



## Mediating and Moderating Role of Sensation Seeking in the Relation between Self-concealment and Life Satisfaction in Adolescents

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### Abstract

The present research aimed to explore the mediating and moderating role of sensation seeking in the relation between self-concealment and life satisfaction in adolescents. Research data were collected using the Turkish version of Self-concealment Scale, Brief Sensation Seeking Scale, and Satisfaction with Life Scale. These scales were completed by 403 adolescents aged 13–15 years. Results demonstrated that self-concealment had a negative relation with life satisfaction; whereas sensation seeking was positively related to life satisfaction. The result of the regression analysis demonstrated that the association between self-concealment and life satisfaction was suppressed by sensation seeking. Furthermore, the relationship between life satisfaction and self-concealment was moderated by sensation seeking. According to this result, life satisfaction is indirectly influenced by self-concealment via sensation seeking in adolescents.

### Keywords

Life satisfaction  
Sensation seeking  
Self-concealment  
Mediation  
Moderation

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### Introduction

Adolescence is an important stage of physical and psychological development. The healthy development of adolescents is affected by some variables such as lower life satisfaction (Park, 2004; Sun and Shek, 2010), sensation seeking (Comeau, Stewart and Loba, 2001; Greene and Banerjee, 2008; Palmgreen, Donohew, Lorch, Hoyle and Stephenson, 2001), and self-concealment (Finkenauer, Engels, and Meeus, 2002; Frijns, Finkenauer and Keijsers, 2013; Frijns, Finkenauer, Vermulst and Engels, 2005). Self-concealment has negative effects on adolescents' healthy development, including their physical and mental health. Studies on adolescents have traditionally focused on negative issues such as self-concealment and sensation seeking; however, more attention has been given to the importance of well-being and life satisfaction during adolescence by positive psychologists (Eisenberg, Neumark-Sztainer and Story, 2003; Gross, Juvonen and Gable, 2002; Park, 2004; Sun and Shek, 2010). When compared with adults, studying on adolescents' life satisfaction has been less common. Thus, the present study is very important because it contributes to determine factors that affect life satisfaction in adolescents and to determine how to promote their life satisfaction and psychological well-being.

Life satisfaction is specified as the subjective appraisal of the quality of one's life (Diener, Suh, Lucas and Smith, 1999) and the perceived gap between what one wants and what one has (Frisch, 2006). The smaller the difference between individuals' dreams and success, the greater is their life

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satisfaction level (Diener, Oishi and Lucas, 2003; Frey and Stutzer, 2001). Studies conducted on adolescents' life satisfaction demonstrated that individuals with relatively higher life satisfaction might experience positive results in many areas such as education, vocation, intrapersonal, and interpersonal. On the other hand, individuals with relatively lower life satisfaction may experience negative results, including various high-risk activities such as substance use and violent act, and they display loneliness and depression symptoms (Brantley, Huebner and Nagle, 2002; Zullig, Valois, Huebner, Oeltmann and Drane, 2001). In this context, life satisfaction considerably affects individuals' physical and psychological health. Thus, it is quite important that factors predicting life satisfaction are determined in adolescence. Sensation seeking and self-concealment may be crucial variables predicting adolescents' life satisfaction.

### *Sensation Seeking*

Arousal theory reveals that individuals with high sensation seeking are prone to increase the physiological arousal level from low to optimal level by engaging in sensation seeking activities because physiological underarousal is an unpleasant state for them (Raine, Brennan and Mednick, 1997). Thus, they engage in actions such as climbing, bungee jumping, and watching horror movies (Stephenson and Southwell, 2006). On the other hand, individuals with low sensation seeking are prone to avoid activities that include sensation seeking (Renfro, Antoine and Lawson, 2013).

Sensation seeking is generally defined as boldness or explorativeness in unfamiliar situations or in response to novel stimuli (Zuckerman, 2007). Sensation seeking refers to an experience of positive feelings when entering into novel situations. It is also a desire for thrilling and gaining new experiences in various areas such as physical, mental, and social (Zuckerman, 1990). Sensation seeking increases because of neurobiological development during adolescence, but it decreases in adulthood (Chambers, Taylor and Potenza 2003). Thus, sensation seeking may be one of the most important predictors of adolescents' life satisfaction.

