

ARAŞTIRMA RESEARCH

Ruh Sağlığı Uzmanlarının Duygu İfadesi ve Danışma Öz Yeterliklerinin İyi Oluşlarına Olan Etkisi

Expression of Emotions and Psychological Counselling Self-Efficacy as Predictors of Psychological Well-Being of Mental Health Workers

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Öz

Bu araştırmanın amacı, aktif olarak danışan gören ruh sağlığı çalışanlarının duygularını ifade etmelerinin ve psikolojik danışma öz yeterliklerinin, psikolojik iyi oluşlarına etkisini araştırmaktır. Araştırmanın katılımcılarını aktif olarak danışan gören 234 kadın, 68 erkek ruh sağlığı çalışanı olmak üzere toplam 302 kişi oluşturmaktadır. Katılımcılara veri toplama aracı olarak Kişisel Bilgi Formu, Psikolojik İyi Oluş Ölçeği, Duyguları İfade Ölçeği ve Psikolojik Danışma Öz Yeterlik Ölçeği uygulanmıştır. Araştırma sonucunda psikolojik danışma öz yeterliği ve duyguları ifade etme değişkenleri ile psikolojik iyi oluş arasında pozitif yönde anlamlı ilişki saptanmıştır. Psikolojik danışma öz yeterlik ve duyguları ifade etme değişkenlerinin psikolojik iyi oluşun anlamlı yordayıcıları olduğu bulunmuştur. Duyguları ifade etme ve psikolojik danışma öz yeterlik değişkenlerinin birlikte toplam varyansın %31'ini açıkladığı görülmüştür. Bu çalışmanın sonuçları ruh sağlığı çalışanlarının duygularını ifade etmelerinin ve psikolojik danışma öz yeterliklerinin, psikolojik iyi oluşları üzerine etkisinin önemine ve bu alanlarda gerekli müdahalelerde bulunulmasına işaret etmektedir.

Anahtar sözcükler: Psikolojik iyi oluş, duyguları ifade etme, psikolojik danışma

Abstract

The purpose of this research is to investigate the effect of expressing emotions and psychological counselling self-efficacy on psychological well-being of mental health workers. The participants of the study consisted of 302 mental health workers, 234 women and 68 men. Personal Information Form, Psychological Well-Being Scale (PWBS), Emotion Expression Scale (EES) and Psychological Counseling Self-Efficacy Scale (PCSES) are applied to participants. As a result of the research, a positive correlation was found between psychological counseling self-efficacy and emotional expression variables and psychological well-being. Psychological counseling self-efficacy and emotional expression variables were found to be significant predictors of psychological well-being in mental health workers. It was determined that expressing emotions and psychological counseling self-efficacy variables have described the %31 of total variance. The results of this study point to the importance of mental health professionals' expressing feelings and the effect of their psychological counseling self-efficacy on their psychological well-being and the necessary interventions in these areas.

Keywords: Psychological well-being, expressing emotions, psychological counseling

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MENTAL health studies which have been previously focused on negative health such as depression and anxiety are recently evolved to positive human issues like psychological functionality, psychological well-being. This change enriched and improved the study subjects of literature (Eryılmaz 2013). Positive psychology concept was first introduced by Martin Seligman in 1998 (Matsumoto 2009). Martin Seligman's study, which is known as positive psychology, presenting a scientific novelty on positive behavior, thoughts, emotions and happiness, has converted the viewpoint of psychology science to positiveness (Lopez, Borrego, Jimenez and Calderon 2009). Psychological well-being, which is a positive psychology term, can be defined as positive evaluation of one's self and past, structuring the environment based on personal needs and emotions, performing actions based on personal ideas, in other words, being self-controlled and continuous self-improvement (Keyes, Shmotkin and Ryff 2002). Aristo, who used the term well-being for the first time, indicated that well-being (eudemonism) is the peak of things a person can achieve. When referred to the literature we can see that there are two viewpoints in defining well-being. The first one is the pleasure oriented (hedonic) and the second viewpoint is concepts based on psychological functioning (eudemonic) (Keyes at al. 2002, Ryan and Deci 2001). Hedonistic viewpoint points to happiness as center of focus when defining subjective well-being. However, eudemonic viewpoint approaches psychological well-being by defining it as psychological functionality and a life of deep satisfaction. These two different viewpoints are structured by diverse perspectives of well-being and human nature (Ryan and Deci 2008).

