心理的幸福感に作用する文化，性格の過程モデル

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The Integrating Process Models of Culture and Personality in Psychological Well-being

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Abstract

The present study examined the interaction of personality and cultural factors in the prediction of the affective (emotional stability) and the cognitive components (life satisfaction) of psychological well-being(PWB).

This study predicted that the influence of personality on life satisfaction is mediated by emotional stability (Study 1), and the relation between emotional stability and life satisfaction is moderated by culture(study 2). As a consequence, they predicted that the influence of personality on life satisfaction is mediated by culture. College student participants from 3cultures [Korea, China, Chosun (Chinese of Korean exaction)] completed measures of autonomy, self-esteem, emotional stability, and life satisfaction. As predicted, autonomy, self-esteem, emotional stability in all cultures, and emotional stability were strong predictors of life satisfaction in democratic than in socialistic cultures. The influence of autonomy, self-esteem on life satisfaction was largely mediated by emotional stability.

The results suggested that the influence of personality on the emotional component of PWB is cross-cultural, whereas the influence of personality on the cognitive component of PWB is moderated by culture. Results also suggested greater internalization of horizontal relative to vertical practices. Finally, implications, limitations of this study and suggestions for the future study were discussed.

Key Words: emotional stability, life satisfaction, psychological well-being, autonomy, self-esteem, culture, mediates and moderate variable

Research on psychological well-being(PWB)has increased considerably in the past three decades. Psychological well-being defined as the collection of a person's well-being concerned with positive and negative emotional stability in life satisfaction. Effective elements of psychological well-being include health, education, material, enrich physical environment, optimism, the meaning of challenges and purpose, and control etc. Emotional component of personality is divided into the affective and the cognitive component.

The affective components are emotional stability (balance between happiness and unhappiness) and the cognitive components are life satisfaction (subjective standard of evaluation on self-living).

Much of the study has underlined an assumption that psychological well-being is independently influenced by personality and culture. Even though cultural psychology admits their biological limitations, most personality psychologists have also recognized the cultural impact of individual behavior. Unfortunately, the study of psychological well-being has been divided into personality and culture independently.

The study of personality and cultural factors affecting psychological well-being will be conducive to research the relationship between personality factors and cultural factors. For example, Diener & Diener(1995) think the significant impact of self-esteem on life satisfaction in democratic cultural circle is greater than the social cultural circle. Recent studies have provided a lot of basic evidences about the mutual effect of culture and personality

on psychological well-being. Taking into account these problems, this study will reveal the cultural regulation in the effect of self-esteem and autonomy on emotional stability.

The existing research on personality and psychological well-being was not too concerned about the rationalization of the difference between psychological well-being and emotional factors, However, the cognitive and emotional factors, as the factors of psychological well-being, can be more significantly correlated than another factors.

Schimmack, Diener, Oishi (2002) made the model related to the two factors of personality and psychological well-being such as the tendentious and neurological factors. The model is a mediator model assumption which is based on the character of the psychological well-being more related to emotional factors than cognitive factors. The connotation of mediator model contains emotional stability described as a strong indicator of life satisfaction. Although there have been used objective measurement methods on the psychological well-being, they have rarely proved the relationship between personality characteristics of emotions and psychological well-being on the perspective theory.

The recent studies found that the emotion was defined as an important component of personality structure factors. Namely, psychological well-being with positive mechanisms is regarded as a same content with emotion and well-being.

Emotions and feelings can be used as evaluation of psychological well-being, but we have not revealed the role of culture.

Suh, Diener, Oishi& Triandis(1998) found that the relationship between emotion and life satisfaction in democratic cultural circle was greater than the socialist cultural circle. At the same time, it expresses indirect impact of culture. They think democratic culture emphasizes the individual self-reliance. On the contrary socialist culture emphasizes personal obligations and the needs of others. Oishi, Diener, Lucas, Suh (1999) found that the free will of life satisfaction in democratic cultural circle was greater than the socialist cultural circle. Democratic culture circle considers the importance of individual's emotion, and it shows more significant correlation between emotional stability and life satisfaction. If this assumption is mediator model, self-esteem and

autonomy will be a primary factor in emotional stability. Self-esteem and autonomy will affect life satisfaction through the media of emotional experience.