### *Sensation Seeking and Life satisfaction*

When examining previous studies in the literature, it is observed that there are studies that investigate the relation between sensation seeking and life satisfaction in young adults (Oishi, Schimmack and Colcombe, 2003; Stegman, 2011), but there is no study that examines the relation between these two variables in adolescence. Oishi et al. (2003) found that life satisfaction is not directly influenced by sensation seeking. On the other hand, another study that used the four-dimensional version of the sensation seeking scale demonstrated that life satisfaction is negatively related to disinhibition and boredom susceptibility, which are subscales of the four-dimensional sensation seeking scale. Furthermore, there are some studies that examine the relation among extraversion, self-esteem, depression, sensation seeking, and life satisfaction. The results of these studies demonstrated that sensation seeking is positively correlated with extraversion (Costa and McCrae, 1992; Diener, Suh, Lucas and Smith, 1999), self-esteem (Emmons and Diener, 1985; Hong and Giannakopoulos, 1994; Lucas, Diener and Suh, 1996), and depression (Carton, Jouvent and Widlöcher, 1992). Furthermore, these studies found that extraversion, self-esteem, and depression are significant predictors of life satisfaction. Depression is positively related to sensation seeking (Carton, Jouvent and Widlöcher, 1992), but is negatively related to life satisfaction (Lewinsohn, Redner and Seeley, 1991). In this context, for sensation seeking activities that may have a buffer impact on the negative effects of depression, the life satisfaction of adolescents with high sensation seeking may not be affected by depression. The relation between sensation seeking and life satisfaction can be found based on these related characteristics. This would lead one to hypothesize that high sensation seekers experience more life satisfaction than low sensation seekers.

Another important variable is stress associated with life satisfaction and sensation seeking. Smith, Ptacek and Smoll (1992) found that high sensation seekers identify more negative stressful life events than low sensation seekers, but their well-being is not affected. Such events have a larger influence on low sensation seekers than high sensation seekers. Higher sensation seeking may lead to a lower perception of stress and thereby greater well-being and life satisfaction in adolescents. This may be attributed to the greater ability of high sensation seekers to tolerate the negative effects of stressful life events.

### *Self-concealment*

Understanding self-concealment, being prone to restraining private information from others (Fridlander, Nazem, Fiske, Nadorff and Smith, 2012; Hu, Wang and Wu, 2013), may be important to help adolescents who have depression, stress, and lower life satisfaction. Self-concealment is explained as the constant tendency toward the concealment of distressing and specific information from others. Individuals with high self-concealment demonstrate a behavioral pattern including negative private information, hiding it from others, and feeling anxious or avoiding self-disclosure (Masuda and Latzman, 2012). According to previous studies, self-concealment positive affects adolescent development, individualization, development of emotional autonomy, and physical and psychological well-being (Deniz and Çok, 2010; Finkenauer et al., 2002; Kelly, 1998).

Self-concealment, which is destructive to psychological well-being (Larson and Chastain, 1990; Uysal, Lin and Knee, 2010) and life satisfaction (Wismeijer and van Assen, 2008), prevents revealing psychological well-being (Potoczniak, Aldea and DeBlaere, 2007), receiving social support (Cepeda-Benito and Short, 1998), and bad mood (Kahn and Hessling, 2001). Some researchers (Barry and Mizrahi, 2005; Cepeda-Benito and Short, 1998) demonstrated that individuals with self-concealment are more reluctant toward receiving psychological support. However, self-concealment is positively related to psychological problems (Kelly and Yip, 2006; Masuda, Anderson and Sheehan, 2009; Masuda, Boone and Timko, 2011), anxiety (Barry and Mizrahi, 2005), and depressive symptoms and suicidal behaviors (Fridlander et al., 2012).