Emotions are generally expressed in terms of voice tones, face mimics, body language and verbal communication (Thimm and Kruse 1993). Indirect version of this is when the emotions are socially expressed in secondary or concealed format. Painting, music and poetry are examples of concealed emotion expressions (Rime at al. 1998). Emotion expression is verbal or non-verbal transmission of the feelings being felt (Kennedy-Moore and Watson 2001). Frattaroli (2006) claims that expressing emotions increases the psychological well-being level of a person by both improving the communication with others and also easing the handling of negative thoughts and feelings. Whelton (2004) stated that expressing emotions play a very important role in protection and continuity of psychological well-being (Akt. Akin and Akin 2015). Expressing emotions and having them understood by others generate a feeling of being comprehended in a person enabling them to fortify relations and regulate social connections (Kennedy-Moore and Watson 2001). Emotions which have not been expressed for a long time can be distorted, reappearing as symptoms. The healthiest way for both the individual and the society is to express emotions in social harmony (Köknel 1997). This is why therapy theories pay great attention to feelings. Research results show that expressing emotions have a positive impact on body health (Ewart and Kolodner 1994). There are studies which show that suppressed emotions which are not openly expressed can lead to various physical and psychological diseases like depression, cardiac illness, cancer, asthma (King and Emmons 1990, Traue and Pennebaker 1993), borderline personality disorders (Herpertz et al. 2001) and schizophrenia (Earnst and Kring 1999, Akt. Akin and Akin 2015).

Bandura (1986) defined the self-efficacy belief as, perceiving one's own personal ability to perform an action or to succeed an activity. That is, self-efficacy can vary from subject to subject and consists of a person's idea of his/her own potential related to a specific action (Bandura 1977a). In this respect, we can see that self-efficacy concept is not being skillful but having confidence in one's own resources. In other words, it reflects

not the ability to overcome the difficulties of any given problematic situation but the self-belief of overcoming them. Even if a person has the potential to overcome the difficulties, low self-efficacy belief may inhibit him/her from using it (Yıldırım and İlhan 2010). Bandura's concept of self-efficacy can be adapted to psychological counselling self-efficacy (Yiyit 2001). Psychological self-efficacy is the self-confidence of psychological consultant in exercising his/her counselling skills (Lent et al. 2006). Actually, it covers not only the trust in counselling skills but also the trust in his/her helpfulness to the client as well as his/her performance in other sessions (Larson et al. 1992). Aksoy and Diken (2009), who defined psychological self-efficacy as active fulfillment of client expectations, state that psychological self-efficacy has a major contribution to the efficient flow of sessions. Zimmerman (2000) stated that self-efficacy has an impact on how individuals handle stress as well as on their actions, feelings and thoughts. Bandura (1997) claimed that high self-efficacy perception widens the self-improvement and skill range, at the same time having positive influence to the state of happiness and well-being. Consultants with high self-efficacy level would provide a more efficient assistance compared to the ones with lower level. Furthermore, specialization in intellectual development is configured by learning potential and self-efficacy variables (Schunk 1989). This shows that self-efficacy is an important variable in learning. Individuals tend to show more interest in areas where they think they would be successful in, thus involve in a more intense learning process in these areas. High self-efficacy level enables one to overcome difficulties, feel self-confident, be successful both in educational and professional fields, enrich perseverance whereas low self-efficacy level would trigger inability to handle problems, unhappiness, lack of faith in personal potential, hopelessness (Korkmaz 2002). Here mentioned scopes like hopelessness, unhappiness, self-confidence, overcoming problems are also variables that effect one's well-being.

