

The Link between Emotional Intelligence and Flourishing: A Chain Mediation of Belongingness, Hope, and Harmony in Life

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Individuals face both psychological and physical problems as they age. These psychological problems adversely affect the mental health of adult individuals. The purpose of this study is to test the serial mediating role of belongingness, hope, and harmony in life in the relationship between adult individuals' emotional intelligence and their level of flourishing. The research sample consists of a total of 461 Turkish adults, 125 female (27.1%) and 336 male (72.9%). The mean age of the participants is 48.03 years (age range = 40-60 years). Data were collected from the participants using the Trait Emotional Intelligence Questionnaire-Short Form, the Flourishing Scale, the General Belongingness Scale, the Dispositional Hope Scale, and the Harmony in Life Scale. All of these collected data were tested with chain mediation analysis. Gender, age, and socioeconomic status were added as covariance variables to the hypothesized model. The results showed significant positive relationships between emotional intelligence, flourishing, belongingness, hope, and harmony in life. In addition, the relationship between emotional intelligence and flourishing was found to have a chain-mediating role through belongingness, hope, and harmony in life. The results expand our understanding of the relationship between adult individuals' emotional intelligence and their level of flourishing.


Keywords: Emotional intelligence, flourishing, belongingness, hope, harmony in life, adults


The human lifespan has extended in conjunction with the development of medical practices. Along with these developments, the world's adult population is increasing every day. This increase makes the studies of adults more important. It is important to closely monitor the psychological health as well as the physical health of the growing adult population. Given the person's life expectancy, health issues they could have in the future are considered a psychological risk (e.g., Hirotsaki et al., 2013; Teerawichitchainan et al., 2015). Therefore, protective measures should be taken for the psychological health of adult individuals (Woo et al., 2006). As emphasized by the World Health Organization (WHO), it has become more important than ever to support and improve the wellbeing of the increasing adult population around the world (Momtaz et al., 2011). In this regard, the number of studies targeted at ensuring the wellbeing of adults should increase. There are studies on this subject in the literature (e.g., Brugiavini et al., 2022; Momtaz et al., 2012; Momtaz et al., 2010). These studies investigated the mental health of adult individuals using various concepts. Especially as they get older, individuals try to understand and recognize both their own emotions and the emotions of others. Emotional intelligence may play an

important role in establishing new, healthy relationships or maintaining existing ones. Therefore, it is important to investigate emotional intelligence for mental health in adults. Similarly, it may be valuable to examine individuals' belongingness to their social environment as they get older, their hope due to their expectations for the future, and their level of harmony in life due to changing living conditions. All of these concepts are examined in this research because they can play an important role in understanding the psychological challenges that adults may face as they age.

Emotional intelligence is one of the concepts closely related to the psychological health of adults. Emotional intelligence also plays a role as a determinant of mental health for individuals (Tsaousis & Nikolaou, 2005). There is a significant relationship between emotional intelligence and wellbeing, according to several studies in the literature (e.g., Deniz et al., 2017; Martins et al., 2010; Zhao et al., 2013). An individual's ability to understand their emotions, regulate them in new situations, and express them when necessary is described as emotional intelligence (Kaboudi et al., 2017; Mayer et al., 2004). Being aware of the emotions of others as well as one's own is another indicator of emotional intelligence. Individuals with a high level of emotional intelligence can more easily make sense of both their own feelings and the feelings of the people around them (Griebel, 2015). It is thought that these individuals also have high coping skills, can express themselves better, and cope with stress better (Extremere & Rey, 2016). Goleman (2000) asserts that flexibility, extraversion, and an ability to recognize shifting

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emotions are all closely associated with high emotional intelligence. Especially in studies conducted on adults and adult individuals, it has been emphasized that emotional intelligence has a significant influence on mental health and general life satisfaction. In Akhavan-Tafti and Mofradnezhad's (2018) study, it was stated that high emotional intelligence positively affects the wellbeing of adult individuals. Additionally, in the study of Liu et al. (2022), it was reported that high emotional intelligence is a determining factor in life satisfaction in adult individuals. Apart from this, it is stated that individuals with high emotional intelligence have a higher sense of belongingness (Baumeister & Leary, 1995; Moeller et al., 2020). Based on all these findings, it may be inferred that there is an important relationship between emotional intelligence and belongingness.