### *Current Study*

This study hypothesizes that sensation seeking buffers the negative impact of self-concealment on adolescents' life satisfaction. As described previously, self-concealment has been found to be linked to more functional limitations, psychological problems, feelings of social isolation from others (Kelly and Yip, 2006; Masuda, Anderson and Sheehan, 2009), destructive psychological well-being (Larson and Chastain, 1990; Potoczniak, Aldea and DeBlaere, 2007; Uysal, Lin and Knee, 2010), lower life satisfaction (Wismeijer and van Assen, 2008), and depressive symptoms and suicidal behaviors (Fridlander et al., 2012). Thus, life satisfaction may decrease during adolescence because of self-concealment. Furthermore, adolescents with self-concealment may suppress negative experiences, anxiety and negative self-esteem, and psychological distress thanks to behaviors such as sensation seeking. Thus, they may have higher sensation seeking, which can increase or decrease life satisfaction during adolescence.

Because adolescence, characterized by physical, psychological, and social changes, is the transition period from childhood to adulthood, it is considered a crucial stage in a person's life. In this development period, while some adolescents chose self-concealment, others chose sensation seeking activities such as substance use, sexual risk-taking, reckless driving, and dangerous sports, which can harm them. On the other hand, sensation seeking, which increases because of neurobiological development (Chambers, Taylor and Potenza 2003), has been found to be linked to a relatively lower perception of stress and thereby greater well-being (Smith et al., 1992), extraversion (Costa and McCrae, 1992), and self-esteem (Baird, 1981), which are related to life satisfaction. Furthermore, adolescents share both satisfying relation and recreational time with peers (who engage in supportive behaviors) thanks to sensation seeking activities, which can be a protective role of social isolation and symptoms of depression. Thus, the aim of this study was to investigate whether the relation between

self-concealment and life satisfaction was mediated and moderated by sensation seeking. Furthermore, the study examined whether sensation seeking, self-concealment, and interaction variable (self-concealment  $\times$  sensation seeking) predicted adolescents' life satisfaction.

## Method

### *Research Model*

The present study was performed using the relational survey method. Karasar (2006) stated that relations among variables and their change together can be examined using the relational survey method. In this context, this method was used for examining the relations among self-concealment, sensation seeking, and life satisfaction. Furthermore, it was used to investigate the mediating and moderating effect of sensation seeking on the relation between self-concealment and life satisfaction.

### *Participants*

Research data were gathered from 403 adolescents aged 12–15 years ( $M= 13.20$ ,  $SD=.46$ ) from the Sultangazi district of Istanbul; these adolescents were selected from three schools. Of the participants (49% male ( $N = 200$ ) and 51% female ( $N = 203$ )), 1% ( $N= 4$ ) had low socioeconomic level, 69% ( $N= 278$ ) had medium socioeconomic level, and 30% ( $N= 121$ ) had high socioeconomic level. Participants voluntarily contributed to the process of data collection.

### *Measures*

#### *Satisfaction with Life Scale (SWLS)*

Diener, Emmons, Larsen, and Griffin (1985) developed the SWLS, which was adapted into Turkish by Durak, Şenol-Durak, and Gençöz (2010). The result of the confirmatory factor analysis of the Turkish form revealed the most simple factor structure as the original scale and one factor structure of the scale was a valid model ( $\chi^2/df= 2.026$ ,  $RMSEA = .043$ ,  $TLI = .98$ ,  $CFI = .99$ , and  $IFI = .99$ ). It was observed that the all fit indices of the model was acceptable. The internal consistency reliability of the scale was found to be .81 in an adaptation study (Durak et al., 2010) and .66 in the current research. According to Flynn, Schroeder, and Sakakibara (1994), if the internal consistency reliability of a scale is .60 and above, it is the acceptable reliability level for a scale. The SWLS is a 5-item scale that asks respondents to indicate the extent to which they agree with each item using a 7-point scale (1= *very strongly disagree* and 7= *very strongly agree*). The total scores range from 5 to 35. The scale scores are the sum of the items, and higher scores indicate higher life satisfaction levels.