The majority of the studies in the field of mental health are based on existence or non-existence of psychopathology. The worldwide mental health is shifting from non-existence of problems to psychological functionality (Eryılmaz 2013). It is seen that there are some other variables that may be related to the well-being of mental health professionals in the field. Savi Çakar and İkiz (2016) report that there is a relationship between the well-being and psychological symptoms of candidate psychological counselors. Yavuz (2006) reports that psychiatric symptoms are an effective variable in well-being in the same sample group. In addition, it is claimed that the city where the mental health workers live, their income status, professional satisfaction and burnout levels, self-control are effective in psychological well-being (Keçe 2019). Looking at the literature, we can say that the studies done on the of psychological well-being is very limited in our country. Therefore, this study covering the concept of psychological well-being which is a notable element of psychological functionality, carries a significant role. The majority of the literature is about mental problems and individuals with these problems, with insufficient number of studies on mental health workers. We believe that this study is vital since the psychological well-being of mental health workers have a serious impact on their own efficiency.

The study conveys an even a greater role for student and mental health workers considering that emotion expression and psychological self-efficacy variables that impact the well-being of mental health workers do also impact their success in the sessions (Aksoy and Diken 2009). Although the variables of this study have been covered separately under different studies made in Turkey, there is no study which includes all of them,

therefore, the study “expression of emotion and psychological self-efficacy as predictors of psychological well-being” intensifies its importance by being the first in its field. In addition, the results of this study are intended to guide the academics who train the mental health workers. In this context the purpose of this study is to evaluate the impact of expressing of emotions and psychological counseling self-efficacy on psychological well-being of mental health workers who actively working. For this purpose, the research's hypotheses are:

- i. There are significant relationships between psychological well-being, psychological counseling self-efficacy and expressing of emotions of mental health workers,
- ii. Psychological well-being of mental health workers is significantly predicted by psychological counseling self-efficacy and expressing of emotions.

Method

Participants

The data of this study is collected from mental health working who actively working at different educational levels. There were 302 participants in the study. Due to the fact that mental health professionals working in the field work in different institutions and freelance, the population could not be reached and could not be studied by choosing a sample from the population. The distribution of the participants based on demographic variables with their percentages are shown in Table 1..

Table 1. The demographic variables of the participants

Variable	Groups	N	%
Gender	Female	234	77.5
	Male	68	22.5
Age	Between 23-30	220	72.8
	Between 31-45	70	23.2
	Over 45	12	4.0
Marital Status	Single	219	72.5
	Married	83	27.5
Education Level	Graduate	129	42.7
	PG / dissertation	158	52.3
	Doctorate	129	5.0
Monthly Income	Low	63	20.9
	Middle	147	48.7
	Upper middle	83	27.5
	High	9	3.0

Procedure

Because the present research aimed at investigating the effect of mental health workers expressing of emotions and psychological counseling self-efficacy on their psychological well-being, the relational screening model was selected among quantitative research methods. This model attempts to detect whether or not variables jointly change and, if so, how this change occurs (Karasar 2017).

The data of the research were collected between 3-22 May 2019. Data collection and processing processes were carried out within the framework of the 1964 Helsinki Decla-

ration. All participants voluntarily participated in the study and their identity information was kept confidential. An informed consent form was placed on the front page of the data collection tools. Participants read and signed this consent form before answering the scales. In the informed consent form; it is stated that the information to be obtained will be used purely for research purposes, personal information will be kept confidential within the scope of the Personal Data Protection Law, the data will be processed collectively and will be used only for publication purposes. In addition, the contact information of the researchers was shared so that they could reach the researchers when necessary. The scales were filled by appointment from the participants. Filling the scales took about 10 to 15 minutes.

