

Abstract

Social anhedonia is characterized by a lowered ability to receive pleasure in social situations. In personality psychology, social anhedonia has recently been studied with different personality traits. In this study, the relationship and the mediation between social anhedonia and assertiveness were examined. In total, 292 participants who are aged 18 years or above (mean age = 25.7, SD = 8.13; 74.7% female) completed an online questionnaire consisting of the Anticipatory and Consummatory Interpersonal Pleasure Scale (ACIPS), the facet of assertiveness and gregariousness in NEO Personality Inventory (NEO-PI-R), Hypersensitive Narcissism Scale (HSNS) and Experiences in Close Relationships-12 (ECR-12). Results showed that the ACIPS score was significantly positively correlated with assertiveness, indicating that social anhedonia was negatively correlated with assertiveness. Mediation analyses showed that gregariousness significantly partially mediated the relationship between social anhedonia and assertiveness. The analyses also showed that attachment avoidance also had a mediation effect when it was moderated by a specific kind of relationship with the significant other. Regarding the field of personality psychology, the findings of the study enhance the understanding of the relationship between social anhedonia and assertiveness. The study also highlights the importance of paying attention to the mental well-being of socially anhedonia people and suggests further investigation on the effect of attachment to romantic relationships on attachment avoidance to assertiveness.

Keywords: social anhedonia, assertiveness, gregariousness, vulnerable narcissism, dismissing avoidant attachment