Can appraisals of common political life events impact subjective well-being?

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Abstract
This study examined the psychological impact of global subjective appraisals of influence exerted on people's lives by common political events. A list of 24 political events was administered to a random sample of 400 adults in Poland. Political self-efficacy, interest in politics, perceived political social support, and political collective efficacy were also assessed as potential moderators of the link between political stress appraisals and subjective well-being (satisfaction with life, sense of anomie, positive affect). Perceptions of the negative influence of political stressors on one's life and the life of the country were associated with concomitant variations in subjective well-being. Among psychosocial resources, political self-efficacy consistently moderated the influence of appraisals of political stressors on satisfaction with life and positive affect.

Stressors associated with political violence and oppression

The greater part of stress and coping research examining the impact of political events, both directly and indirectly experienced, on psychological well-being has focused on very specific, usually potentially traumatic or traumatic circumstances (see Bonanno, Brewin, Kaniasty, & La Greca, 2010; Hobfoll et al., 1991; Maugen & Litz, 2006; Neria, DiGrande, & Adams, 2011). Yet, there have also been attempts to operationalize political stress as an aggregate of stressors of varied severity occurring on a protracted basis rather than stemming from a singular event. Slone and her collaborators (e.g., Slone & Hallis, 1999; Slone, Lobel, & Gilat, 1999) developed a "political life events model" that successfully adapted the life events checklist methodology (e.g., Monroe, 2008; Wheaton, 1996) to examine the effects of adverse political conditions on psychological well-being and adjustment of children and adolescents. The authors created the Political Life Events Scale (PLE) that assessed...