#### *Self-concealment Scale*

The self-concealment scale was developed by Larson and Chastain (1990), which was adapted into Turkish by Deniz and Çok (2010). The result of the exploratory factor analysis of the Turkish form revealed the most simple factor structure as the original scale, and factor loadings accounted for .51 and .74. Moreover, 43.76% of the total variance was explained by one factor. CFA verified that the scale consists of one factor and one factor structure of the scale was a practical and valid model ( $AGFI= .89$ ,  $GFI= .93$ ,  $CFI= .97$ , and  $RMSEA= .07$ ). The all fit indices seem acceptable. The Cronbach alpha level was found to be .86 in an adaptation study (Deniz and Çok, 2010) and .85 in the current research. The self-concealment scale is a 10-item scale that asks respondents to indicate the extent to which they agree with each item using a 5-point scale (1= *strongly disagree* and 5= *strongly agree*). The total scores range from 10 to 50. The scale scores are the sum of the items, and higher scores indicate higher self-concealment levels.

#### *Brief Sensation Seeking Scale (BSSS-4)*

Stephenson, Hoyle, Palmgreen and Slater (2003) developed the BSSS-4 to measure sensation seeking, which was adapted into Turkish by Çelik, Turan, and Güngör, (2014). The EFA was used for validating the Turkish form. The result of the EFA showed that the scale consists of one factor that includes four items as the original scale. The factor loading of the scale ranged from .74 to .84. The internal consistency reliability of the scale was found to be .81 for the Turkish form (Çelik et al., 2014).

It was found to be .81 in the current research. The total scores range from 4 to 16. Higher scores indicate higher sensation seeking levels.

#### ***Data Collection Process***

Research data were collected from adolescents who participated voluntarily. Research tools were administered during school hours after obtaining permission from school administrators. Participants were informed about the aim of the present study. The collection of research data and analysis were performed without specifying the name of the participants.

#### ***Data Analysis***

In this research, relations among variables were examined by the Pearson correlation coefficient. Regression analysis was used for determining variables that predict adolescents' life satisfaction. The Sobel test was utilized to determine whether the mediation effect of sensation seeking is statistically significant in the relation between self-concealment and life satisfaction. Interaction variable (self-concealment  $\times$  sensation seeking) was created by the centering method (Holmbeck, 2002; Tabachnick and Fidell, 2007).

Before regression analysis, data were checked in terms of regression assumptions of linearity, normality, and multicollinearity problems. Kurtosis, skewness, and mahalanobis distance scores were examined for linearity and normality. Variance inflation factors (VIFs) and condition index (CI) methods were used for determining whether there were multicollinearity problems. According to Tabachnick and Fidell (2007), VIFs scores are not greater than 10, and CI scores are not greater than 30. VIF values were found to be 1.04 for both sensation seeking and self-concealment. CI values were found to be 5.57 for self-concealment and 7.83 for sensation seeking. VIFs and CI values showed that there was no multicollinearity problem among independent variables. Furthermore, kurtosis scores were found to be  $-0.74$  for life satisfaction,  $-0.85$  for self-concealment, and  $-0.92$  for sensation seeking. Skewness scores were found to be  $-0.06$  for life satisfaction,  $0.12$  for self-concealment,  $-0.12$  for sensation seeking. These results demonstrated that research data were normally distributed.

## Results

As shown in Table 1, according to the result of the correlation analysis, independent variables (self-concealment and sensation seeking) were associated with adolescents' life satisfaction. Sensation seeking was significantly and positively correlated with life satisfaction ( $r = .11, p < 0.05$ ), whereas self-concealment was significantly and negatively related to life satisfaction ( $r = -.32, p < 0.01$ ). Interaction variable (self-concealment  $\times$  sensation seeking) was positively associated with life satisfaction ( $r = .13, p < 0.01$ ). Furthermore, self-concealment was positively related to sensation seeking ( $r = .20, p < 0.01$ ) and interaction variable (self-concealment  $\times$  sensation seeking) ( $r = .12, p < 0.01$ ).

**Table 1.** Results of the Correlation Analysis

Variables	1	2	3	4
Life Satisfaction	1			
Self-concealment	-.32**	1		
Sensation Seeking	.11*	.20**	1	
Self-concealment $\times$ Sensation Seeking	.13**	.12**	-.01	1
M	25.37	26.42	10.63	.20
SD	5.05	10.06	3.58	1.02