These two assumptions provide the mediator model and the moderate model. We can form mediate and moderate variable. The most important measures are the individual's personality and culture that have a significant impact on the cognitive factors of psychological well-being in determining life satisfaction. It is no doubt that Individual personality is the important factor of life satisfaction in the democratic cultural circle. The personality factor of life satisfaction is agented by the emotional stability, and the emotional stability factor of life satisfaction is regulated by culture. At the same time mediate and moderate model show that the impact of personality on the emotional stability is greater than the impact of life satisfaction. Unfortunately, in previous study, the relationship between individual personality and psychological well-being within different cultures was an independent measurement; therefore, it was insufficient evidence as the evaluation and validation of the mediate and moderate model.

Recently theorists have tried to integrate more concepts of cultural differences on basic desires and psychological well-being (e,g.,Inghilleri, 1999; Kagitcibasi, 1996; Ryan & Deci, 2001; Ryff & Singer, 1998;Sheldon, Elliot, Kim & Kasanr, 2001). In particular, advocates of self-determination (Deci & Ryan, 1985) considered that every culture shared autonomy, competition and self-relation on the basic psychology. They consider that psychological well-being will increase when these three demands approache social support, and are satisfied. In contrast, the psychological well-being will be reduced when cultural demand or personal inner strength is hindered. Satisfaction of basic needs provides the necessary conditions for reliable happy and healthy development. In three needs assumptions of Self-determination theory, the main content is that autonomy has a very close relationship with self-relation and competition.

Self-determination theorist proposes the performance and satisfaction which is the specific means of the basic needs have been changed by status and culture. Satisfaction of basic needs provides the

necessary conditions for reliable happy and healthy development.

The present study was to verify the personality impact of life satisfaction agented by the mediator model of emotional stability, and relationship between emotional stability and life satisfaction was indirectly conditioned by the moderate mode of culture.

Study 1: the relation between Personality, emotional stability and life satisfaction: The analysis of mediator model

The existing researchs were not concerned with the rationalization of the difference between psychological well-being and emotional factors, and a reasonable correlation between the cognitive factors and the emotional factors. However, the factors of psychological well-being can be more significantly correlated than another factors. Schimmack, Diener, Oishi (2002) considered that the character of the psychological well-being was related to emotional factors than cognitive factors.

The emotional stability influenced by the impact of personality factors is considered as a regulation of emotional habits which is the balance feelings of pleasure and boredom in life. Schimmack (2002) provided the mediate models of personality, emotional stability and life satisfaction. The model is the mediator model assumptions which is based on the character of the psychological well-being related to emotional factors than cognitive factors. In other words, the emotional stability is not only the source of intelligence used to judge life satisfaction, but the deep level of indicators of life satisfaction. Since the self-esteem is one of the main personality elements of emotional stability, personality determines the individual beliefs, attitudes, individual psychological characteristics, internal characteristics, and effects on the affirmative, negative emotional and cognitive impacts. So the person with strong self-esteem has more stable sense of psychological well-being than the person with weak self-esteem (Crocker & Wolfe, 2001).

Autonomy, the other impact element of emotional stability is consistent with the essential meaning, and expresses the sense of psychological well-being (Chirkov, Ryan, 2001). Since the factors of personality related to life satisfaction have a direct impact on emotional stability and psychological stability, the tendency of the personality has a greater impact on emotional stability than life satisfaction. In other words, self-esteem and autonomy have greater relevance to emotional stability than life satisfaction, and the impact of self-esteem and autonomy related to life satisfaction is indicated by emotional stability. Therefore, it is possible to set up the mediate model that the personality factors (self-esteem and autonomy) related to life satisfaction have been indicated by emotional stability.

Method

Participants

Participants were 103 students in Kyungpook National University in South Korea, and 105 Chinese students and 101chinese Korean students in Yanbian university in China. The purpose of taking Korean minority college students in China as subjects lies in the fact that these students inherit the essence of Korean national culture while being influenced by Chinese Han nationalities. In this sense, these special cultural forms attract our attention. The characteristics of participants were presented in Table 1-1.

Measures

Participants completed four psychological measurements that were measurement of self-esteem, measurement of sociotropy tendencies and autonomy, measurement of emotional stability, and measure-

Table 1-1   The characteristics of participants

sample	N	Age	Male(%)	Female(%)
Korean	103	22.01	46.6	53.4
Chinese Korean	105	21.39	42.9	57.1
Chinese	101	21.36	50.5	49.5

ment of psychological well-being.