Belongingness is defined as the individual's feeling of being a part of the society they live in and the ability to establish positive interpersonal relationships with their environment (Hagerty et al., 1992). Therefore, belongingness is an important concept that provides an individual's bond with the society they live in (Arslan, 2021a). The literature asserts that belongingness serves as a significant source of motivation for individuals (Baumeister & Leary, 1995). The third step in Maslow's motivational hierarchy also supports this opinion (Majercsik, 2005). The literature reports a positive relationship between the concept of belongingness and psychological wellbeing (e.g., Arslan & Coşkun, 2023; Malone et al., 2012). Mellor et al. (2008) also stated that belongingness is a factor that protects the mental health of the individual. Similarly, other research in the literature addresses the relationship between belongingness and wellbeing (e.g., Arslan, 2021b; Derrer-Merk et al., 2022; Duru, 2007). Apart from that, there is a relationship between a high sense of belongingness and individuals' life satisfaction, psychological resilience, cognitive flexibility, and mental health (e.g., Arslan, 2018; Avcı, 2023; Choenarom et al., 2005; Hagerty et al., 2002; Nogueira et al., 2023). In addition, high belongingness has a significant relationship with the hope level of individuals (Umphrey et al., 2021; Wurster et al., 2021). These studies state that individuals who feel a sense of belonging to their environment have a more positive outlook on the future, leading to high hopes. This suggests a potential relationship between belongingness and hope.

Hope is described as people's beliefs that they can achieve the aims they have set for themselves and their willingness to display diverse actions in accordance with these beliefs (Snyder et al., 1991). An examination of the literature on hope reveals its significance in an individual's life (Gallagher & Lopez, 2009). Individuals with high hope levels also exhibit high levels of mental health (Rawdin et al., 2013) and wellbeing (Vacek et al., 2010). Munoz et al. (2020) reveal that hope plays a crucial role in predicting flourishing. Similarly, Nadi and Sajjadian (2012) demonstrate the relationship between life satisfaction, wellbeing, and flourishing concepts, as well as hope. Lastly, a significant relationship between the degree of hope and the spiritual wellbeing of adult individuals was reported in recent research by Nooripour et al. (2023). All these related studies indicate that hope is an important variable that contributes to the daily life of an individual. Furthermore, studies suggest that individuals' hope for their daily lives can enhance life harmony (Slezackova et al., 2021). From this point of view, the harmony of individuals in life is

important. When one has a hopeful perspective on the future, it may become easier to enjoy daily activities and adapt to changing conditions. Scheier and Carver (1985) argue that a positive outlook on life can contribute significantly to our daily satisfaction and ability to adapt to various environments.

Humans are, by nature, social beings. The literature describes harmony as the ability to maintain a relationship between people without conflict (APA, 2015). In other words, harmony in life can be associated with the wellbeing of individuals. This opinion is supported by the research of Satici and Göçet-Tekin (2017). The research mentioned earlier reveals that the concept of wellbeing is closely associated with harmony in life. Individuals' careful, balanced, and unbiased experiences throughout their lives are signs of harmony in life (Garcia et al., 2014). When studies related to harmony in life are examined, it has been reported that harmony in life is associated with flourishing and psychological health (e.g., Demirci, 2022; Teasdale & Chaskalson, 2011). Furthermore, Ryff and Singer (2003) assert that enhancing harmony in life could enhance the overall quality of life. Based on these findings, harmony in life may be related to the flourishing level of individuals.

