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## **Does Culture Really Have a Role in Self-Construal?**

Viktoria Weini Zewaldi

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# Does Culture Really Have a Role in Self-Construal?

Viktorija W. Zewaldi

**Abstract.** Self-construal predicts how individuals view themselves in relation to others in their social context. Three possible self-construals (independent, interdependent and metapersonal) are discussed. The aim of this study was to investigate (a) if there are inter-individual differences in self-construal within the Swedish society and (b) between Swedes and North Americans and (c) if personality could account for these inter-individual differences. The sample consisted of 60 individuals (34 females, 26 males) residing either in Sweden or the United States of America. The findings showed no significant differences in self-construal between the three experimental groups. In addition, a negative association between the personality trait agreeableness and interdependent self-construal was observed. The results question the functional relevance of cultural background within a specific culture in relation to the concept of self-construal.

The very influential article *Culture and Self: Implications for Cognition, Emotion, and Motivation* (Markus & Kitayama, 1991) uses anecdotes such as “In America, the squeaky wheel gets the grease.” whereas in Japan” The nail that stands out gets pounded down.” to indicate that people in America and Japan hold very different self-construal of self, others and the relationship between them.

The term *self* can be described as an individual person as the object of her/his reflective consciousness, defined by the behavioral social psychologist Mead (Cited, referred, described in Gillespie, 2005). While the development of the physical body is to a large extent genetically driven, the *self* is not developing in isolation but rather arises through the interaction between social experience. Cultural norms, values, and beliefs are powerful shapers of an individual’s self-concept (Triandis, 1989). Self-concepts are individual’s perceptions about her/his abilities, attitudes, emotions, and behavior (Alicke, Zell, & Guenther, 2013). These perceptions are shaped through experiences with an individual's environment, specifically by environmental reinforcements and significant others (Shavelson, Hubner, & Stanton, 1976). The perceptions an individual has of her/himself are assumed to drive the ways in which a person behaves. This behavior in turn influences the way a person perceives her/himself. In line with this thinking, Mead posited that the individual indirectly sees her/himself from the perspective of other members of the social group to which she/he belongs or to the generalized norm of the social group she/he uses as a reference point (i.e., symbolic interactionism; see Mead (1934) as described in Gillespie, 2005).

It has been proposed by Triandis (1989), that people from different cultures (e.g., collectivistic versus individualistic) differ significantly in the way they construe their self. These cross-cultural differences in self-construal were explained through the structure of the society being collectivistic or individualistic. However, these propositions were never tested scientifically, instead were based on theory and preconceived knowledge about the world. As the theory of self-construal was based on this idea, the link between culture and self-construal within a society will be investigated experimentally in this thesis work.

The word *construe* in self – construal refers to the process of showing or explaining the intention of the self (Cross, Hardin, & Gercek-Swing, 2011). The term *self-construal* is defined as “*constellation of thoughts, feelings and actions concerning one’s relationship between themselves and others and, especially the degree to which they see themselves as separate from*

*others or as connected with others*” (Markus & Kitayama, 1991, p. 226). In Western societies, self-construal is stated to be based on focusing on one’s unique attributes and differentiating oneself from others, which refers to an *independent self-construal*. People in Asia are thought to construe a self that is primarily based on relationships, and that these individuals place a stronger emphasis on being in harmony with others than people in Western cultures, which refers to as *interdependent self-construal* (Markus & Kitayama, 1991). In addition, a third self-construal was proposed by Decicco & Stroink (2007) called the *metapersonal self-construal*. Here, the self is interpreted as being fundamentally interconnected with all living things, thus the definition of self is thought to be expressed through this unified connection (Arnocky, Decicco, & Stroink, 2007).

In the following, I will describe the three types of self-construals in more detail. The *independent self-construal* is defined as a “*bounded, unitary stable self that is separate from social context*” (Markus & Kitayama, 1991, p. 226). The term is comprised of specific morals, traits, abilities, and values that benefit self-esteem and the individual behaviors are guided through these ideological attributes (Markus & Kitayama, 1991). The independent self is moderated by thoughts and actions that differentiate them from others (Arnocky et al., 2007). It is composed of (a) internal abilities, thoughts, and feelings, (b) being unique and expressing the self, (c) realizing internal attributes and promoting individual goals, and (d) being direct in communication. When thinking about her/himself, an individual that holds an independent self - construal, will refer to her/his own abilities, attributes, characteristics, or ambitions more readily than denoting to the thoughts, feelings, or behaviors of others (Arnocky et al., 2007)

The term *interdependent self-construal* includes representations of significant others in their representation of selves (e.g., family and loved ones). Hence, for an individual with an interdependent self - construal her/his self-improvement is gained from perceptions and emotions that remind her/him of this identification with others (Arnocky et al., 2007). In contrast to the independent self-construal, the interdependent self has open boundaries between the self and others, and the definition of self is comprised of relationships with significant others. A person with interdependent self-construal is described by Singelis (1994) as having a flexible self that emphasizes on (a) external features such as statuses, roles and relationships, (b) belonging and fitting in with the group, (c) filling one’s social role and engaging in suitable actions, and (d) being indirect in communication with others. To an individual with highly developed interdependent self, her/his thoughts about her/himself or others are in a sense interconnected (Arnocky et al., 2007).

Lately, a third self-construal has been distinguished, the *metapersonal self-construal*, which involves a perception of the self as having a deep interconnection with all forms of life (Arnocky et al., 2007). This self-construal is noticeably different from interdependent self-construal, which is only concerned with harmony in one’s relationship to individuals one considers as relevant. Alike with interdependent and independent self-construal, the metapersonal self-construal is also influenced by culturally and religiously held values such as Buddhism (the pursue of none - self) or Hinduism (vegetarianism; see Decicco & Stroink, 2007).

A growing body of research has stressed the importance of recognizing the varying self-construals when seeking to investigate a wide range of cross - cultural differences in cognition, emotion and motivation (Cross et al., 2011). For example, with respect to cognition it has been shown that, in contrast to those with independent selves, individuals with interdependent selves show knowledge representations and some of the processes involved in social thinking that are influenced by extensive considerations of significant others in a social context (Markus & Kitayama, 1991). Hence the actions of an individual are more likely to be situationally determined and inclusive of contextual thoughts and emotions (Markus & Kitayama, 1991). Furthermore, for those with interdependent self, both the expression and the experience of

emotions and motives have been shown to be significantly shaped and regulated by attentiveness to others (Markus & Kitayama, 1991). Especially for example, some emotions like anger that derive from an independent view of the self may be less widespread among those with interdependent selves, and self-serving motives may be replaced by what appears as other-serving motives (Markus & Kitayama, 1991). Up till now, it is not fully understood how cultural variances influence self-construal and by which cognitive, emotional and motivational processes. In addition, findings regarding cultural differences are not fully consistent. For example, Levine *et al.* (2003) showed that East Asians neither had higher scores on interdependent self-construal than North Americans, nor had they higher scores on interdependent self's than independent self's.

Furthermore, differences in self-construal are not purely culture-specific, it has been evidenced that the independent, interdependent, and meta-personal self-construals coexist both in Asian and North American societies (Arnocky *et al.*, 2007). People include all three aspects of self in their self-systems and the dominant self-construal is determined by the cultural and contextual availability and accessibility. For example, a study conducted by Arnocky *et al.*, (2007) compared a sample of Buddhists with a sample of Christians and found that Buddhists scored much higher on metapersonal self-construal than the Christian sample. Both samples were Caucasian residing in Canada and the high scores of metapersonal self-construal were based on the belief of non-self, held by Buddhists (Arnocky *et al.*, 2007).

Research has shown that there are individual differences in how people view themselves within the same cultures (Arnocky *et al.*, 2007, Cross *et al.*, 2011). Personality factors (i.e., Big Five Factors) have been linked to the self-construal of individuals. For example, in a study by Levinson, Langer, & Rodebaugh (2011) it was found that individuals with interdependent self-construal scored higher on agreeableness and conscientiousness, than did the individuals with independent self-construal, which scored higher on extraversion and openness.

To sum up, previous research has shown that (a) there are differences in how people construe their self between cultures, (b) there are also differences in how people construe their self within different cultures, for instance, with the mediating role of personality. However, research has mostly been limited to extreme cross-cultural comparisons (e.g., North America and Japan). There is a lack of research that has investigated the role of self-construal within a specific society.

In this thesis work, I am interested to investigate the individual differences in self-construal within the Swedish society. Nowadays with the increased migration, many people share a society without necessarily sharing the same cultures. This gives reason to investigate how people differ in their self-construal within a specific culture. I am especially interested in the following questions: (Q1) Do people growing up in a culture-homogeneous family differ in their self-construal in comparison to people growing up in a multicultural family? I expect that people with homogenous cultural background will have higher scores on the independent self-construal than those with heterogeneous cultural background, who will score higher on interdependent self-construal (see Arnocky *et al.*, 2007; Markus & Kitayama, 1991; Singelis 1994). This is predicted by the thought that multicultural people have more ties with other cultures and therefore could be promoted to foster an interdependent self than those with homogenous cultural background. (Q2) How do Swedish individuals differ in their relative scoring on independent and interdependent self-construal in comparison to North-Americans? Based on Levine & Park (1999), I expect that Swedes will score lower on independent self-construal measures than North Americans, because of the politically "socialist" past of Sweden. (Q3) Is there a relationship between personality and self-construal? I would like to explore if it is possible to replicate the work of Levinson *et al.*, 2011, showing a positive relationship between interdependent self-construal and agreeableness and conscientiousness, and independent self-construal to have a positive relationship with extraversion and openness. As

research linking self-construal to big five factors of personality is relatively sparse, this investigating will clearly add information to the literature.

## Methods

This is a survey study and data are collected through questionnaires. Applying this method has proven to be effective since it allows data to be collected from a geographically broader area and it is also assumed to lower social desirability effects, which refers to effects that rise from the interactions between test leader and participants, such that participants might respond in ways they think are socially more accepted or state things they think the researcher wants to hear (Cozby & Bates, 2015).

### Participants

The sample consisted of 60 individuals (34 females, 26 males) residing either in Sweden or the United States of America, more specifically: (a) Ethnic Swedes, who grew up in Sweden ( $n = 32$ ); (b) individuals with multicultural background who have been residing in Sweden since they were in their school age ( $n = 18$ ); (c) Caucasian American individuals residing in the United States of America ( $n = 10$ ). The individuals were approached personally or recruited via a call through Facebook. Those who agreed to participate, received an anonymous link referring to an online version of the questionnaire (generated by Qualtrics.com) via e-mail. The age of the sample (rang = 18 to 70 years of age) with a mean age of 32,5 ( $SD = .105$ ). The three groups did not differ in gender ( $\chi^2 0.77, p > .05$ ) or age ( $F(2,57) = .217, p > .05$ ). All individuals provided written informed consent about participating in the study. Individuals were not compensated for participation.

### Instruments and Procedure

**Measurement of Self-Construal.** The Self-construal Scale (IIS) was adapted from Singelis (1994) and translated into Swedish for the Swedish sample. This translated IIS scale was translated back to English for the American sample. This scale is a Likert type scale using a seven - point response format with “strongly disagree” and “strongly agree” as the anchors. There were 15 statements that measured independent self-construal (e.g., I am comfortable with being singled out for praise or rewards” and “I value being in good health above all”) and 15 statements that measured interdependent self-construal (e.g., “It's important for me to maintain harmony within my group” and “I feel good when I cooperate with others”). One statement from the interdependent scale “I would offer my seat in a bus to my professor or boss” was modified to “I would offer my seat in a bus to my teacher or boss” due to that people rarely use the word professor in Sweden, and rather use lecturer or teacher. High scores on each subscale represent higher levels of independent or interdependent self – construal. For each scale, the mean of the ratings of the items was used as the measure of their respective construct.

In addition to assessing the independent and interdependent self-construals, items from the **Metapersonal Self Scale** (MPS; DeCicco & Stroink, 2007) were added to measure metapersonal self-construal (10-item self-report seven-point Likert scale). This scale is high in convergent and discriminant validity (see DeCicco & Stroink, 2007). Statements included in the metapersonal measure were (e.g., “I see myself as being extended to everything else.” and “I feel a sense of true kinship with all living things.”). The averaged ratings of the scale were used as a measure for the construct. Questions related to the independent, interdependent, and metapersonal scales were intermixed in the questionnaire. For information about the full questionnaire, please see Appendix 1.

**Measurement of personality.** The Big Five Inventory created by Goldberg (1993) was employed to measure the relationship between personality and self-construal. This Inventory is a 44 - item measure of five primary personality traits, which are denoted to measure openness,

extraversion, agreeableness, conscientiousness, and neuroticism. The questions assess to which extent the respondents agree or disagree that a certain characteristic applies to them. For example: "Is curious about a number of things." (Openness); "Does a thorough job" (Conscientiousness); "Likes to cooperate with others" (Agreeableness); "Is outgoing, sociable" (Extraversion), and "Worries a lot" (Neuroticism). This scale is a Likert type scale using a five-point response format with "strongly disagree" and "strongly agree" as the anchors. For each dimension, the mean of the ratings of the items was used as the measure for each respective dimension.

**Demographic information.** Some descriptive questions were added at the end of the questionnaire such as, gender, age, where the individuals grew up and which culture their parents practiced at home. Participants in the Swedish sample were also asked to rank how ("very low" = 1 to "very high" = 7) they perceived the impact the Swedish culture had on them in comparison to other cultures they had been exposed to during childhood and lifetime. The full questionnaire is presented in Appendix 1.

### **Statistical Analysis**

To test the first hypothesis that being from a multicultural background influences self-construal, univariate analyses of variance (ANOVAs) with culture (2 levels: homogenous family, heterogenous family) as independent and self-construal as dependent variable were conducted separately for the three construal types (i.e., independent, interdependent, and metapersonal) using the Swedish sample only. The second hypothesis focused on the relative scoring of independent self-construal in Swedish individuals in comparison to North Americans and was tested using a univariate ANOVA with culture (2 levels: Swedes versus North Americans) as independent variable and self-construal as dependent variable. The third question aimed to explore the relationship between personality (i.e., agreeableness, openness, extraversion, conscientiousness and neuroticism) and self-construal (independent, interdependent and metapersonal) using Pearson Correlation analyses.

## **Results**

To investigate if cultural background has an effect on self-construal, univariate ANOVAs were conducted separately for each of the three self-construals (i.e., independent, interdependent and metapersonal self-construals) and showed that cultural family background did not have an effect on the relative scoring of independent self-construal ( $F(1,48) = .76, p > .05$ ) nor interdependent self-construal ( $F(1,48) = 3.14, p > .05$ ), or the metapersonal self-construal ( $F(1,48) = .069, p > .05$ ). (see Table 1 for descriptive data).

In addition, to take care of the relative importance of the Swedish culture for the heterogenous Swedish study sample, I conducted an additional ANCOVA, with cultural background (homogeneous, heterogeneous) as independent and self-construal (i.e., independent, interdependent and metapersonal, respectively) as dependent variables. In the analysis, I controlled for subjective rating of relevance of the Swedish culture in their everyday life while growing up. This rating is based on a single question, where participants rated the relevance of the Swedish culture on their everyday life while they grew up on a 1-7 Likert scale (1 = not important to 7 = very important). However, controlling for the relative importance of the Swedish culture during their upbringing did not change the results: Swedes growing up with a homogeneous cultural family background or a heterogeneous family background did not differ in their relative scoring of independent ( $F(1,48) = .007, p > .05$ ), nor interdependent ( $F(1,48) = .067, p > .05$ ), or metapersonal ( $F(1,48) = .065, p > .05$ ) self-construal.

To investigate the second research question regarding the relative scoring on the independent self-construal between individuals that grew up in Sweden and individuals that grew up in the United States of America, a univariate ANOVA was conducted for the homogeneous Swedish

group and the American group (as the American sample only consisted of Caucasian individuals). However, no significant differences between the homogenous Swedish individuals and American individuals were observed for the relative scoring on the independent self-construal ( $F(1,40) = .813, p > .05$ ). (see Table 1 for descriptive data).

Because there were no differences between the Swedish groups in self-construal an additional ANOVA were conducted between the whole Swedish group and the American sample for the scoring of independent self-construal, however the results remained the same, namely that Swedish and American individuals did not differ in their rating of independent self-construal,  $F(2,57) = .432, p > .05$

*Table 1.* Sample characteristics and mean ratings of the three self-construal for each of the three experimental groups, separately.

	Sweds Homogenous	Sweds Heterogeneous	Americans
N	32	18	10
Gender distribution (females; %)	14 (44%)	12 (67%)	8 (80%)
Independent self- construal rating	5.1 (.56)	5.2 (.62)	5.3 (.95)
Interdependent self- construal rating	4.5 (.64)	4.7 (.78)	5.0 (.89)
Metapersonal self- construal rating	4.9 (.83)	4.8 (.97)	5.2 (1.1)

*Note.* