



The study of the association between mattering and well-being: a systematic review

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BACKGROUND

Mattering is the individual's feeling of being important and significant for others (Rosenberg & McCullough, 1981). Perceived mattering and self-reported levels of well-being showed mostly a positive association (e.g. Flett & Nepon, 2020; Matera et al., 2021; Scarpa et al., 2021). Nevertheless, studies have adopted different perspectives in examining well-being:

- **Hedonic well-being:** subjective happiness composed of life satisfaction, high positive affect and low negative affect (Diener & Lucas, 1999; Watson et al., 1988).
- **Eudemonic well-being:** the effort to reach the perfection, which is the achievement of the proper true potential (Ryff, 1995).
- **Holistic well-being:** the satisfaction experienced in all individual's life domains (psychological, physical health, interpersonal, community, occupational, economic or spiritual) (Hattie et al., 2004; Prilleltensky et al., 2015).

METHOD

PRISMA guidelines (Page et al., 2021)

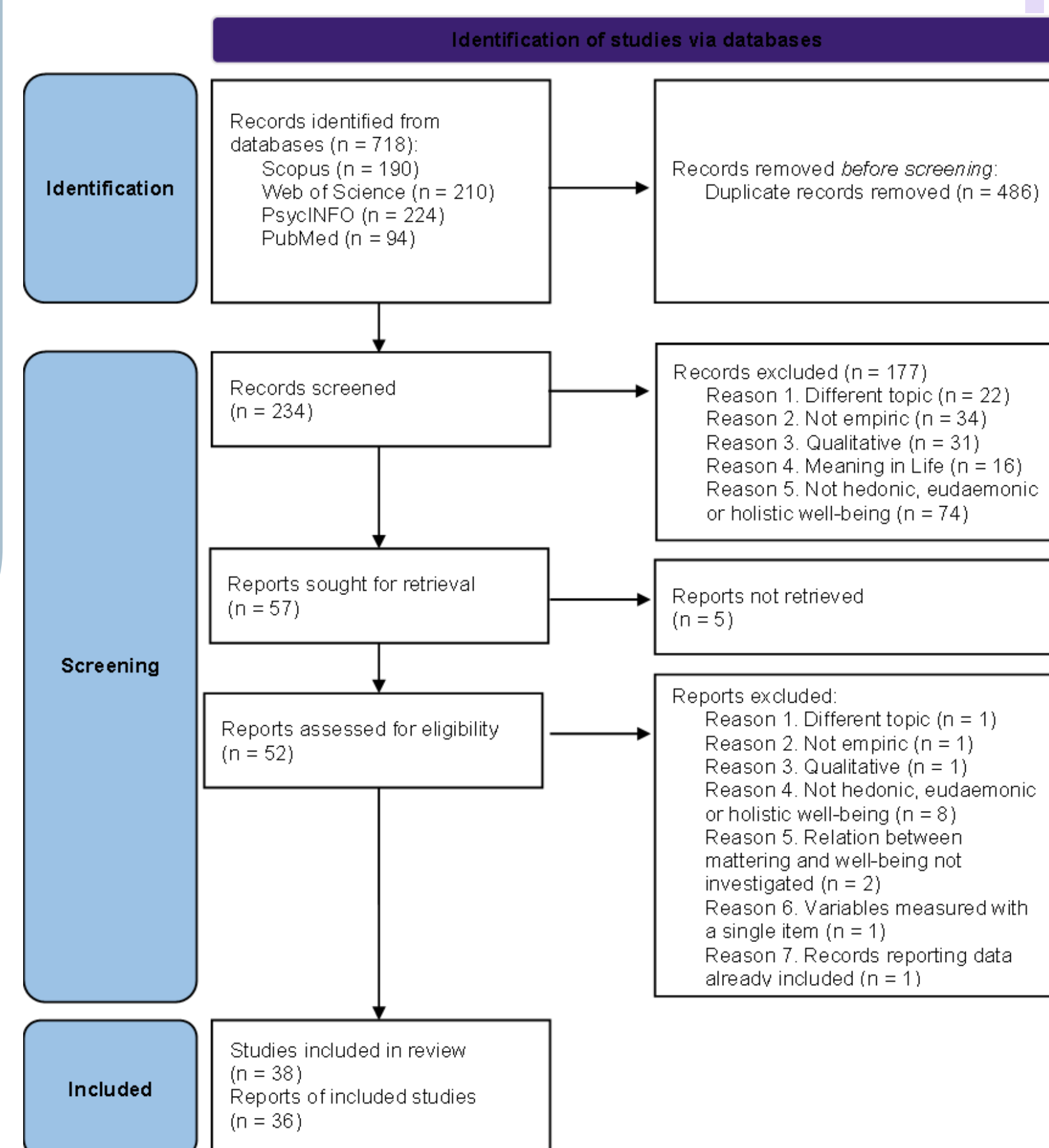
Keywords: "wellbeing", "well-being", "quality of life", "wellness", "health", "positive affect", "life satisfaction", "hedonic", "eudemonic" AND "mattering" NOT "qualitative"