Measures

The following data collection tools were used in this research:

Personal Information Form

The form, prepared by the researchers covers variables such as gender, age, marital status, education level and monthly income level which is found to have an impact on psychological well-being based on literature investigation.

Psychological Well-Being Scale

Psychological Well-Being Scale is developed by Diener et al. (2009-2010). The adaptation to Turkish is done by Telef (2013). Scale has been developed to define the individual's psychological well-being and to carry out the task of completing existing measurement tools and it is a self-report scale. The scale has 8 items prepared on likert type of 7, where 1 is "I completely disagree" and 7 is "I completely agree". All items of the scale are positive, and the lowest total grade is 8 and highest is 56. It is single dimension.

The high grading of the scale means that the individual has access to psychological resources and strength. The scale does not measure distinct levels of well-being but gives an overall idea about the positive functionality of the major subjects (Diener et al. 2010, Akt. Telef 2013). Cronbach alpha internal consistency coefficient is found to be .80 as a result of the Psychological Well-Being Scale reliability study. With respect to the test retest results, a positive significant high correlation was obtained between the first and second application of the scale test ($r=0.86$, $p<.001$). The total item correlation of the scale showed alteration between .41 and .63 and t value was found to be significant ($p<.0001$). Cronbach Alpha internal correlation coefficient in this study is found to be .93.

Emotion Expression Scale

Emotion Expression Scale was developed by King and Emmons (1990). The scale is a self-report scale. The purpose of the scale is to determine the degree of emotion expression in terms of verbal or non-verbal forms. The scale of 16 items is prepared on likert type of 7, where "I completely disagree-I completely agree" answers are used. The scale, with its 3 sub-contexts consists of items measuring the expression degree of positive feelings, negative feelings and closeness feelings. It is informative not only in terms of emotion expressions within relations of individuals but also of emotion expressions independent of these relations (Kuzucu 2006). The higher the grading is, the greater is the

tendency to express emotions. 1 shows the individual's complete disagreement whereas 7 shows complete agreement. In likert type scale, the gradings are acquired based on this. Items 6 and 14 are negative, therefore they are reverse graded (Kuzucu 2006). The validity, reliability and adaptability studies of the scale are done by Kuzucu (2006). The scale was modified as 15 items, since one item from the original version has been deleted due to its intense content in all 3 factors (Dönmez 2007). Emotion Expression Scale reliability study is based on test retest results. Later on, internal consistency coefficient is taken into account. After regularly applying the test to 96 graduate students within a time frame of 3 weeks, Pearson moment multiple correlation coefficient is detected as .68 ($p < .01$) and internal consistency coefficient of the scale as .85. Factor based internal consistency coefficients are .68 for closeness, .64 for negative and .70 for positive feelings. This leads us to the conclusion that the test is satisfyingly reliable (Kuzucu 2006). Cronbach Alpha internal consistency coefficient is found to be .79 for this study.

Psychological Counselling Self-Efficacy Scale

Psychological Counselling Self-Efficacy Scale was developed by Lent, Hill and Hoffman (2003) in order to assess the psychological counselling self-efficacy. The scale is a self-report scale. The adaptation of the scale to Turkish was done by Pamukçu and Demir (2013). The scale consists of 41 items and 3 factors. Scale is prepared in likert 10 type where 0 is "I am not trusting at all" and 9 is "I am trusting completely". The lowest and highest grading you can get out of the scale is 0 and 369 respectively. High grading of the scale indicates a prominent level of psychological counselling self- efficacy which means a strong belief in overcoming the problems that might arise during the psychological counselling process. The high grading of each context signifies the high self-efficacy level for the related skill of that context (Pamukçu and Demir 2013). The internal consistency of the original scale is .97 and the varies from .79 to .94 for the sub scales. "Self-Assessment Scale of the Psychological Consultant" (Larson et al. 1992) has been used to verify the similar scale validity. A positive correlation was obtained between the similar sub scales of these 2 scales. Additionally, another positive correlation is obtained with the "Psychological Counselling Skill Scale". Internal consistency coefficient of Psychological Counselling Self-Efficacy is found to be .98. We can conclude that, validity and reliability study results of the scale can be used to determine the psychological counselling self-efficacy level (Pamukçu and Demir 2013). Cronbach Alpha internal consistency coefficient is found to be .97 for this study.