Measurement of self-esteem

Measurement of self-esteem was modified by Jeon Byeongje(1974) which was designed by Rosenberg (1965). Measurement of self-esteem was measurement of self-esteem and self-identification and formed with 5 affirmative questionnaires and 5 negative questionnaires.

Measurement of sociotropy autonomy

Measurement of sociotropy autonomy was modified by Jo Okgwi(1974) which was designed by Beck (1983). Measurement of social tendencies and autonomy was a self report measurement includes 60 questionnaires, and participants were asked to answer each question with 5 Likert.

Measurement of emotional stability

Measurement of emotional stability was used 35 questionnaires of personality traits designed by

Yee Sangro, Byeon Changjin and Jin Wigyo(1978)

Measurement of psychological well-being

Measurement of psychological well-being was modified by Yee Myeongsin(1998) which was designed by Campbell(1981), include 8 questionnaires on feelings of recent experiment and two questionnaires of life satisfaction. 8 questionnaires of life satisfaction provided two connected adjectives.

Result

Correlation Analysis of factors

Correlations between the factors are presented in Table1-2, Table1-3, Table 1-4.

In the analysis of correlation of life satisfaction and emotional stability, life satisfaction and self-esteem, life satisfaction and autonomy, emotional stability and self-esteem, emotional stability and autonomy, self-esteem and autonomy, significant

Table 1-2　Mean and correlation of factors by Korean

component	N	SD	1	2	3	4
1.life satisfaction	40.34	6.97	-	.81**	.71**	.82**
2.emotional stability	20.86	4.97		-	.55**	.70**
3.self-esteem	31.83	4.45			-	.70**
4. autonomy	18.18	6.36				-

**P < .01

Table1-3　Mean and correlation of factors by Chinese Korean

component	N	SD	1	2	3	4
1.life satisfaction	36.56	8.30	-	.86**	.86**	.84**
2.emotional stability	19.75	5.15		-	.74**	.75**
3.self-esteem	31.71	4.13			-	.73**
4. autonomy	17.59	4.54				-

**P < .01

Table1-4　Mean and correlation of factors by Chinese

component	N	SD	1	2	3	4
1.life satisfaction	36.78	9.19	-	.29**	.36**	.30**
2.emotional stability	19.29	5.21		-	.33**	.25*
3.self-esteem	31.21	5.81			-	.31**
4. autonomy	16.51	4.49				-

*P < .05, **P < .01

differences were found between Korean, Chinese Korean and Chinese.

Analysis of Variance

Analysis of variance by nation is shown as follows (Table1-5, Table 1-6).

Table1-5　Analysis of Variance by nation

component	Sum of Squares	df	Mean Square	F
1.life satisfaction	1009.74	2	504.87	7.60***
2.emotional stability	147.92	2	73.96	2.90*
3.self-esteem	23.55	2	11.77	1.50
4. autonomy	18.46	2	9.23	1.23

*P < .05, ***P < .001

Table1-6　Post-test

component	Korean	Chinese	Chinese korean	Post-test
	Mean (SD)	Mean (SD)	Mean (SD)	Average variance(I-J)
life satisfaction	40.37 (7.00)	36.78 (9.20)	36.56 (8.30)	1-2=3.56** 1-3=3.77* 2-3= .22
emotional stability	20.86 (4.93)	19.29 (5.20)	19.75 (5.15)	1-2=1.67 1-3= .59 2-3=1.08

*P < .05, ***P < .001

The main effect of life satisfaction was significant (F=7.60, df=2/309, P<.001), and the main effect of emotional stability was signficant (F2.90, df2/309, P<.05).

Post-test result indicated that Korean score of life satisfaction was higher than Chinese and Chinese Korean. It means that Korean is more satisfied with life than Chinese and Chinese Korean. But no significant difference was found between Korean, Chinese Korean and Chinese in emotional stability.

The results showed that there was no significant cultural differences between students from Han nationality and Korean minority. This may be caused by the fact that most of the subjects have studied in Han schools.

Mediated Analysis of emotional stability

Fig. 1-1 shows the path of mediated analysis between self-esteem, emotional stability and life satisfaction provided by Baron and Kenny(1986).

Fig. 1-2 shows the path of mediated analysis between autonomy, emotional stability and life satisfaction provided by Baron and Kenny(1986).

Table 1-7 presents results of the path of mediated analysis between self-esteem, autonomy, emotional stability and life satisfaction.

Statistical Significance was found between self-esteem and emotional stability, emotional stability and life satisfaction, self-esteem and life satisfaction, interaction between self-esteem and emotional stability and life satisfaction. (each β=.58 β=.64 β=59 β=.36, all P<.001).
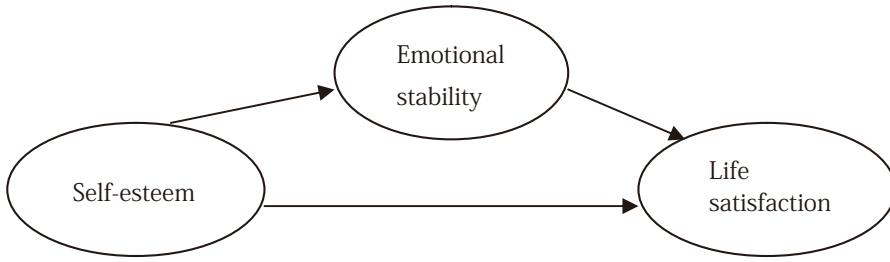
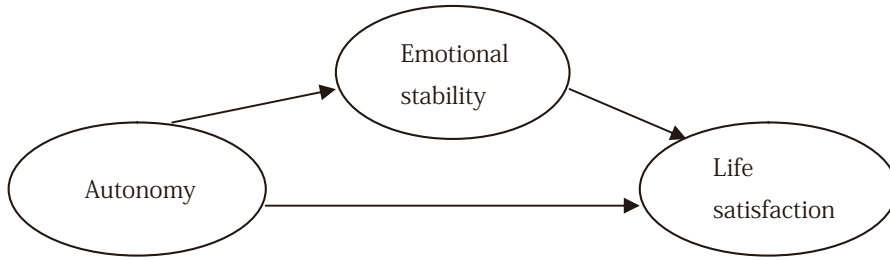**Fig. 1-1 the path of mediated analysis between self-esteem, emotional stability and life satisfaction**

Fig. 1-2 the path of mediated analysis between autonomy, emotional stability andlife satisfaction

And $\Delta \beta_1$ =.59 .36=.23>0; It shows that the impact of self-esteem to emotional stability has mediated effect to life satisfaction.

And statistical significance was found between autonomy and emotional stability, emotional stability and life satisfaction, autonomy and life satisfaction, interaction between autonomy and emotional stability and life satisfaction. (each β =.51 β =.64 β =64, β =.40, all P<.001).

And $\Delta \beta_2$ =.64 .40=.24>0; It shows that the impact of autonomy to emotional stability has mediated effect to life satisfaction.

Study 2 : the relation between emotional stability and life satisfaction : the analysis of moderate model

On the basis of Study1, it is possible to set up the moderate model that emotional stability related to life satisfaction have been indicated by culture. Unfortunately, in previous study, the relationship between individual personality and psychological well-being within different cultures was an independent measurement, therefore, it was insufficient evidence as the evaluation and validation of medi-

Table 1-7   the path of mediated analysis

Relation direction	R^2	β
self-esteem $\rightarrow$ emotional stability	.36	.58***
emotional stability $\rightarrow$ life satisfaction	.40	.64***
self-esteem $\rightarrow$ life satisfaction	.35	.59***
self-esteem, emotional stability $\rightarrow$ life satisfaction	.45	.36***
autonomy $\rightarrow$ emotional stability	.26	.51***
emotional stability $\rightarrow$ life satisfaction	.40	.64***
autonomy $\rightarrow$ life satisfaction	.40	.64***
autonomy, emotional stability $\rightarrow$ life satisfaction	.51	.40***

***P $<$ .001

ate and moderate model.

The present paper attempts to verify the integrating model of life satisfaction in the completely opposite cultural circle of democratic and socialist. The social cultural content (sex, age, nation, racial, religion, class, area and country) determines psychological well-being and self-concept and habits. Therefore, the impact of emotional stability on life satisfaction is moderated by culture.

Psychological well-being is more influenced by status of regional culture than individuals or families. The difference of psychological well-being has been understood on the level of the people, but not on the level of nation. This study showed that the psychological well-being in democratic cultural circle was higher than socialist cultural circle. The relation between self-esteem and autonomy in democratic cultural circle was higher than socialist cultural circle, and the relation between emotional stability and life satisfaction in democratic cultural circle was higher than socialist cultural circle. Culture will mediate emotional stability and life satisfaction (Fig. 2-1 and 2-2).

