How Stable is Sense of Coherence? - Changes Following an Intervention for Unemployed Individuals

Jaana Vastamäki
University of Erlangen-Nuremberg

Klaus Moser
University of Erlangen-Nuremberg

Karsten Ingmar Paul
University of Erlangen-Nuremberg

(September 2008)
LASER Discussion Papers - Paper No. 16
(edited by A. Abele-Brehm, R.T. Riphahn, K. Moser and C. Schnabel)

Correspondence to:
Jaana Vastamäki, Lange Gasse 20, 90403 Nuremberg, Germany, Email: Jaana.Vastamaeki@wiso.uni-erlangen.de.
Abstract

The present investigation was concerned with the changeability of sense of coherence. We examined changes in sense of coherence (SOC) over a six month period in a sample of Finnish unemployed individuals (n=74) participating in an intervention program designed to boost reemployment. Over the study period, participants’ sense of coherence improved significantly and reemployed individuals reported greatest changes. Different changes in the subcomponents of SOC, comprehensibility, manageability and meaningfulness, were found. Contrary to expectations, participants younger than 30 years of age did not show greater changes in their SOC. Initial personal resources were predictors of both positive and negative changes in SOC.

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Author note

Writing of this paper has been partially supported by a scholarship from the University of Kuopio to the first author.