Statistical analysis

14 out of the 316 participants who completed the study scales were discarded due to improper or missing answers. Eventually there were 302 participants in the study. The analysis of the data was processed by a computer using SPSS 21.0 software. Throughout the statistical analysis, data is evaluated by descriptive statistics, normality tests, Spearman correlation analysis for observing the relationship between emotion expression, psychological counselling self-efficacy and the psychological well-being, hierarchical regression analysis for determination of predictor potency of psychological counselling self-efficacy and emotion expression variables over the psychological well-being. Results are evaluated within 95% reliability range and $p < 0.05$ significance level.

Results

Table 2 shows the descriptive statistical values of the gradings of the dependent and independent variables. The means of gradings for Psychological Well-Being Scale is 45.695, Emotion Expressing Scale is 75.927 and Psychological Counselling Self-Efficacy Scale is 223.622 respectively.

Table 2. Psychological well-being, sampling number of gradings received from emotion expression and psychological counselling self-efficacy scales

	N	Min.	Max.	Mean	SD
PWS	302	8.00	56.00	45.69	8.30
EES	302	27.00	100.00	75.92	10.38
PCSES	302	5.00	342.00	223.62	56.01

EES= Emotion Expression Scale, PCSES= Psychological Counselling Self-Efficacy Scale, PWS= Psychological Well-Being Scale

Premise analysis show that the normality condition is not fulfilled. This is why a non-parametric analysis like Spearman is preferred. There is a positively significant correlation between the grading of psychological well-being and emotion expression of mental health workers ($\rho=.406$; $p<.01$). Based on this, it is concluded that when health workers' emotion expression scale grading increases, their psychological well-being scale grading also increase. There is a positively significant correlation between the grading of psychological well-being and psychological counselling self-efficacy of mental health workers ($\rho=.482$; $p<.01$). Based on this, it can be concluded that when health workers' psychological counselling self-efficacy scale grading increase, their psychological well-being scale grading also increases. There is a positively significant correlation between the grading of emotion expression and psychological counselling self-efficacy of social health workers ($\rho=.482$; $p<.01$). Based on this, it can be concluded that when health workers' emotion expression scale grading increases, their psychological counselling self-efficacy scale grading also increase.

Table 3. Relation between psychological well-being, emotion expression and psychological counselling self-efficacy

Variables	1	2	3
1. PWS	1	.406**	.482**
2. EES		1	.342**
3. PCSES			1

EES= Emotion Expression Scale, PCSES= Psychological Counselling Self-Efficacy Scale, PWS= Psychological Well-Being Scale (** $p<0.01$)

Table 4 shows that, as a result of the hierarchical regression analysis made to determine the expressiveness of emotion expressions and psychological counselling self-efficacy over the psychological well-being, the VIF value for model 1 is 1.00 and 1.17 for model 2 with tolerance values as 1.00 for model 1 and .86 for model 2. Conclusion derived from these values is that there is no multicollinearity problem in between variables. Additionally, Durbin-Watson test result of 2.054 shows that homoscedasticity is achieved. Hierarchical regression assumptions are fulfilled. The way to detect multicollinearity problem is to evaluate the VIF and tolerance values. In this respect, tolerance value should not be less than 10, whereas VIF values should be less than 10 (Seçer 2013).