Method
Participants
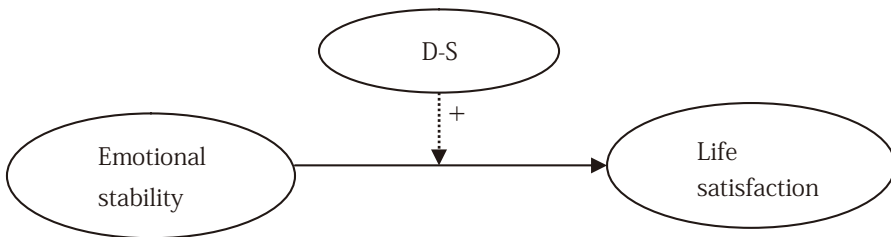same with study 1.

Measure
same with study 1.

Result

Hierarchical regression analysis of life satisfaction

The result of hierarchical regression analysis of life satisfaction was presented in Table 2-1 in order to verify the significant moderate effect of culture. There was no significant effect in age and gender.

In the second step, as predicted, a significant main effect for emotional stability was found, the person who has more emotional stability showed the higher life satisfaction. The regression coefficient between emotional stability and life satisfaction was 41.9%, and adjusted regression coefficient was 41.8%.

This analysis showed that an emotional stability X culture (Democratic -Socialist) interaction effect was obtained. The significant difference of culture was obtained between emotional stability and life satisfaction. The impact of emotional stability on life satisfaction in socialist (Chinese Korean and Chinese) cultural circle was lower than democratic cultural circle. As the emotional stability and culture effect, the hierarchical regression coefficient of life satisfaction was 44.2%, and adjusted regression

D-S: Democratic – Socialistic
Fig. 2-1 Mediated model between component
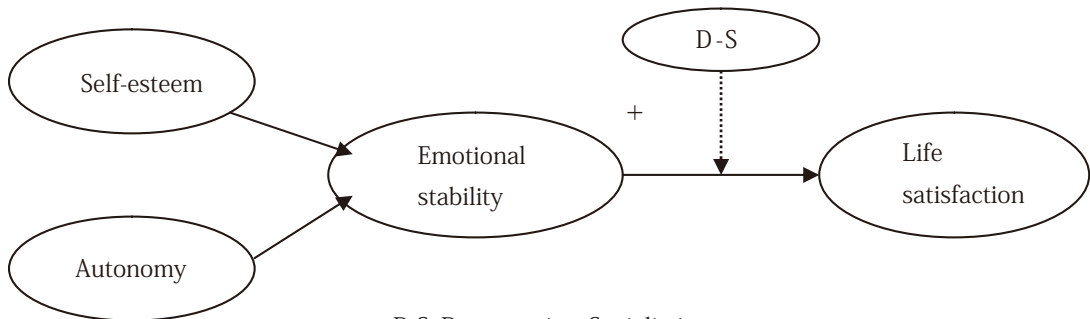
D-S: Democratic – Socialistic
Fig. 2-2 Mediate and moderate model between component

Table 2-1   Hierarchical regression analysis of life satisfaction

	Prediction variables	B	β	correlation		R²	Δ R²
				Partial [1]	Part [2]		
Stage 1	Age	-.06	-.01	-.01	-.01	.001	.001
	Sex	-.61	-.04	-.04	-.04		
Stage 2	ES	1.06	.65***	.65	.65	.419	.418***
Stage 3	ES* Culture	-.13	-.16**	-.20	-.15	.442	.023***

***P ＜ .001

coefficient was 2.3%. So it is verified that culture moderates the emotional stability, self-esteem, autonomy and life satisfaction.

Hierarchical Regression Analysis

The result the path of regression analysis on the impact of emotional stability on life satisfaction was presented in Table 2-2.

It showed statistical significant relations between self-esteem and emotional stability, autonomy and emotional stability, Korean students' emotional stability and life satisfaction, Chinese students' emo-

tional stability and life satisfaction. (each β =.58 β =.51 β =81, β =.56, all P<.001).

The culture acts as a moderator between emotional stability which was influenced by self-esteem and autonomy, and life satisfaction, it was shown in Fig. 2-3.

