Research Article

The Impact of the Logotherapy-Based Spiritually Oriented Group Counseling on Meaning in Life and Multi-Measure Agentic Personality Levels of Emerging Adults

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Abstract

In this study, it was aimed to examine the effectiveness of the 8-session group psychological counseling based on logotherapy, which was developed to increase the level of meaning in life and active personality traits of emerging adults. This research employed a pre-test, post-test, control group experimental design and was conducted online on emerging adults. The experimental group and the research control group were formed with 10 participants among the emerging adults who voluntarily agreed to participate in the research. The study group consisted of 20 emerging adults, aged 18-25; 10 (3 men, 7 women) were in the experimental group, and 10 (4 men, 6 women) were in the control group. Purpose in Life Scale and Multi-Measure Agentic Personality Scale were applied to the experimental and control groups as pre-test and post-test. The experimental group of 10 participants received around 90 minutes of 8 sessions of logotherapy-based, spiritually oriented group counseling; however, no such application was made to the control group. The nonparametric Mann Whitney U test was conducted to determine whether the scores of the experimental and control groups on the multi-measure agentic personality and life purpose scales changed significantly between the pre- and post-tests. The non-parametric Wilcoxon Signed Ranks test was applied to determine whether there was a significant difference between the experimental and control groups' life purpose, multi-measure agentic personality scale post-test scores, and pre-test scores. The practice of spiritually oriented group counseling based on logotherapy was found to be statistically significant at the levels of finding the meaning in life and multi measure agentic personality traits, and the findings were analyzed in the context of the literature. This study tested the efficacy of this program, and it reveals the findings on emerging adults that professionals studying in various disciplines could use this program in a functional way in their studies.

Keywords:
Emerging Adulthood • Meaning in Life • Agency • Spirituality • Logotherapy • Group Counseling

Life includes a series of experiences where people need to overcome problems (Wrosch et al., 2005). Life events that occur during developmental periods can also be determinative in terms of human life (Staundinger, 2001). Additionally, the transition period to adulthood, which is deemed a substantial and distinctive period, can be determinative with respect to human life (Arnett, 2000; Furlong & Cartmel, 1997; Hagan & Foster, 2003). Arnett (2000), who argues that cultural, demographic, and economic alterations in modern societies lead to experiencing the developmental difficulties in identity, role discovery, and the subjects based on subjective experience; named the stage of adulthood as "*emerging adulthood*" (Arnett & Tanner, 2006; Gilmore, 2019).

The period of emerging adulthood is a distinct developmental period between adolescence and adulthood, during which individuals are neither fully grown nor considered adults (Arnett, 2000; 2015). The ages of transition to adulthood, which were previously conceptualized starting from the ages of 18-20 (Erikson, 1968; Havighurst, 1972), are now conceptualized differently depending on culture, individual, and other factors (Arnett & Tanner, 2006). Generally, this developmental period encompasses ages 18-25 and is a period where individuals recognize themselves, compose sense of identity, and experience crises, opportunities, and search for meaning of life concurrently (Arnett, 2015; Schwartz et al., 2013; Mayseless & Keren, 2014; Skulborstad & Hermann, 2016; Steger et al., 2009).

Since its conceptualization as the 'emerging adulthood period' by Arnett (2000), many theoretical and empirical studies have been conducted on the transition to adulthood period (Nelson et al., 2015; Reifman et al., 2007). As a result of these studies, a five-feature model was established that designates the phenomenological and psychological experiences that occur in the emerging adulthood period (Arnett, 2015). These features are identity seeking, experiencing unlimited possibilities, self-focusing, coping with uncertainty, and hovering between adolescence period and adulthood period (Arnett, 2015). Emerging adulthood is a period where many existential crises occurs and individuals seek answers to questions about life and identity (Arnett, 2000; Erikson, 1968; Marcia, 1966). In this period, the individuals' journey to find the meaning in life, which is the perfect timing to discover their identities, takes place in parallel with the development of the sense of identity (Arnett, 2006; Martela & Steger, 2016). Integration of the individual with the true self is essential in the process of creating meaning in life (Schlegel et al., 2009). As stated by Vos and Vitali (2018), meaning is a term based on a personal sense of purpose, values, understanding, self-worth, action-oriented goals, and self-regulation. The existence of meaning in life and the search for meaning are associated with happiness, low anxiety levels and low depression, and are considered among the protective factors against suicide (Dezutter et al., 2014; Hill et al., 2016). Individuals who cannot develop their identities and cannot make progress in terms of purpose and meaning in life, on the other hand, may experience an existential

emptiness with intense feelings of depression, meaninglessness, helplessness, and hopelessness (Frankl, 2014).