Flourishing is a concept that evokes goodness, growth, and resilience in one's life (Fredrickson & Losada, 2005). This concept serves an important psychological function in the individual's life by contributing to feelings of joy, happiness, and satisfaction throughout life (Huppert & So, 2013). When the concepts related to flourishing are examined, it is determined that they are related to concepts such as mental health and life satisfaction (e.g., Garzón-Umerenkova et al., 2018; Younes & Alzahrani, 2018). In their study on flourishing, Rey et al. (2019) also reveal the significant relationship between this concept and emotional intelligence. Similarly, a significant relationship between emotional intelligence and flourishing is reported in the study of Callea et al. (2019). When the basis of the concept of flourishing is examined, flourishing shows that it is a powerful variable representing wellbeing. Therefore, it is crucial to investigate the determinants of flourishing, as they significantly impact human health. The relationship between emotional intelligence and flourishing is discussed in the literature (Callea et al., 2019; Schutte & Loi, 2014). In addition, it is reported in the literature that belongingness, hope, and harmony in life are among the determinants of flourishing (Slezackova et al., 2021; Yıldırım et al., 2024). In the literature, it is possible to come across studies examining all these concepts among themselves. However, no study is found in which all of these concepts, which are reported in studies where flourishing is the determinant, are discussed together. Therefore, this research, in which these concepts are discussed comprehensively, is important for the literature. In addition, it is determined that these concepts are mostly examined with the adolescent and young adult groups in the studies in the literature (e.g., Wise, 2005; Yıldırım et al., 2024). Given that the sample of this research is composed of adult individuals, it addresses a significant gap in the existing literature. In this context, the research aims to examine the role of belongingness, hope, and harmony in life as serial mediators in the relationship between adult individuals' emotional intelligence and their level of flourishing. For this purpose, answers are sought to the following research questions, respectively:

RQ1. Does belongingness have a mediating role in the relationship between emotional intelligence and flourishing?

RQ2. Does hope have a mediating role in the relationship between emotional intelligence and flourishing?

RQ3. Does harmony in life have a mediating role in the relationship between emotional intelligence and flourishing?

RQ4. Do belongingness, hope, and harmony in life have a serial mediating role in the relationship between emotional intelligence and flourishing?

Method

Participants and Procedure

This cross-sectional study uses the convenience sampling method. There are a total of 461 participants in this research, including 125 female (27.1%) and 336 male (72.9%) adult people from various regions of Türkiye. The sample's mean age is 48.03 years ($SD = 6.08$; age range = 40 to 60 years). The majority of participants have a middle socioeconomic status (72.2%). Table 1 provides detailed information about the participants. On a voluntary basis, data were collected on social media accounts through a web form. The participants were informed about the research before participating, and no fee was paid to the participants. Subsequently, all participants provided their informed consent. Additionally, the form used to collect the information is designed so that participants can withdraw at any time. Moreover, participants are required to answer all questions to complete the form.

Table 1. Participants' descriptive

| Variable | Frequency | % |
|------------------------------|-----------|------|
| <i>Gender</i> | | |
| Female | 125 | 27.1 |
| Male | 336 | 72.9 |
| <i>Socio-economic status</i> | | |
| Low | 80 | 17.4 |
| Medium | 333 | 72.2 |
| High | 48 | 10.4 |
| <i>Education level</i> | | |
| Primary school | 17 | 3.7 |
| Middle school | 21 | 4.6 |
| High school | 107 | 23.2 |
| Associate degree | 63 | 13.7 |
| Undergraduate | 199 | 43.2 |
| Graduate | 54 | 11.6 |
| <i>Marital status</i> | | |
| Single | 57 | 12.4 |
| Married | 404 | 87.6 |

The study protocol has been approved by the Yıldız Technical University's Scientific Research and Ethics Committee (Reference Number = 20240102652, Verify Code = f3c67). The study was performed in accordance with the ethical standards laid down in the 1964 Declaration of Helsinki and its following updates.

Measures

Trait Emotional Intelligence Questionnaire-Short Form (TEIQue-SF). The TEIQue-SF was developed by Petrides and

Furnham (2001; Turkish version: Deniz et al., 2013). The 20 items (e.g., "Most of the time I can distinguish which emotion I'm feeling") are rated on a five-point scale from 1 (strongly disagree) to 5 (strongly agree), with scores ranging from 20 to 100. The higher the score, the greater the emotional intelligence. In addition, this scale has four sub-dimensions (wellbeing, self-control, emotionality, and sociability). In the confirmatory factor analysis results of the scale, it is determined that there is sufficient agreement between the data and the model ($\chi^2/df = 2.46$, GFI = 0.95, AGFI = 0.92, CFI = 0.91, RMSEA = 0.056, and SRMR = .060). In the reliability analysis, the Cronbach's alpha coefficient is calculated as 0.81.