Table 4. The hierarchical regression analysis assumptions related to whether the emotion expression and psychological counselling self-efficacy variables are predictors or non-predictors of psychological well-being

Psychological well-being	Independent variable	VIF	Tolerance	Durbin-Watson
Model 1	EES	1.00	1.000	
Model 2	EES	1.167	.857	2.054
	PCSES	1.167	.857	

EES= Emotion Expression Scale, PCSES= Psychological Counselling Self-Efficacy Scale

Hierarchical regression analysis is done to assess the predictor potency of emotion expression and psychological counselling self-efficacy variables over the psychological well-being. The premise analysis verifies that normality, multicollinearity, homoscedasticity assumptions are all fulfilled.

Table 5. The hierarchical regression analysis results related to whether the emotion expression and psychological counselling self-efficacy variables are predictors or non-predictors of psychological well-being

Model Variable	B	β	t	p	R ²	R ² change	F	F change
1 (fix)	19.188		6.027	.000	.191	.191	70.609	70.609
EES	.349	.436	8.403	.000				
2 (fix)	15.516		5.191	.000	.310	.119	67.120	51.698
EES	.236	.295	5.687	.000				
PCSES	.055	.373	7.190	.000				
F	Model=70.609 2.Model=67.120							
Model(p)	1.Model=.000 [*] 2.Model=.000 [*]							
R²	1.Model=.191 2.Model=.310							

EES= Emotion Expression Scale, PCSES= Psychological Counselling Self-Efficacy Scale (** p<0.01)

Hierarchical regression analysis has been used to evaluate the psychological counselling self-efficacy variable as a predictor of psychological well-being after the emotion expression variable is under control. Premise analyses are done to make sure that there are no assumption violations of normality, linearity, multicollinearity and homoscedasticity.

At the first step of the process, the model is loaded with emotion expression variable. Beta value of the emotion expression as a predictor of psychological well-being is defined as .436. t test related to the significance of the beta value confirmed its significance (t=8.40; p<.001). It can be seen that, emotion expression variable by itself, justifies 19% of the psychological well-being of health workers (R=.436; R²=.191; F(1-300) =70.609, p<.001).

At the last step of the process, the model is loaded with psychological counselling self-efficacy variable in addition to the existing emotion expression variable. These two variables together, justify approximately the 31 % of the variance of psychological well-being (R=.557; R²=.310; F(2-299) =67.120, p<.001). The beta value of the model is .373 for psychological counselling self-efficacy. t test related to the significance of the beta value confirmed its significance (t=7.19, p<.001). Based on the beta values and t test

results of the models, it can be stated that emotion expression and psychological counselling self-efficacy variable are predictors of psychological well-being on significant level.

In the final model, based on the standardized regression coefficients, the relative order of importance of psychological counselling self-efficacy and emotion expression on the psychological well-being are obtained as ($\beta=.373$) for psychological counselling self-efficacy and ($\beta=.295$) for emotion expression. When significance test of regression coefficients is observed, it can be stated that out of the predictor variables, both emotion expression ($p<.001$) and psychological counselling self-efficacy ($p<.001$) are significant predictors of psychological well-being.

Discussion

A positive correlation has been obtained between the dependent variable of this study, psychological well-being and the two independent variables, emotion expression and psychological counselling self-efficacy. This led to the conclusion that when the emotion expression scale grading of psychological counselors increases, their psychological well-being scale grading also increases, furthermore, when psychological counselling self-efficacy scale grading increases, their psychological well-being increases as well. A positively significant correlation was also found between the two independent variables of the study, namely, emotion expression and psychological counselling self-efficacy. Based on this, it is concluded that when emotion expression scale grading of mental health workers increases, the psychological counselling self-efficacy scale grading also increases.

The target of this study was to access the impact of emotion expression and psychological counselling self-efficacy on the well-being of mental health workers who are actively working. When obtained results are evaluated in this respect, it was found that both emotion expression and psychological counselling self-efficacy are significant predictors of psychological well-being. The order of importance over the psychological well-being is psychological counselling self-efficacy followed by emotion expression. It is observed that these two variables justify approximately 31 % of the variance of psychological well-being.

