</i>), it is hard to find someone to go with me in a day journey. (R), (BS) | | 0.886 |
| 2. I feel that no one can share my personal anxieties and fears. (R), (AS) | | 0.888 |
| 3. If I am sick, I could find someone who could easily support me in my daily chores. (TS) | | 0.887 |
| 4. When I get in trouble, there is someone who can help me to get out. (AS) | | 0.892 |
| 5. If I want to go out to entertain myself, I can easily find someone to accompany me. (BS) | | 0.890 |
| 6. When I faced personal problem, and needs of consultation, I know someone who gives me advice and suggestions. (AS) | | 0.882 |
| 7. Most of the time, I am not interested to do things with other people. (R),(BS) | | 0.888 |

| | |
|---|-------|
| 8. If I am out for few days to somewhere, it is difficult to find someone to look after my home. (R),(TS) | 0.895 |
| 9. If I want drink coffee with someone, I can get easily somebody to drink with. (BS) | 0.920 |
| 10. If I am far from my living area, there is someone who can call me. (TS) | 0.893 |
| 11. If a family crisis arose, it would be difficult to find someone who could give me good advice about how to handle it. (R) (AS) | 0.896 |
| 12. If I decide to move a new place for living, it's too difficult to find someone to help me to carry my staffs. (R) (TS) | 0.894 |

Table 14

Skewness and Kurtosis Value of the Data Normality Test

| Descriptives | | | | | |
|---------------------------------------|------|----------------------------------|-------------|-----------|------------|
| Sex of the respondents | | | | Statistic | Std. Error |
| Psychological Well-being of Residents | Male | Mean | | 85.6250 | 1.48210 |
| | | 95% Confidence Interval for Mean | Lower Bound | 82.6939 | |
| | | | Upper Bound | 88.5561 | |
| | | 5% Trimmed Mean | | 86.2582 | |
| | | Median | | 89.0000 | |
| | | Variance | | 298.740 | |
| | | Std. Deviation | | 17.28409 | |

| | | | | |
|--------|----------------------------------|-------------|----------|---------|
| | Minimum | | 44.00 | |
| | Maximum | | 117.00 | |
| | Range | | 73.00 | |
| | Interquartile Range | | 22.50 | |
| | Skewness | | -0.595 | 0.208 |
| | Kurtosis | | -0.199 | 0.413 |
| Female | Mean | | 89.2759 | 1.32101 |
| | 95% Confidence Interval for Mean | Lower Bound | 86.6592 | |
| | | Upper Bound | 91.8925 | |
| | 5% Trimmed Mean | | 89.8774 | |
| | Median | | 92.0000 | |
| | Variance | | 202.428 | |
| | Std. Deviation | | 14.22770 | |
| | Minimum | | 52.00 | |
| | Maximum | | 112.00 | |
| | Range | | 60.00 | |
| | Interquartile Range | | 20.00 | |
| | Skewness | | -0.656 | 0.225 |
| | Kurtosis | | -0.254 | 0.446 |

The data can be considered normal because skewness and kurtosis value are in the range of +1.5 to -1.5.

Table 15*Binomial Test to Compare Observed Distribution*

| Binomial Test | | | | | |
|------------------------|----------|-----|----------------|------------|------------------------|
| | Category | N | Observed Prop. | Test Prop; | Exact Sig. (2..tailed) |
| Sex of the Respondents | Male | 136 | 0.54 | 0.50 | 0.231 |
| | Female | 116 | 0.46 | | |
| | Total3 | 252 | 1.00 | | |

P = .231

Binomial test indicated that the proportion of female respondents of .46 was near than expected .50, $p = .231$ (2- tailed).

Table 16*Levene's Test of Equality of Error Variances*

| Levene's Test of Equality of Error Variances^a | | | | |
|---|-------|-----|-----|-------|
| PWB Subscales | F | df1 | df2 | Sig. |
| 1. Self-Acceptance | 0.763 | 1 | 250 | 0.383 |
| 2. Purpose in Life | 0.360 | 1 | 250 | 0.549 |
| 3. Environmental Mastery | 0.261 | 1 | 250 | 0.610 |
| 4. Personal Relation with the others | 3.029 | 1 | 250 | 0.083 |
| 5. Personal Growth | 2.975 | 1 | 250 | 0.086 |
| 6. Autonomy | 2.452 | 1 | 250 | 0.119 |

Tests the null hypothesis that the error variance of the dependent variable is equal across groups.

A. Design: Intercept + Age + Marital Status + Number Years + Education background + Gender

Table 17*Box's test of Covariance Metrics*

| Box's Test of Equality of Covariance | |
|---|----------|
| Matrices ^a | |
| Box's M | 66.365 |
| F | 1.157 |
| df1 | 39 |
| df2 | 1313.927 |
| Sig. | 0.235 |

Note: Tests the null hypothesis that the observed covariance matrices of the dependent variables are equal across groups.

a. Design: Intercept + Age + Marital Status + Number of Years + Edu. Background. + Gender