The Flourishing Scale (TFS). The TFS was developed by Diener et al. (2010; Turkish version: Telef, 2011). The eight items (e.g., "I lead a purposeful and meaningful life") are rated on a seven-point scale from 1 (strongly disagree) to 7 (strongly agree), with scores ranging from 8 to 56. The scale is one-dimensional. Possible high scores demonstrate that participants' self-perception is positive. The results of the confirmatory factor analysis reveal that the validity of the scale is ensured (CFI = 0.95, GFI = 0.96, NFI = 0.94, RFI = 0.92, IFI = 0.95, SRMR = 0.04, and RMSEA = 0.08). The reliability analysis reports a Cronbach's alpha value of 0.80.

General Belongingness Scale (GBS). The GBS was developed by Malone et al. (2012; Turkish version: Satıcı & Göçet-Tekin, 2016). Twelve items (e.g., "I feel accepted by others") are graded on a seven-point scale from 1 (strongly disagree) to 7 (strongly agree), with scores ranging from 6 to 42 for each sub-dimension. This scale has two sub-dimensions (acceptance and rejection). The higher the score for the sub-dimensions, the higher the sense of belonging. As a result of the confirmatory factor analysis of the scale, the two-dimensional structure has acceptable fit indices ($\chi^2/df = 2.26$, CFI = 0.93, GFI = 0.94, AGFI = 0.92, SRMR = 0.05, and RMSEA = 0.06). In addition, in the reliability analysis, the Cronbach's alpha value of the scale is calculated as 0.82 for the acceptance sub-dimension and 0.76 for the rejection sub-dimension.

Dispositional Hope Scale (DHS). The DHS was developed by Snyder et al. (1991; Turkish version: Tarhan & Bacanlı, 2015). Twelve items (e.g., "I reach the goals I set for myself") are rated on an eight-point scale from 1 (strongly false) to 8 (strongly true). Four items on the scale are fillers and are not calculated in scoring. A total of 8 to 64 points can be obtained from the scale. High scores indicate a high level of hope. In addition, this scale has two sub-dimensions (alternative thinking and actuating thinking). In terms of the construct validity of the scale, the fit indices are sufficient (CFI = 0.96, GFI = 0.96, AGFI = 0.92, NNFI = 0.94, RFI = 0.90, RMR = 0.08, and RMSEA = 0.077). The reliability analysis yields a Cronbach's alpha coefficient of 0.84.

Harmony in Life Scale (HLS). The HLS was developed by Kjell et al. (2016; Turkish version: Satıcı & Göçet-Tekin, 2017). Five items (e.g., "Many aspects of my life are in balance") are rated on a seven-point scale from 1 (strongly disagree) to 7 (strongly agree), with scores ranging from 5 to 35. Possible high scores on the scale indicate high harmony in life. The confirmatory factor analysis findings reveal that the one-dimensional structure of the scale has sufficient fit indices ($\chi^2/df = 1.80$, CFI = 0.99, GFI = 0.99, IFI = 0.99, SRMR = 0.033, and RMSEA = 0.056). In the reliability analysis, the Cronbach's alpha value is found to be 0.78.

Table 2. Descriptive statistics, reliabilities and correlations for the study variables

| Variable | Descriptive Statistics and Reliabilities | | | | | | | Correlations | | | | |
|---------------------------|--|-------|----------|----------|----------|----------|-------------|--------------|-------|-------|-------|---|
| | Mean | SD | Skewness | Kurtosis | α | ω | λ_6 | 1 | 2 | 3 | 4 | 5 |
| 1. Flourishing | 47.30 | 8.13 | -1.31 | 2.07 | .908 | .910 | .911 | – | | | | |
| 2. Emotional Intelligence | 105.28 | 17.04 | -.37 | -.32 | .863 | .868 | .891 | .70** | – | | | |
| 3. Belongingness | 67.28 | 12.63 | -1.03 | .94 | .862 | .867 | .890 | .71** | .69** | – | | |
| 4. Hope | 53.92 | 8.07 | -1.21 | 1.96 | .874 | .875 | .883 | .66** | .61** | .51** | – | |
| 5. Harmony in life | 29.37 | 5.27 | -1.19 | 1.65 | .866 | .867 | .852 | .77** | .58** | .63** | .51** | – |

Note. ** $p < .001$

Statistical Analysis

In this study, first, some preliminary analyses were carried out. Within the scope of the preliminary analysis, missing values were checked, outliers were removed from the data set, and whether there was a multicollinearity problem was examined by calculating VIF and tolerance values. Apart from this, descriptive statistics for the variables were calculated. The skewness and kurtosis values of the variables were found to be between ± 1 , and it was revealed that the normality assumption was met (Tabachnick & Fidell, 2012).

After the preliminary analyses were completed, the research data were analyzed with PROCESS v4.1 model 6, developed by Hayes (2018). In this analysis, which is expressed as the chain mediation model, the total effect of the independent variable on the dependent variable is examined through two or more mediating variables. The significance of these mediating variables was calculated using the 5,000-bootstrapping method at a 95% confidence interval. The absence of a zero value between the highest and lowest confidence intervals means that the mediating variables are statistically significant (Hayes & Preacher, 2014). Lastly, gender, age, and socio-economic status were added as covariates to the established hypothetical model.

Table 3. Results of the chain mediation analysis

| Path | Coeff. | 95% CI | |
|--------------------------------------|--------|--------|------|
| | | LL | UL |
| EI→ Belonging→Flourishing | .134 | .074 | .194 |
| EI→ Hope→Flourishing | .117 | .072 | .166 |
| EI→ Harmony→Flourishing | .076 | .029 | .126 |
| EI→Belonging→Hope→Harmony→ Flourish. | .007 | .001 | .017 |
| Total effect | .320 | .289 | .351 |
| Direct effect | .080 | .045 | .114 |
| Total indirect effect | .503 | .425 | .581 |

Note. EI emotional intelligence; CI confidence interval; LL lower limit; UL upper limit

Results

Correlation analysis indicates (see Table 2) that flourishing is positively correlated with emotional intelligence, belongingness, hope, and harmony in life. There is also a positive correlation between emotional intelligence, belongingness, hope, and harmony in life. The reliability coefficients of all variables are at an acceptable level. Skewness and kurtosis values are within the normality criteria.

Chain Mediation Analysis

The data were analyzed using SPSS 26 and the SPSS macro program PROCESS v4.1 model 6 by Hayes (2018). The findings reveal that emotional intelligence significantly and positively predicts belongingness ($\beta = 0.499$, $p < 0.001$), hope ($\beta = 0.236$, $p < 0.001$), and harmony in life ($\beta = 0.057$, $p < 0.001$). Belongingness significantly and positively predicts hope ($\beta = 0.089$, $p < 0.01$), harmony in life ($\beta = 0.162$, $p < 0.001$), and flourishing ($\beta = 0.129$, $p < 0.001$). The paths from hope to harmony in life ($\beta = 0.123$, $p < 0.001$), and flourishing ($\beta = 0.237$, $p < 0.001$), and from harmony in life to flourishing ($\beta = 0.637$, $p < 0.001$) are significant. The results of the chain mediation analysis are presented in Table 3 and Figure 1.

The mediation analysis reveals a statistically significant indirect association between emotional intelligence (EI) and flourishing, mediated by belongingness ($\beta = 0.134$, $SE = 0.03$, 95% CI = 0.074, 0.194). The mediation analysis also reveals a statistically significant indirect association between EI and flourishing, mediated by hope ($\beta = 0.117$, $SE = 0.02$, 95% CI = 0.072, 0.166). The relationship between EI and flourishing can be explained by an indirect association via harmony in life ($\beta = 0.076$, $SE = 0.02$, 95% CI = 0.029, 0.126). Results also support the chain mediating effects of high emotional intelligence on flourishing via belongingness, hope, and harmony in life sequentially ($\beta = 0.007$, $SE = 0.01$, 95% CI = 0.001, 0.017).

Discussion

The years from adulthood to old age constitute a period in which individuals frequently experience health problems. The physical problems and chronic diseases faced by aging individuals pose a risk because they wear them out psychologically. The research of Momtaz et al. (2011) supports this opinion. In the aforementioned study, the importance of protecting the adult population from psychological risks and promoting their psychological wellbeing is emphasized. Studies that enhance adult people's psychological wellbeing will also improve their quality of life and indirectly protect their physical health (Momtaz et al., 2010). Based on this rationale, in this study, the determinants of emotional intelligence, belongingness, hope, and harmony in life on the flourishing of adult individuals are examined. The findings of the study reveal that emotional intelligence, belongingness, hope, and harmony in life are related to flourishing. Belongingness, hope, and harmony in life play a serial mediating role in the relationship between emotional intelligence and flourishing, according to the analysis. The findings are discussed in detail below in light of the literature.

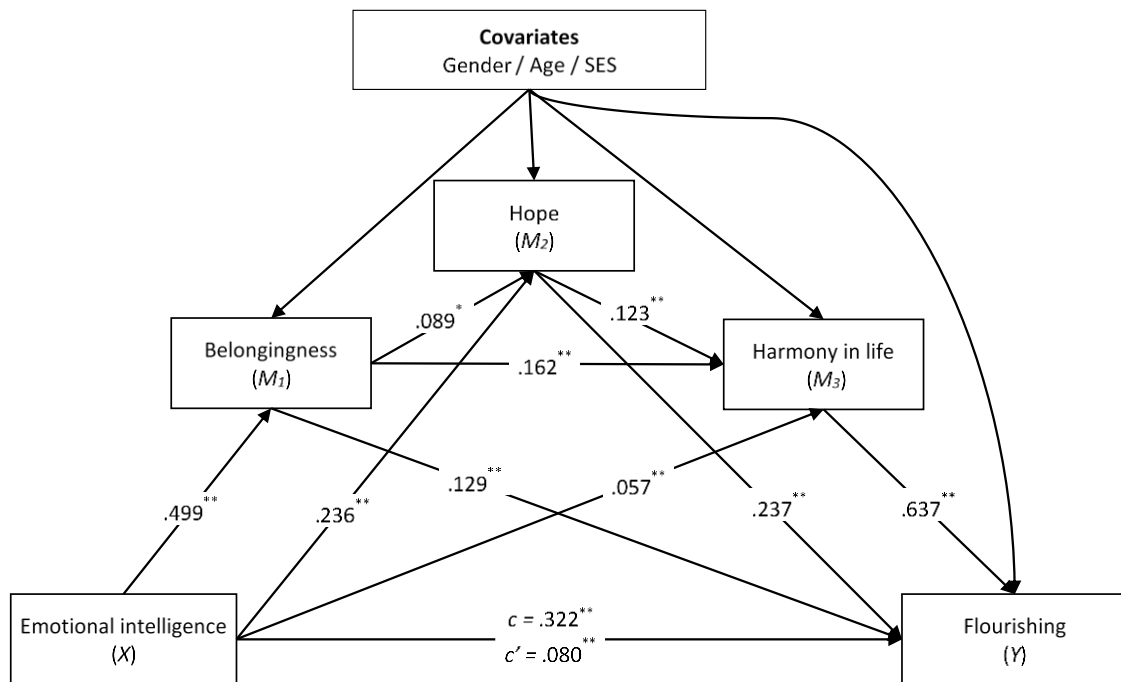


Figure 1. The result of the chain multiple mediation model. * $p < .01$, ** $p < .001$, Values shown are unstandardized coefficients.

The first finding demonstrates that emotional intelligence significantly and positively predicts flourishing through belongingness (RQ1). In other words, it is determined that emotional intelligence predicts belongingness, and belongingness predicts flourishing positively and significantly. People with high emotional intelligence are better at understanding and interpreting the emotions of those around them (Griebel, 2015). Individuals who understand and make sense of their environment will have a higher sense of belongingness. Several studies in the literature support this research's indirect findings. For instance, Balak (2017) emphasizes that emotional intelligence is a concept that develops a sense of belongingness. Similarly, Baumeister and Leary (1995) state in their study that emotional intelligence influences high or low belongingness. According to recent research by Moeller et al. (2020), there is a positive relationship between emotional intelligence and belongingness. In a recent study conducted by According to Derrer-Merk et al. (2022), in the adult population, it is determined that one of the determinants of belongingness is emotional intelligence. At the same time, belongingness is among the predictors of flourishing. A higher sense of belongingness may increase both individual and social wellbeing by strengthening the individual's social cohesion. As a matter of fact, this judgment is supported by many studies in the literature (e.g., Choenarom et al., 2005; Duru, 2007; Malone et al., 2012). These studies demonstrate that belongingness is related to the wellbeing of individuals. Therefore, individuals whose belongingness to life is strengthened will enjoy life more and have a higher wellbeing. All these research results mentioned above reveal that belongingness to emotional intelligence and belongingness also affect the flourishing of individuals.

The second finding of this research is that emotional intelligence predicts hope, and hope positively predicts flourishing (RQ2). In

other words, emotional intelligence significantly predicts flourishing through hope. This positive approach enables individuals to be open to development in their lives and maintain a high level of wellbeing. Individuals will be able to be open to development in their lives and maintain a high level of wellbeing due to this positive approach. Studies in the literature indicate parallelism with the indirect findings obtained in this study. For instance, in the study of Sarıçam et al. (2015), it is reported that emotional intelligence is associated with hope, and hope is associated with the life satisfaction of individuals. Similarly, Umphrey and Sherblom (2018) found in another study that emotional intelligence predicted hope, which in turn positively predicted individuals' life satisfaction. Di Fabio et al. (2018) stated that emotional intelligence predicts hope. In addition, other studies on hope report that an increase in the level of hope increases the psychological wellbeing of individuals (e.g., Munoz et al., 2020; Nooripour et al., 2023; Vacek et al., 2010). Based on all these studies, it can be said that by increasing the level of emotional intelligence, especially in adult individuals, their hope can be higher, and this may indirectly increase the flourishing level of these individuals. The increased hope that comes with the development of emotional intelligence in adult individuals will enable them to experience less stress throughout their lives. At the same time, it will contribute to the wellbeing of these individuals by making it easier for them to cope with problems.

The study's third finding is that emotional intelligence predicts flourishing in a significantly positive way through harmony in life (RQ3). In other words, emotional intelligence predicts harmony in life, and harmony in life predicts flourishing positively and significantly. The concept of harmony in life is especially important for aging individuals. With advancing age, some individuals may find it difficult to follow new developments in society and adapt to the changes that occur in a social sense. Because of this difficult

situation, individuals' psychological well-being may decrease. The research conducted by Akhtar and Khan (2019) aligns with the indirect finding of this study. In the aforementioned study, it is reported that emotional intelligence positively predicts harmony in life. Apart from this, numerous studies indicate that harmony in life has a predictive effect on individuals' psychological wellbeing (e.g., Garzón-Umerenkova et al., 2018; Satıcı & Göçet-Tekin, 2017). These studies demonstrate that improving harmony in life may increase flourishing. Developing the emotional intelligence level of adult individuals may increase their ability to adapt to their environment and indirectly enhance flourishing.

As is known, in this study, findings regarding the determinants of emotional intelligence, belongingness, hope, and harmony in life on flourishing are investigated. The fourth and last finding of the study is that the concepts of belongingness, hope, and harmony in life have a serial mediating role in the relationship between emotional intelligence and flourishing (RQ4). Examining the literature reveals no research that discusses these concepts together. However, as stated above, the bilateral relationships between the concepts support the last finding obtained in the research. In addition, there are many research results in the literature reporting that the psychological wellbeing of individuals is directly predicted by emotional intelligence (e.g., Deniz et al., 2017; Martins et al., 2010; Rey et al., 2019; Zhao et al., 2013). Akhavan-Tafti and Mofradnezhad's (2018) research on the adult population also reveals that emotional intelligence has a positive effect on psychological wellbeing. People who possess strong emotional intelligence are more likely to be able to identify both their own and other people's emotions. Individuals who understand their emotions better may cope with stress more easily because they can express themselves better. High emotional intelligence indicates that the individual may think more flexibly (Goleman, 2000). All these studies reveal the importance of emotional intelligence for flourishing. Apart from that, this research demonstrates what may be done to increase the psychological wellbeing of adult people. The research's results suggest that enhancing emotional intelligence in adult individuals can enhance their level of belongingness, hope, and harmony in life, thereby contributing to their flourishing.

