

Abstract

The present study investigated the relationship between self-construals and stress experience and their influences on psychological well-being in a culturally pluralistic context. 160 college students and fresh graduates of Hong Kong completed a set of instruments assessing self-construals, level of stress, coping strategies and psychological well-being. As expected, the experiences of stress were different between independent selves and interdependent selves. Hierarchical regression demonstrated that low level of perceived stress and effective coping strategies in independent selves were related to greater degree of life satisfaction and positive emotion. Alternatively, effective coping strategies in interdependent selves were associated with greater degree of life satisfaction. The findings of the present study also supported the notion about the coexistence of both types of self-construal within the same individual. It is suggested that potentially important interactive effects between self-construal and culture may exist and this may influence individuals' stress experience and psychological well-being in a culturally pluralistic context.