THE RELATIONSHIP BETWEEN THE UNDERGRADUATES' FLOW AND PSYCHOLOGICAL WELL-BEING--TAKE LOVE AFFAIR EXPERIENCES AS THE MODERATOR VARIABLE

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ABSTRACT

This study aims to analyze whether Undergraduates those who have love affair experiences moderate the relationship between flow and psychological well-being. In accordance with the literature analysis results, we proposed the hypothesis H_1: "flow is significantly positive correlative with psychological well-being", and H_2 as the hypothesis verification: love affair experiences have moderating effect on "the relationship between flow and psychological well-being". We took the students in Taiwan's colleges/universities as the research results, and adopted cluster sampling. Then the participants were tested by the Positive Emotion Scale and the Psychological Well-being Scale. There were totally 956 questionnaires returned, among which there were 272 (25.1%)freshmen, 263 (27.5%)sophomores, 216(22.6%) juniors, and 105(22.2%) seniors. In regard of love affair experiences; there were 381(39.9%;) undergraduates who did not have love affair experiences in the past, 351(36.7%) ones that were in love, and 218(22.8%) ones that ended their love affairs. Age's $M=20.37$, SD=1.11. After analyzing the data from the returned questionnaires with SEM, the results show that H_1:"flow is significantly positive correlative with psychological well-being" and H_2 love affair experiences have moderating effect on "the relationship between flow and psychological well-being" are both supported.

Keywords: Flow, psychological well-being, love affair experiences.