Emerging adults who are focused on identity development tend to display action-oriented behaviors (Schwartz et al.,2005). Personality agency enables people to actively manage their lives by making their own decisions and choices, and to undertake the consequences of their behaviors (Atak et al., 2013; Cote, 2002). Agency contributes to the individual living the past and future alternatives based on '*thisness*' by creating and shaping their own context, being in an autonomous structure (Cote & Levine, 2014; Schwartz et al., 2005). In the transition to adulthood, emerging adults with high levels of agency are more likely to take control of their lives and set goals for themselves as they try to understand and manage the challenges they face (Schwartz et al., 2005). In other words, adults who are actively seeking meaning in life tend to be more action-orientated and engaged in their lives (Cote, 2002; Cote, 2016; Schwartz et al., 2005). Emerging adults with high personal agency tend to set the life purposes, possess high self-esteem, self-efficacy in reasonable level, and internal locus of control (Cote, 2002; Cote & Schwartz, 2002; Nunes et al., 2022).

Individuals of all ages may experience existential problems, whether directly or indirectly (Garcia-Alendete et al., 2018; Mayseless & Keren, 2014). There are different kinds of meaning in each developmental period, and the journey to find the meaning in life lasts for the entire lifetime (Ghafari et al., 2008). A positive link exists between the sense of meaning, which is determinant of mental health, and psychological and physical well-being (Melton & Schulenberg, 2008; Morgan & Farsides, 2009; Savolaine & Granello, 2002). Emerging adults seek answers to their existential questions based on the search for meaning and self-integration, a process that includes identity research, change, difference, anxiety, and existential concerns (Arnett, 2000; Maxwell & Gayle, 2013). Similarly, in processes related to existential therapy, such as logotherapy, individuals seek answers to questions about who they are, what the meaning of life is, and how their lives will be shaped (Frankl, 2006). Experiences with logotherapy show that those who suffer from existential disappointments due to developmental crises should turn to the suitable meaning pieces, along with meaningless pieces in their lives; and discover new ways of finding meaning if faced with different life experience (Frankl, 2018). In other words, logotherapy is related to the journey of individuals who continue to search for meaning along with resources such as spirituality and values in the existential gaps they encounter when faced with existential obstacles, in order to understand their own lives and focus on the meaning of their lives (Esping, 2011; Frankl, 2014; 2018; Morgan, 2013). The persons who turn to the pieces of meaning in their lives with logotherapy are motivated in an optimistic way to take responsibility and take action about their lives (Guerra et al., 2017; Schulenberg et al., 2008).

Logotherapy emerges as an effective therapy ecole in addressing the issue of meaninglessness amoung emerging adults and their search for meaning (Blair, 2004). Current research suggests that existential therapies, which focus on themes such as finding the meaning in life and death, can be applied to individuals of all ages, including those in the emerging adulthood period (Shumaker, 2012). Group counselling, which is a type of logotherapy application, is a valuable therapeutic instrument for discovering and addressing existential problems (Somov, 2007; Yalom, 2011). Group counseling processes based on logotherapy attempt to tap into the therapeutic potential of the group process for addressing existential issues involved in the group process (Somov, 2007). The group process helps the participants in creating a common meaning, feeling that there are problems similar to their own, reducing stress and negative emotions, turning to their spiritual resources, and boosting their psychological resilience (Tantam & van Deurzen, 2019).

In the relevant literature, studies conducted with various groups have shown the effectiveness of logotherapy-based group counseling practices (Ghaderi et al., 2010; Julom & Guzman, 2013; Lee, 2006; Mosalanejad & Koolee, 2013; Southwick et al., 2016). Given its focus on moral, spiritual, biological, and psychological issues, logotherapy is considered an important therapeutic approach for emerging adults who are facing existential crises during a period in their lives when the search for meaning is particularly salient (Guttmann, 2008; Wong, 2016).

Compared to other developmental periods, emerging adulthood period is more prominent with developmental tasks such as taking responsibility, making independent decisions with free will, living a meaningful life, and getting life satisfaction (Gottlieb et al., 2007; Mayseless & Keren, 2014). Many studies in the relevant literature have indicated that it is of great importance for individuals to question the meaning of life, define themselves, and take responsibility for their lives in terms of positive functioning in adulthood period (Schwartz et al; 2011; 2015). Similarly, Frankl (2014) argues that important elements with regard to mental health and personal growth such as finding the meaning of life, concomitant responsibility and freedom, which serve as emerging adults' primary drivers, are crucial. Although group counseling for emerging adults based on logotherapy has been conducted on various topics (Kang et al., 2013; Robatmili et al., 2015), no studies have been found on the issues of meaning in life and personality agency. This logotherapy-based counseling program aims to address and fill this gap in the literature and serve as a model for future studies by emphasizing the tasks crucial to emerging adults' development, such as finding meaning in life and agency. Based on the information in the related literature, the purpose of this study was to prepare a logotherapy-based psychological counseling program with a spiritually oriented group and to examine its effectiveness, which would set an example for psychological interventions aiming to increase the levels of the meaning in life

and active personality characteristics of emerging adults. Therefore, this study aims to examine the effectiveness of logotherapy-based group counseling to increase the levels of significance of emerging adults and to answer the question of whether group counseling has an effect on increasing the features of active personality of emerging adults. The hypotheses examined in this study are as follows:

1- The experimental group will have significantly higher post-test significance level scores than the control group.

2- The experimental group will have significantly higher post-test active personality features scores than the control group.

Methods

Research Model

In this research, a quasi-experimental design with pretest-posttest control group was used to determine the effectiveness of logotherapy-based spiritually oriented group counseling on emerging adults' levels of finding meaning in life and multi-action personality features. Quasi-experimental models were preferred when participants were not randomly assigned (Creswell, 2012). The experimental group received the counseling program, while control group did not receive any intervention and was used for comparison purposes in the design of the pre-test-post-test control group (Büyüköztürk et al., 2018). The dependent variables in this study were finding meaning in life and having active personality features, while the independent variable was the logotherapy-based spiritually oriented group counseling program. The design of the research is displayed in Table 1 below:

Table 1.
Design of the Research

Pre-Test-Post-Test Semi-Experimental Design with Control Group			
Experimental Group	Pre-test	*Psychological Counseling Practice with Logotherapy Based Spiritually Orientated Group*	Post-test
Control Group	Pre-test	No intervention	Post-test

Study Group

47 adults who filled out Google Forms online were subjected to the Purpose in Life Scale and Multi-Measure Agentic Personality Scale in order to identify the groups. The sample group for this study was comprised of 20 emerging adults, of which 10 were experimental and 10 were control. The experimental and control groups' emerging adults were chosen using the purposive sampling technique. Although 3 (30%) of the participants in the experimental group were male and 7 (70%) were female; 4 (40%) of the participants in the control group were male and 6 (60%) were

female. The criterion sampling method, which is one of the purpose sampling types, was used in the selection of participants in this research. The criteria for the selection of the research participants were that the emerging adults had medium to low scale scores and voluntarily participated in the research. The average age of participants was 21.25 years, with a range of 20–25. All participants signed a written informed consent form. Scores on the Purpose in Life Scale ranged from 62 to 88, with an arithmetic average of 76.35 and standard deviation of 1.81. Scores on the Multi-Measure Agentic Personality Scale ranged from 38 to 57, with an arithmetic average of 47.9 and standard deviation of 1.12.

Data Collection Tools

Purpose in Life Scale (PLS)

The Purpose of Life Scale (Purpose in Life Scale; Crumbaugh & Maholick, 1964, 1969), based on Victor Frankl's logotherapy approach, is a measurement tool that measures the purpose of life in terms of quality of life (7 items), meaning and purpose (7 items) and freedom (2 items) and is based on giving information about the individuals themselves. The scale, which Kıraç (2015) translated into Turkish, was tested for reliability using the internal consistency coefficient. The Cronbach's alpha internal consistency coefficient of the scale was calculated as .91 and the reliability coefficient of splitting the test in half was calculated as 0.92. The internal consistency coefficient was determined as 0.8 for Factor 1, 0.82 for Factor 2 and 0.61 for Factor 3. Together with the sub-factors, a total score can be obtained from the scale. The scale has a maximum possible score of 112 and a minimum possible score of 16. Great ratings on the scale denote a high sense of meaning and purpose in life. The results demonstrate that the scale is a functional measurement tool that is usable and reliable in this field.

Multi-Measure Agentic Personality Scale (MMAPS)

The Multi-Measure Agentic Personality Scale (Cote, 1997) is a measurement tool that measures agency in individuals in terms of 15 criteria which are self-esteem (3 items), life purpose (4 items), internal focus of control (4 items) and self-efficacy (4 items) and is based on giving information about the individuals themselves. The internal consistency coefficient was calculated as .81 to test the reliability of the scale, which was adapted into Turkish by Atak et al. (2013). The internal consistency coefficient was found to be 0.72 for life purposes, 0.76 for self-esteem, 0.74 for internal control focus, and 0.73 for self-efficacy. The load values of the items loaded on the factors vary between .42 and .82. According to the affirmative factor analysis findings, the goodness of fit index values of the four-dimensional structure of the scale were calculated $\chi 2/sd$ ratio as 3.11, GFI value as .94, AGFI value as 0.92, CFI value as 0.93, RMSEA value as .05, RMR value as .06, NFI value as 0.91 and

NNFI value as 0.92. It is possible to conclude that the four-dimensional model is appropriate considering these values. To ascertain how well the four-dimensional structure is consistent with the superstructure of agency, a second level affirmative factor analysis was carried out. ($\chi2$/sd =3.87, GFI=0.99, AGFI =0.95, CFI =0.98, NFI=0.97, NNFI=0.93, RMR=0.02, RMSEA=0.03). Together with the sub-factors, a total score can be obtained from the scale. Scale has a maximum possible score of 75 and a minimum possible score of 15. High scores on the scale are a sign of an active personality. The findings indicate that the scale is a functioning measurement tool that is usable and reliable in this field.

Analysis of Data

In this research, the experimental group received group counseling for 8 sessions, with each session lasting roughly 90 minutes per week. As there were less than 30 participants in the experiment and the distribution was not normal, non-parametric statistical analyses, such as the Mann Whitney U Test and Wilcoxon Signed Ranking Tests, were applied to the study (Büyüköztürk et al.,2018). First, the significance and agency scale pre-test and post-test scores of emerging adults in the experimental and control groups were compared by using the non-parametric Mann Whitney-U test to comprehend if there was a significant difference. The level of finding meaning in life and active personality traits, as well as the pre- and post-test scores of the emerging adults in the experimental and control groups, were then compared using the Wilcoxon signed rank test to determine whether there was a significant difference.

Process

First and foremost, the study examined the fundamental tenets of the logotherapy approach, its perspective on human nature, its theoretical framework, the therapeutic process, and the methods and techniques employed in order to develop the application of spiritually oriented group counseling based on logotherapy. The literature on the logotherapy approach and emerging adulthood, the search for meaning, agency, and structured group counseling programs based on the logotherapy approach was reviewed during the study's design phase. The program's executive, the author, who was an experienced mental health professional, participated in lectures and studied spiritually oriented logotherapy during the doctoral studies. Along with the author's unique qualifications, the session materials were generated by analyzing previous research (Arıcı & Acar, 2011; Barnes, 2005; Blair, 2004; Boyalı, 2022; Kırca & Hatun, 2021; Schulenberg et al., 2008; Somov, 2007; Welter, 2005) that were carried out in the context of the program's purposes. The group sessions were scheduled to run roughly 90 minutes. After the schedule was written, it was reviewed by two professionals in the fields of guidance and psychological counseling, and the schedule took its final

form according to the feedbacks. Group sessions were conducted online and the Multi-Measure Agentic Personality Scale and the Purpose in Life Scale pre-test applications were completed in the final session before the group sessions started. No studies were conducted on the control group. The sessions' content is listed in Table 2 below:

Table 2.
The Summary of The Group Counseling Content

Sessions	Session content
Session 1	After the meeting of the participants, the first session's emphasis is on developing group norms and defining what it meant to have meaning in life.
Session 2	The session's focus is on enlightening participants on how to find meaning and develop conscious awareness. It was underlined that the participants were in control of their time management and their daily lives. Time awareness and life's limitations were also covered. The discussion that followed covered the evaluation of meaninglessness and the search for meaning in life using the logotherapy method, as well as brief information regarding logotherapy and Victor Frankl's biography.
Session 3	The session's focus is on self-efficacy and self-esteem as well as life purpose, providing information regarding agency and growing conscious awareness. In addition to being questioned to further their understanding of the articles, participants were asked about their strengths and limitations. After then, the participant might make some important goals for the future by considering how significant his life had been up until that point in time, thanks to the life movie activity, which was built on the participants' evaluation of their lives as movies.
Session 4	The theme of the session is to increase awareness of the existing shelters of meaning and to direct the ways of finding meaning towards life purposes. To create their life chronology, participants were asked to think about three positive and three negative life experiences that had an impact on them.
Session 5	The theme of the session is about discovering ways of finding meaning with intimacy, informing and conscious awareness regarding the purpose of life and self-esteem and self-efficacy development. Participants were instructed to sketch a mountain and a figure on top of the mountain who had a significant impact on their life, served as an inspiration to them, or otherwise had a strong influence on them. The next task was for the participants to visualize themselves on top of someone else's mountain and to draw that mountain. Participants were instructed to write a letter to themselves using the voices of the people they value and adore.
Session 6	The theme of the session is on educating and bringing awareness to the concepts of agency and will. The purpose of awareness-raising exercises was to empower participants to take responsibility for their lives, to perform internal and external audits and profit / loss analyses, and to act on their capacity for self-efficacy, spiritual orientation, will-strengthening, and agency.
Session 7	The theme of the session is to identify the values produced on the meaning content in life. Activities to raise awareness were conducted to help participants' creative, experiential, and social values come into focus and to help them choose goals that are in line with their values.
Session 8	The theme of the session is on preparing the action plan for primary life goals and evaluation on group process. The participants' potential short-, medium-, and long-term plans for the extension they selected were discussed. The participants' inability to see the problems that needed to be fixed and to come up with solutions would hinder them from achieving their objectives.

Findings

This section contains the results of the analyses performed to test the research hypotheses.

Table 3.
Descriptive Statistics of Experimental and Control Group, Pretest, Post-Test Scores

Scales	Experimental Group				Control Group			
	Pretest		Posttest		Pretest		Posttest	
	X	Sd	X	Sd	X	Sd	X	Sd
Purpose in Life-Scale	74.7	3.05	89.5	3.57	78.0	1.98	75.9	2.31
Multi-Measure Agentic Personality Scale	47.8	1.65	55.8	1.48	48.0	1.60	44.1	1.73

The descriptive statistical values of the Purpose in Life Scale and Multi-Measure Agentic Personality Scale pre-test-posttest scores for the experiment and control group are shown in Table 3.

Table 4.
The results of the Mann-Whitney U Test for pre-test scores of the purpose of life levels and multi-measure agentic personality levels of experimental and control groups

Scale	Group	N	M.R.	S.R.	U	z	p
Purpose in Life-Scale	Experimental	10	9.6	96	41	-.682	.529
	Control	10	11.4	114			
Multi-Measure Agentic Personality Scale	Experimental	10	10.1	101	37.5	-.304	.796
	Control	10	10.9	109			

As shown in Table 4, no significant differences were found between the two groups on the purpose of life levels and multi-measure agentic personality levels.

Table 5.
The results of the Mann-Whitney U Test for post-test scores of the purpose of life levels and multi-measure agentic personality levels of experimental and control groups

Scale	Group	N	M.R.	S.R.	U	z	p
Purpose in Life Scale	Experimental	10	13.95	139.5	29.5	-2.611	.007*
	Control	10	7.05	70.5			
Multi-Measure Agentic Personality Scale	Experimental	10	14.9	149	37.5	-.3.331	.000*
	Control	10	6.1	61.0			

Table 5 shows that there were statistically significant differences between the control and experimental groups in terms of activity ($p<0.05$) and degree of significance ($p<0.05$). The experimental group benefited from these changes.

Table 6.
The Wilcoxon Signed Rank Test results for pretest-posttest scores of control groups' purpose of life and multi-measure agentic personality.

Pretest Posttest		N	Mean Rank	Sum of ranks	z	p
Purpose in Life-Scale	Negative Rank	8	4.69	37.5	-1.274	.203
	Positive Ranks	1	7.5	7.5		
	Ties			1		
Multi-measure agentic personality scale	Negative Rank	8	5.75	46.0	-1.891	.059
	Positive Ranks	2	4.5	9.0		
	Negative Rank	0				

The analyses were determined that the control group's purpose in life (z=-1. 27, p>0.05) and agentic personality (z=-1.89, p>0.05) show that there was no significant difference between the mean pre-test and post-test scores.

Table 7.
The Wilcoxon Signed Rank Test results for pretest-posttest scores of experimental groups' purpose of life and multi-measure agentic personality.

Pretest Posttest		N	Mean Rank	Sum of ranks	z	p
Purpose in Life-Scale	Negative Rank	0	.0	.0	-2.807	.005*
	Positive Ranks	10	5.5	55		
	Ties	0				
Multi-Measure Agentic Personality Scale	Negative Rank	1	1	1	-2.710	.007
	Positive Ranks	9	6	54		
	Negative Rank	0				

When Table 7 is analyzed, it is discovered that there is a significant change in meaning and agency findings between the experimental group's pretest and posttest scores (p<0.05).

As shown in Table 7, there is a significant difference in the Wilcoxon Signed Ranks Test result for the experimental group between the significance total pretest and final test scores (Z = -2.807, p<0.05). The significance level scores received from the protest are higher than those acquired from the pretest. Similarly, the Wilcoxon Signed Ranks Test for the experimental group revealed a statistically significant difference between the overall pretest and posttest scores agentic personality (Z = -2.710, p<0.05). In other words, the scores agentic personality of the experimental group increased significantly after the group counseling program.

Discussion

The study conducted on the logotherapy and spiritually oriented group counseling program for emerging adults to increase their level of meaning and agentic personality in life revealed that it effectively increased the meaningfulness and agency levels of the participant.

Depending on the individual needs, logotherapy can sometimes serve as therapy, philosophy, education, and sometimes serve as a source of support. Logotherapy examines a person's spiritual, psychological, and spiritual dimensions and exhibits them in functional integrity (Guttmann, 2008). Logotherapy is a widely used therapy modality that empowers individuals in their lives. Batthyany and Guttmann (2006) examined more than 600 studies applying the logotherapy approach, who concluded that many studies proved the efficacy of logotherapy. Logotherapy is a proven intervention method with various problems in different life stages of individuals with posttraumatic stress disorder (de Moklebust, 2016), parents of children with Asperger's syndrome (Pakenham et al., 2004), patients (Julom & Guzman, 2013), those with chronic illness (Mehrizi et al., 2022), married people (Hamidi et al.,2013), the elderly people (Moosavi et al., 2012) and immigrant groups (Cho et al., 2013).

Logotherapy is a meaning-centered therapy approach that helps clients find meaning in their lives. The search for meaning is of great importance for motivating people (Frankl, 2014). Meaning implies that one's life has an overarching purpose, which is an essential element of wellbeing. (Ryff & Singer, 1998; Steger et al., 2012). Along with meaning, logotherapy is effective in reducing the depression of patients with diabetes (Bahar et al., 2021), in determining the effect of meaning in increasing the psychological well-being of adolescents (Yee Ho et al., 2011), in increasing the level of meaning in life and well-being in people struggling with HIV (Farber et al. .,2010), in maintaining self-integrity through meaning for elderly people (Lee, 2006) and in young people with cancer (Kang et al.,2009). Numerous studies that demonstrate the efficiency of logotherapy-based programs in various areas can be accessed in the relevant literature.

According to the results, the experimental group's emerging adults' sense of meaning has been significantly enhanced by the logotherapy-based spiritual group counseling program. The wellbeing of emerging adults is positively impacted by finding meaning (Burrow & Hill, 2011; Steger et al.,2012). For emerging adults, finding meaning in life has a major impact on several cognitions, including self-acceptance, self-worth, self-esteem, and life satisfaction (Paradise & Kernis, 2002; Rey et al., 2011). According to Lane's (2015) statement, actions related to the meaning of life and fulfilling the responsibilities of individuals may create positive effects on the personal development of individuals, their mental and physical health, ability to handle stress, cognitive functions, and happiness. Hence, it is concluded that endeavors focused at finding the meaning of life and fulfilling the life responsibilities contribute to the individuals' becoming mature.

