Multiple Ways to Subjective Well-being:
The Divergence and Convergence of Double Self-construals in Taiwan

Chin-Lung Chien[1], Mei-Chih Li[2], and Li-Li Huang[3]

[1]Department of Psychology, National Chengchi University
[2]Department of Applied Psychology, Hsuan Chuang University
[3]Center for General Education, National Tsing-Hua University

This study aimed to explore and verify the multiple paths from the double self-construals (independent self and interdependent self) to subjective well-being (SWB). From the cross-cultural viewpoint, independent self was proposed to be the predictor of SWB, acting through the mediating variable "global self-esteem"; whereas interdependent self was the predictor of SWB, acting through "fitting-harmony". Besides the two selves' divergent ways toward SWB, a way converging on self-esteem was proposed in this study. That is, fitting-harmony was hypothesized to be an important domain on which self-esteem is contingent; therefore, self-esteem might also be a mediator for the interdependent self to SWB. However, interdependent self might have a negative direct effect on self-esteem, which could cause damage to SWB. As mentioned above, the "multiple causal pathway model" (MCPM) was constructed for empirical investigation.

A survey was conducted to a Taiwanese sample, and 401 valid questionnaires were collected and used for this study. Participants completed the items of measurement scales for independent self, interdependent self, self-esteem, fitting-harmony, and SWB. The results indicated that the strengths of both selves were high in the Taiwanese sample, and the strength of interdependent self was even higher than that of independent self. Most importantly, it was verified that MCPM tested by structural equation modeling was theoretically acceptable, and the multiple (divergent and convergent) paths from two self-construals to SWB were supported. Finally, the limitations, implications, and future research directions were discussed.

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