

Abstract

The effects of self-discrepancy and attachment to mother, peers and teachers on emotional states were explored in 209 Chinese junior high school students in Hong Kong. In a series of correlation and regression analyses, results show that discrepancy between actual and ideal self induced depression, but social anxiety had no correspondence with discrepancy between actual and ought self. Of those three measures of attachment, the peers attachment was the highest in the sample, followed by mother and teachers. Females scored higher attachment to peers relative to males. Regarding the relationship between attachment and emotional states, it is consistent with previous studies showing that higher attachment was related to lower levels of depression and social anxiety. Also, girls showed stronger and significant relation between attachment and emotional states in comparison with that of boys. Attachment to mother and teachers showed significant effects on adolescent's academic performance, but not attachment to peers. Finally, effect of attachment as a moderator on the relationship between self-discrepancy and emotional states was not obtained.