Previous studies have proven the effectiveness of logotherapy in emerging adults on finding meaning (Blair, 2004; Fabry, 1994; Robatmili et al., 2015). According to Fabry (1994), several values, including love, the desire for meaning, hope, creativity, science, and the ability to make choices, are effective in the processes of meaning-finding and decision-making. Similar to this, Blair (2004) stressed in his research the importance of discovering one's own existential resources for a meaningful existence, uncovering hidden meanings when they are meaningless, and pursuing a meaningful life with already-existing meaning shelters. In an experimental study on university students conducted by Robatmili et al. (2015), it was found that emerging adults in the experimental group who raised their degree of life meaning experienced considerably lower levels of depression compared to those in the control group. Also, a different study, Şanlı and Ersanlı (2021) revealed that a psychoeducation program based on logotherapy contributed to emerging people build a healthy sense of identity.

In this study, the aim was to increase the level of emerging adults finding meaning in life and to strengthen agency-related personality characteristics. According to the research's

findings, logotherapy and psychological counseling with the spiritual-based group helped the experimental group's emerging adults' multifaceted agency-related personality features rise to higher degrees. According to Cote (2002), agency is made up of a composite psychological structure that comprises self-esteem, life objectives, self-efficacy, and an internal focus of control rather than a single psychological structure. Emerging adults who live meaningful lives and take actions in line with their life goals grow independent and perform adult roles (Cote, 2005). Across a study they conducted in several ethnic groups, Cote and Schwartz (2002), discovered that having active personality traits had a positive impact on determining one's identity and life goals. This demonstrates that the difference which happened in favor of experimental group, between the experimental group and the control group in terms of emerging adults' levels of finding the meaning in life and their active personality traits is not a coincidence and is a result of the program's effectiveness. The findings of the research are supported by another study by Nunes et al. (2022), in which it was shown that agency is of great importance for emerging people to set life objectives, boost self-esteem, foster self-efficacy, and have an internal focus of control.

As a result of this study, it was observed that the adults who participated in spiritually oriented group counseling sessions based on logotherapy had made progress in identifying many sorts of meaning in life and in developing their multifaceted active personality features. This study showed that emerging adults could benefit from logotherapy-focused, spiritually based group psychotherapy, as observed by the significant improvement in their post-test scores on the Multi-Measure Agentic Personality Scale and Purpose in Life Scale.

Even though the findings corroborated the researchers' hypotheses, this study had some limitations. One of the limitations of this research was the use of self-evaluation measures rather than methods that can offer a more objective evaluation of the level of meaning and agency of emerging adults. Another limitation covered the cultural context of the findings, as the participant population in this study was limited to emerging adults living in Turkey. It is important to note that finding meaning in life and agency may have different impacts in individualist and collectivist cultures. Therefore, it is advised that future study expand this research findings to explore the impact of spiritually oriented logotherapy studies on finding the meaning and agency in emerging adults from different ethnic and cultural backgrounds.

Another limitation of this study was that the group counseling sessions were conducted online. Although the developmental stage of the emerging adult sample in this study is appropriate for the purpose of the study, future research that include younger or older participants may enable a comparison of the findings by age.

Since finding the meaning and agency in emerging adults are of particular importance in the context of personal development and self-actualization, it is

important to address these issues more in studies focusing on issues such as mental and emotional health and social progress. Hence, more research seems to be required to ascertain the demographic, individual, and psychosocial aspects that influence emerging adults' processes for finding the meaning. In addition, it is recommended to consider the issues of finding the meaning in life and agency with more variables in interdisciplinary studies and practice areas. Studies in practice areas like education, society, counseling, and mental health should pay particular attention to community interventions and systematized politics grounds as well as evaluating the factors that influence emerging adults' processes for finding the meaning in life and agency. In conclusion, more research on finding the meaning in life and agency are required, and these issues need to be addressed in practice areas and politics grounds, since the developmental stages of emerging adults are of particular importance.

Authors' contribution. The author of this study made significant contributions to the field of psychology by investigating the effectiveness of an 8-session group psychological counseling program based on logotherapy for enhancing the level of meaning in life and active personality traits among emerging adults. The author formed the experimental and control groups, conducted the research online, and utilized a pre-test, post-test, control group experimental design to determine the program's efficacy. The authors' contribution to this program is noteworthy as they provided empirical evidence of the program's effectiveness in increasing the level of meaning in life and agentic personality traits of emerging adults. Miss Yıldız findings suggest that professionals from various disciplines could utilize this program in a functional way to assist

emerging adults in their personal growth and development. The authors' research methodology and analysis provide a solid foundation for future research in this area, allowing for further investigation of the program's effectiveness and potential modifications to better serve the needs of emerging adults.

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