

How the home attachment contributes to the mental well-being in youth and adults

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Background and Aim: Home attachment is defined as 1) an experience of person's deep emotional closeness to their home community, history, nature factors and 2) a perceivable signification of home as fateful and saturated with personal meanings placeⁱ. The goal of this paper is to study relations between home attachment and well-being in youth and adults. We assumed that 1) home attachment is positively connected with mental well-being, and 2) this connection is moderated by age.

Methods: 291 participants (30% male, 70% female) aged from 12 to 72 who were distributed into four groups: 1) adolescents, 2) youth, 3) early adults, 4) middleaged and elderly. To measure chosen independent and dependent variables we used the Home Attachment questionnaireⁱⁱ, The Warwick-Edinburgh Mental Well-being Scale (WEMWBS)ⁱⁱⁱ, and the Sense of Coherence (SOC)^{iv}. Correlation and multi-regression analyses were applied.

Results: Correlation analysis has confirmed 1) a significant positive relation between home attachment and psychological well-being, 2) strong positive relationship between home attachment and sense of coherence. Were found that home attachment was a significant predictor of psychological well-being and sense of coherence; this impact is the highest in adolescents, less significant in youth, middle-aged and elderly, and is absent in early adults.

Discussion and implication: Hypotheses were not rejected. The research showed that home attachment was an important predictor of individual's mental well-being. Moreover, the sense of coherence has bind with feeling of closeness to one's own home and home attachment. It can be because both developmental resources and age tasks change with age. Thus, middle-aged respondents have no significant bind between SOC and home attachment because there is a number of different environments as important as home: work office, leisure-time places, etc.

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