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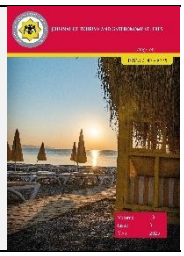

The Effect of Subjective Well-Being on Occupational Commitment: A Study on Gastronomy and Culinary Arts Students

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Abstract

This study examines the effect of subjective well-being on occupational commitment. A survey form containing scales for demographic information, occupational commitment, and subjective well-being was used. The study was conducted using a quantitative research method, and purposive sampling was employed in the sample selection process. The sample consisted of 184 students enrolled in gastronomy and culinary arts programs. Data were collected via an online survey between September 28, 2024, and December 29, 2024, and analyzed using SPSS 27.0. The findings revealed that gastronomy and culinary arts students have moderate levels of both occupational commitment and subjective well-being. According to the hypothesis testing results, subjective well-being (SWB) has a significant and positive effect on both dimensions of occupational commitment—namely, normative commitment and affective commitment. The results highlight the importance of actions aimed at enhancing well-being in educational, internship, and workplace settings. Increasing well-being through supportive workplace policies, stress management strategies, and the promotion of a positive work culture can strengthen the occupational commitment of kitchen staff.

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