\*\* $p < 0.01$

### *Mediating Role of Sensation Seeking on Self-concealment–Life Satisfaction Relations*

In the first step of the mediation process, as shown in Table 2, self-concealment significantly and negatively predicted life satisfaction ( $\beta = -.32, t = -6.77, p < .001$ ). In the second step, self-concealment significantly and positively predicted sensation seeking ( $\beta = .21, t = 4.18, p < .001$ ). In the third step, sensation seeking significantly and positively predicted life satisfaction ( $\beta = .18, t = 3.75, p < .001$ ), but self-concealment significantly and negatively predicted life satisfaction ( $\beta = -.36, t = -7.50, p < .01$ ). As shown in Figure 1, when sensation seeking was included in the regression equation, the effect of self-concealment on life satisfaction increased from  $-.32$  to  $-.36$ . According to the result of the Sobel test, this increase is statistically significant ( $Z = 2.75, p = .005$ ). Moreover, the relation between self-concealment and life satisfaction is suppressed by sensation seeking.

**Table 2.** Hierarchical Regression Model

Steps of Mediation Process	B	Standard Error of B	$\beta$	t	p	F	R <sup>2</sup>
<b>Step 1</b>							
Self-concealment (P) Life Satisfaction (D)	-.16	.02	-.32	6.77	.000	45.88	.10
<b>Step 2</b>							
Self-concealment (P) Sensation Seeking (D)	.07	.02	.21	4.18	.000	17.51	.04
<b>Step 3</b>							
Self-concealment (P) Life Satisfaction (D)	-.18	.02	-.36	-7.50	.000	30.73	.13
Sensation Seeking (M) Life Satisfaction (D)	.25	.07	.18	3.75	.000		

\* $p < .05$

\*\* $p < .01$

\*\*\* $p < .001$

(D)= Dependent

(M)= Mediator

(P)= Predictor

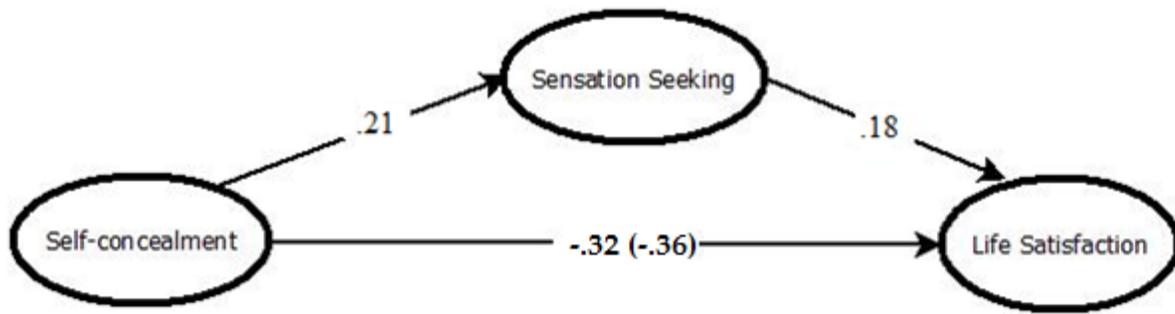


Figure 1. Suppression Effect of Sensation Seeking

*Moderating Role of Sensation Seeking on Self-concealment – Life Satisfaction Relations*

As shown in Table 3, the hierarchical regression analysis demonstrated that step or block 1 had an R-square of .103 ( $\Delta R^2 = .10, p < .001$ ) and the inclusion of the predictors in block 2 gave an estimated R-square of .133 ( $\Delta R^2 = .13, p < .001$ ). Finally, the inclusion of the predictors and the interactions in Step 3 had an R-square of .16 ( $\Delta R^2 = .16, p < .001$ ). The increment in the R-square was statistically significant, although it was of a small magnitude. There was a significant interaction or moderating effect between self-concealment and sensation seeking. The moderating effect of sensation seeking is shown in Figure 2.