Discussion

Even though the people have respectively different cultural standards in accordance with different cultures, it suggests that the influence of personal-

Table 2-2   The path of hierarchical regression analysis

Analysis direction	R²	β
self-esteem → emotional stability	.34	.58***
autonomy → emotional stability	.26	.51***
emotional stability(D) → life satisfaction	.65	.81***
emotional stability(S) → life satisfaction	.31	.55***

***P ＜ .001
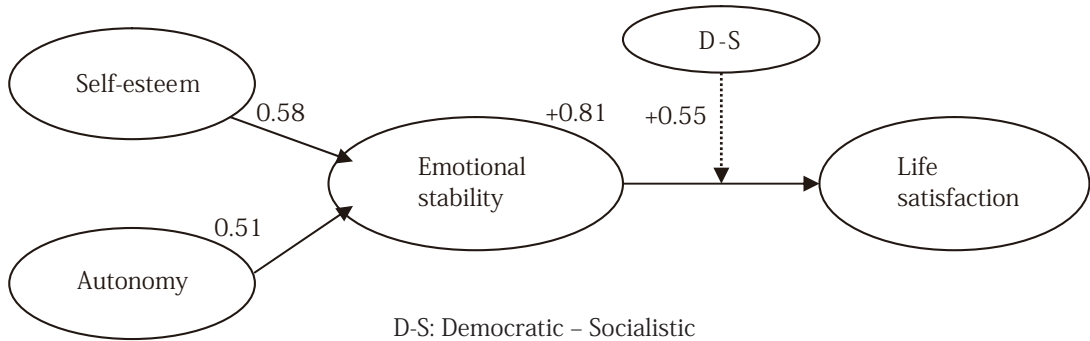
D-S: Democratic – Socialistic
Fig. 2-3 The path of hierarchical regression schematic

[1] Partial correlation means squared partial correlation which is the effect of other independence except an independence one.
[2] Part correlation means squared semi-partial correlation which is the effect of an independence variance.

ity on the emotional component is associated with psychological well-being. Even though there is the actual existence of cultural differences, the same sense of culture as the same nationality does not reduce the effect of emotional stability on psychological well-being. (Table 1)

The results suggested that the emotional stability moderated the component of life satisfaction, and also suggested characteristics of culture had internalized horizontal formation relative to vertical practices. As we know it is consistent with recent research result for students in the United States, the Russian. In fact, the internalization of horizontal formation have improved on vertical practice.

In recent studies, the definition of psychological well-being has been developed the function of psychology, and resisted the difference of personality and psychological well-being on the conception and measurement. The result suggested that personality had a close relationship to psychological well-being(Table1-3). The correlation of study was significantly higher than measurement of emotional stability designed by Bradburn(1969).

Measurement of psychological well-being asks participant to evaluate their life accumulatively. It is not tell the fluency of affirmative or negative emotion, it is the evaluation of participant's life value. As like the measurement of personality such as "Whether or not sophisticated?", "Can I give or get in communication?", "If I could determinate according my own value ？", "If I could enjoy my life?", the reports include wide range of time than specific emotion. The measurement of psychological well-being is different from the evaluation on the development of life, it will be influenced by emotions significantly and continuously.

Psychological well-being has special relative with individual development, affirmative relationship with others, and autonomy. The special relationship is consistents with assumption which personality provides significant meaning to predict psychological well-being(Table 1-3). So the assimilated and integrated cultural substance is accordance with the higher psychological well-being. However, a question will be asked, which cultural substances can be more easily assimilated and integrated? It comes from self-determination theory caused by the assimilation of culture. The important assump-

tion of personality is that the psychological behavior pattern can predict relationship with the high social characteristics. Many recent studies on culture agreed with it and focused on verifying to the function of characteristic. But recent studies didn't agree that behavior can't be predicted with the high level characteristics on culture. The performance of characteristic and function of life is valuable to be attention. The difference of personality is a valuable subject on self consistence. Scholars have found that women are more willing to give their position in interpersonal relationships than men. (Joanphs, Markus, & Tafarodi, 1992; Markus & Oyserman, 1989).

It showed that emotional stability which consists of the autonomic, affirmative relationship and self confidence was related to psychological well-being. The comparative researchers reveal the assumption on the nature of person, and find many important methods of role on psychological health and happiness. The psychological comparison of culture is very interesting path, and it is helpful to make the general theories on the psychological phenomenon. Psychological well-being is not invisible, and accord with specific psychological experiment. As Markus said, the most valuable and meaningful specific experience has been influenced by the cultural ideal and customs.

The present also suggested greater internalization of horizontal relative to vertical practices. Finally, Implications, limitations of this study and suggestions for the future study were discussed.

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