Databases: Scopus, Web of Science, PsycINFO and PubMed

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AIM

to analyse the association between mattering and well-being depending on the adopted perspective



RESULTS

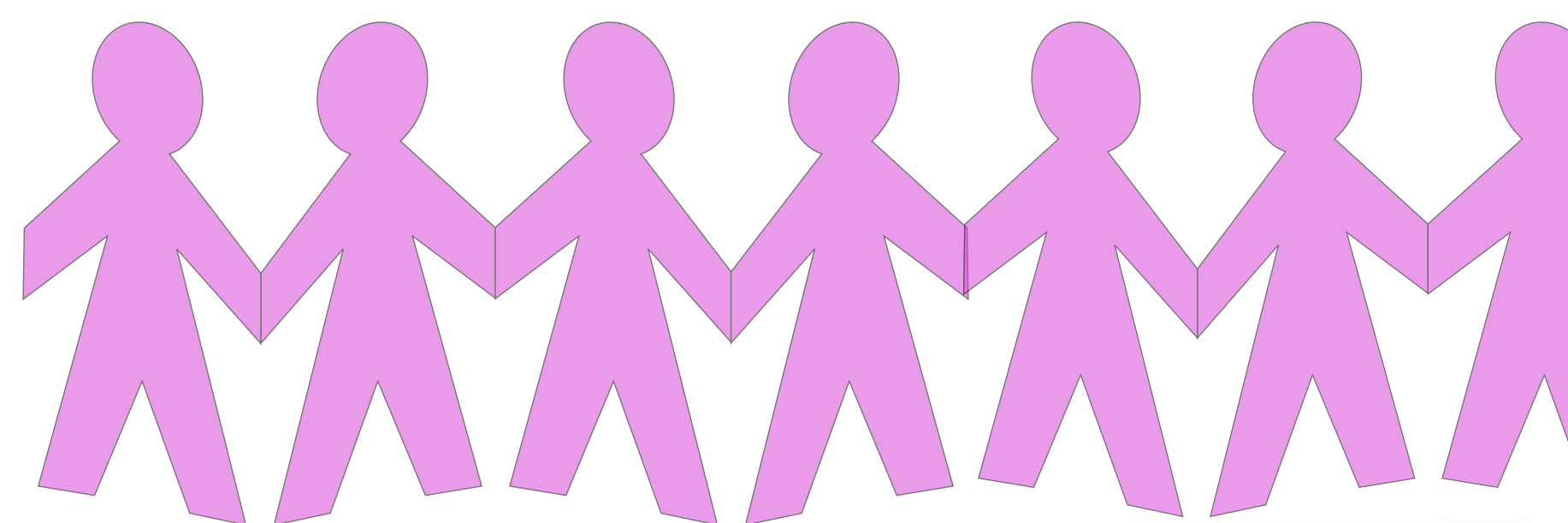
	Studies (N)	Main Results
Hedonic Well-being	22	All the studies showed a positive association between mattering and hedonic well-being except for two studies that did not report any significant associations
Eudaimonic Well-being	9	All the studies reported a significant moderate or strong positive association between mattering and eudaimonic well-being
Holistic Well-being	9	One study reported a negative significant association between wellness and mattering. Two studies showed how mattering was not a significant predictor of hedonic well-being in male students.

DISCUSSION

- In general mattering emerged as a positive predictor of well-being, especially in the eudaimonic well-being group
- The non-significant associations can be explained by cultural differences (participants from Alaska and Iran) or gender differences (mattering did not result as a predictor in male students)
- The negative significant association between mattering and wellness can be explained, referring to the possibility that for this group of participants higher levels of mattering may be experienced as a stressor. Feeling too much important for others can be linked to high expectations of performance from others that can become a source of distress.

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