Table 3. Hierarchical Regression Model

Predictor	B	Standard Error of b	$\beta$	t	p	F	R <sup>2</sup>
<b>Step 1</b>							
Self-concealment	-.16	.02	-.32	-6.77	.000	45.88	.10
<b>Step 2</b>							
Self-concealment	-.18	.02	-.36	-7.50	.000	30.73	.13
Sensation Seeking	.25	.07	.18	3.75	.000		
<b>Step 3</b>							
Self-concealment	-.19	.02	-.38	-8.04	.000	25.83	.16
Sensation Seeking	.26	.06	.18	3.93	.000		
Self-concealment × Sensation Seeking	.86	.23	.17	3.74	.000		

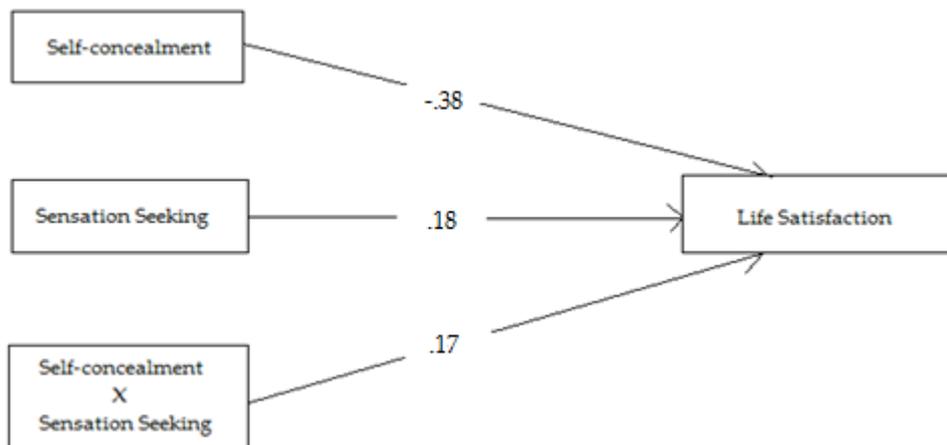


Figure 2. Moderating Effect of Sensation Seeking

## Discussion, Conclusion, and Suggestions

The present research aimed to investigate the relation between adolescents' self-concealment and life satisfaction and between their sensation seeking and life satisfaction. In addition, it investigated whether adolescents' life satisfaction was significantly predicted by these variables. Moreover, sensation seeking buffers the negative impact of self-concealment on life satisfaction in adolescents. The findings verified the hypotheses of the current research. The result of the Pearson correlation analysis showed that adolescents' life satisfaction was significantly and positively associated with sensation seeking. On the other hand, self-concealment was significantly and negatively related to adolescents' life satisfaction. The findings are consistent with previous research (Wang, Qi and Cui, 2014; Wismeijer and van Assen, 2008). Regression analysis demonstrated that self-concealment and sensation seeking significantly predicted life satisfaction; however, unlike previous research findings, the present research demonstrated that sensation seeking is the suppression and moderator variable in the relation between self-concealment and life satisfaction; that is, sensation seeking is a significant determinant of the relation between adolescents' life satisfaction and self-concealment.

The current research examined the direct effect of each independent variable in the regression model (LeBreton, Ployhart and Ladd, 2004). In this context, in the present study, although the correlations are significant, the  $R^2$  is low, because the present study did not include other variables that affect adolescents' life satisfaction. These variables include high-risk activities (e.g., drug and alcohol use and violent act), psychological problems (depression, anxiety, and loneliness) (Brantley et al, 2002; Valois et al, 2001, Zullig et al., 2001), leisure activities (Heller, Watson and Ilies, 2004; Pavot and Diener, 2008), bullying (Blood et al., 2011), school engagement and confidence in the classroom (Doğan and Çelik, 2014), relations with other students at school (Leung and Zhang, 2000), perfectionism (Çelik, 2014), perception of school inefficacy (Çelik, Arıcı Özcan and Turan, 2014), resilience and anxiety (Beutel, Glaesmer, Wiltink, Marian and Braehler, 2010), and social skills (Malinauskas, Dumciene and Lapeniene, 2014).

By examining previous studies about sensation seeking and self-concealment, it is observed that self-concealment is linked to destructive psychological well-being (Larson and Chastain, 1990; Potoczniak et al., 2007; Uysal et al., 2010), lower life satisfaction (Wismeijer and van Assen, 2008), and depressive symptoms and suicidal behaviors (Fridlander et al., 2012). Similarly, the present study found that self-concealment negatively predicted life satisfaction such that adolescents with more self-concealment have lower levels of life satisfaction because they have more negative feelings and experiences or private information. They also avoid self-disclosure. Therefore, many adolescents don't receive support from school psychologists when they need. However, previous studies found that sensation seeking is linked to a lower perception of stress and thereby greater well-being (Smith et al., 1992), extraversion (Costa and McCrae, 1992), and self-esteem (Baird, 1981), which are related to life satisfaction. The present study found that sensation seeking positively predicted life satisfaction such that adolescents with more sensation seeking have higher levels of life satisfaction because they have a lower perception of stress and thereby greater well-being, extraversion, and self-esteem.

The present study result showed that individuals with low self-concealment have high life satisfaction. By examining the literature, it is observed that the present study's findings are in accordance with previous research findings (Finkenauer, Kerkhof, Righetti and Branje, 2009; Fridlander et al., 2012; Uysal, Lin and Knee, 2010; Uysal, Lin, Knee and Bush, 2012; Uysal, Lin and Bush, 2012). Danielsen, Samdal, Hetland, and Wold (2009) stated that life satisfaction judgments are likely to be influenced by different social (i.e., friends, family, and teachers) and individual resources. Based on this view, it can be stated that individuals who have lower life satisfaction have an isolated life from others or experience social and emotional loneliness. These individuals have high levels of self-concealment because of the lack of social environment, peers, significant others, and close friends.

Based on the social support theory, social support can help buffer the negative effects of stress (Cutrona and Russell, 1990), and it is an important predictor of well-being (Goldfried and Goldfried, 2001; Peterson, Folkman and Bakeman, 1996; Vincke and Bolton, 1994). Beals, Peplau and Gable (2009) found that perceived social support mediates the relation between self-concealment and well-being. Furthermore, adolescents who have higher self-concealment have lower social skills for peer interactions (Gresham, Elliott, Vance and Cook, 2011). In this context, adolescents shares with peer (who engages in sensation seeking activities) both satisfying relationship and recreational time which can protect them from social isolation and negative effects of stress. Thus, self-concealment negatively predicted life satisfaction, whereas sensation seeking positively predicted life satisfaction.

The present study's findings are encouraging for continuing the investigation of how self-concealment and sensation seeking contribute to adolescents' life satisfaction and development. Most previous studies reported the negative aspect of sensation seeking to be an important factor in adolescent development because sensation seeking rises dramatically during adolescence and decreases in adulthood (Romer, 2010). Thus, the present study is very important because it reports the positive contribution of sensation seeking on adolescents' life satisfaction. Society often had a need for higher sensation seekers for specific roles such as warriors and explorers and lower sensation seekers for more monotonous, low-risk jobs (Zuckerman, 1994). Furthermore, sensation seeking may contribute to adolescent development in various aspects such as self-confidence, maturation, brain development (Romer, 2010), and social interactions with peers (Yanovitzky, 2005). Moreover, adolescents may develop social and physical skills thanks to sensation seeking activities. On the other hand, sensation seeking may increase risks to healthy development; however, it may increase adolescents' life satisfaction, well-being, and happiness thanks to sensation seeking activities such as supportive behaviors and satisfying relations, but these activities decrease self-concealment levels in adolescents. In this context, sensation seeking trait should not exceedingly obstruct and should be balanced during adolescence. This balance between more adventurous individuals and more cautious individuals may ensure the fate of the entire society.

Despite the promising findings of the current research, there are important limitations in this study. One major limitation may be the nature and size of the sample. The population of adolescents enrolled secondary school (grades 6, 7, and 8) in Istanbul, and their age range was 12–15 years. The results of the present research are solely based on the self-reports of the participants. Therefore, future studies should collect data that include perspectives of others (e.g., teachers, peers, and family) for a better understanding of the relation between self-concealment and life satisfaction. Furthermore, future research about sensation seeking, self-concealment, and life satisfaction should focus on social support and intimate relationship. Kashdan, Rose, and Fincham (2004) stated that high curiosity and exploration are present during adolescence, similar to sensation seeking. Thus, adolescents may inform about specific sensation seeking activities (e.g., curiosity and exploration, sports activities) increase to life satisfaction. Such sensation seeking activities may lead to positive subjective experiences and personal growth, having an impact in many areas of human development. Thus, future research about sensation seeking and life satisfaction should focus on such positive variables.

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