

Abstract

Neuroticism is the most important predictor of Subjective Well-being (SWB), and individuals who score high on neuroticism report low levels of SWB. Although the relationship between neuroticism and subjective well-being has been well documented, little is known about its potential mechanism, especially in children and teenagers. The present study investigates the relationship between neuroticism and SWB among early adolescents. Sleep quality and trait mindfulness are tested as mediators independently of this relationship. We also examined the indirect pathways from neuroticism to SWB via both sleep quality and trait mindfulness.

There were 1035 participants recruited in the study from the China Jintan Cohort. Data were collected through self-reported questionnaires from the year 2011 to 2014. Results indicated that sleep quality and trait mindfulness mediated the relationship between neuroticism and SWB separately and all together. Improving sleep quality and level of mindfulness seems to be effective interventions for well-being enhancement in early adolescents.

Keywords: Subjective Well-being, Neuroticism, Sleep Quality, Mindfulness, Early Adolescents