Implications

The concept of flourishing is especially important for adult individuals. One of the important concepts for individuals to protect their physical and mental health is to create psychological wellbeing (e.g., Garzón-Umerenkova et al., 2018; Younes & Alzahrani, 2018). It is necessary to reveal the variables that will positively predict psychological wellbeing, as it will increase the preventive and protective studies to be developed for these individuals. Therefore, in this study, the model established with the variables considered to contribute to the strengthening of the psychological wellbeing of adults is tested. Considering that many variables may have an effect on the psychological wellbeing of adults, it is valuable to test the multivariate model in this study. This study reveals how emotional intelligence, belongingness, hope, and harmony in life predict flourishing in adult individuals. Thus, it demonstrates the reflections of all these concepts on the general wellbeing of individuals. These findings will also guide other researchers who study flourishing in the aging population. For instance, interventions to be developed to

increase the psychological wellbeing of aging individuals may focus on concepts such as emotional intelligence, belongingness, hope, and harmony in life. Researchers working with adult people can apply these findings both theoretically and practically. In particular, psychoeducational programs that improve emotional intelligence skills, group therapies that strengthen social bonds, and hope-focused interventions may be effective in increasing the psychological wellbeing of adult individuals.

In addition, these research findings will be an important guide for psychologists and psychological counselors who provide counseling services for adults. Practitioners can study concepts such as emotional intelligence, belongingness, hope, and harmony in life to enhance the psychological wellbeing of adults during psychological counseling sessions, thereby providing effective assistance to adult individuals. Counseling processes may integrate practices such as emotional intelligence development techniques, social activities that enhance the sense of belonging, and hope therapies.

Limitations and Future Research

When interpreting the study's findings, some limitations should be considered. The first limitation of the study is that it is cross-sectional. Future studies should prioritize longitudinal or experimental research designs, as cross-sectional studies fail to clearly demonstrate the cause-and-effect relationship. Thus, the long-term effect of determinants of psychological wellbeing in adult individuals can be revealed, and causality can be emphasized more clearly. Furthermore, Maxwell and Cole (2007) assert that mediation models can incorporate longitudinal data. The second limitation of the study is that it was conducted with adults in Türkiye. Future studies could collect data from diverse cultures and populations, retest the model, or propose an intercultural study. The study's third limitation is that the measures are self-reported. Although participation in the research is voluntary, the self-report scales used may cause biased responses. In other words, participants may tend to give the desired answer, causing social desirability errors. In order to minimize such an error, the anonymity of the participants was ensured and the participants were reminded of the importance of giving honest and sincere answers for a scientific study. Despite all this, future studies may collect data from participants using different research methods. Lastly, the collection of research data on online platforms can be specified as a limitation. The reason for this situation is that the participants in the research are people who use technological devices and have internet access. In addition, online data collection has some disadvantages compared to face-to-face data collection. For instance, when participants have a question about the research, they may not ask the researchers that question. Apart from this, there may be a deficiency in terms of the reliability of the answers while collecting data online. If possible, future studies should collect face-to-face data.

Compliance with Ethical Standards

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Conflict of Interest. No conflict of interest exists for this manuscript for any of the authors.

Availability of Data and Material. Data will be available on

request.

Pre-registration Statement. This study was not pre-registered.

Ethical Approval. The study protocol has been approved by the Yıldız Technical University's Scientific Research and Ethics Committee (Reference Number = 20240102652, Verify Code = f3c67). The study was performed in accordance with the ethical standards laid down in the 1964 Declaration of Helsinki and its following updates.

Consent to Participate. Informed consent was obtained from all the individual participants that were included in the study.

Author Contributions. SAS conducted and supervised the research. SAS, SO, and HK contributed to writing this paper.

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