There are studies in the literature stating, similar to the results of this one, the relation of psychological well-being to emotion expression. There are also studies which define emotion expression as a significant predictor of psychological well-being (King and Emmons 1990, Novick-Kine et al. 2005, Zech 2000, Zech et al. 2003). The mutual point of these studies is the fact that expressing of feelings have an increasing influence on psychological well-being. Kuyumcu and Güven (2012), as the conclusion of their study with Turkish and English students, found out that self-awareness of emotions and expressing these emotions are significant predictors of psychological well-being. Contrary to Turkish students, emotion expression variable for English students was more effective in justifying psychological well-being. This issue can be explained by the fact that expressing emotions in western cultures is more supported than our culture.

There are studies in the literature which, contrary to the results of this study, state that psychological well-being grading has no relevance to emotion expression. King and Emmons (1990) developed their studies about the emotion expression impact on psychological health by working on the uncertainties experienced in expressing emotions. According to the studies, the uncertainty individuals experience while expressing their

emotions do have an impact on their well-being. The intense uncertainty state experienced while expressing emotions are found to be generating from negative feelings, obsessive-compulsive tendency, anxiety and depression. In a similar study about the uncertainty state of emotion expression, Winkelman (2000), concluded his study by claiming that the psychological well-being is related to uncertainty experienced while expressing emotions.

There are studies in the literature stating, similar to this one, the relation of psychological well-being to psychological counselling self-efficacy. Kılınç (2017) stated that university students who have a high psychological counselling self-efficacy level do also have a high level of psychological well-being. Siddigui (2015), in his study with the university students, obtained a high significant correlation between the self-efficacy and psychological well-being. As a similar finding, Ümmet (2017) reports in his research that there is a positive relationship between counseling self-efficacy and positive emotions of psychological counsellor candidates. Likewise, De Caroli and Sagone (2013) stated that adolescents with high self-efficacy level, compared to the ones with lower level, have a higher psychological well-being.

The positive correlation between the psychological well-being and emotion expression variables as well as the emotion expression being a significant predictor of psychological well-being are all thought to be generated from the fact that individuals, when they express their emotions, get rid of their internal strains, involve in satisfying social relations, experience more positive feelings (Frattaroli 2006) and evidently have their well-being positively affected from all these factors. The positive correlation between the psychological well-being and psychological counselling self-efficacy as well as the psychological counselling self-efficacy being a significant predictor of psychological well-being are all thought to be generated from the fact that one's self-confidence and self-belief increases when psychological counselling self-efficacy perception is high, also one's self-respect increases (Bandura 1997) and evidently all these factors have a positive impact on psychological well-being. In this study it was observed that high levels of emotion expression and psychological counselling self-efficacy have a significantly important impact on psychological well-being of mental health workers. In summary, in this study, it was concluded that both emotional expression and psychological counseling self-efficacy are effective variables in psychological well-being of mental health professionals. The research has some limitations. Firstly, the scales used in the research are self-report scales. Therefore, the results are limited to the information provided by the participants. Also, participants are mental health professionals working only in Istanbul. This situation limits the generalizability of the research findings. In addition, most of the experts who volunteer to participate in the research are women. This can be seen as a limitation for the findings.

Conclusion

In this study, it was seen that high emotional and psychological counseling self-efficacy levels had an important effect on psychological well-being levels of mental health workers. In this framework, more comprehensive studies can be conducted covering different variables that may be related to psychological well-being of mental health professionals. In order to increase psychological well-being, it will be useful to conduct studies for mental health professionals their emotional expression and psychological counseling self-

efficacy variables. At this point, it should be ensured that supervision services are more accessible for mental health professionals. According to the results, expressing emotions is a concept related to psychological well-being. It is thought that it is important for mental health professionals to realize and use the resources from which they can express their feelings. These studies are thought to increase the psychological well-being of mental health professionals and positively affect the quality of the studies they conduct with their clients. The number of female participants in this study is much higher than that of men. It is thought that the number of genders close to each other in future studies may increase the generalizability power of the findings.

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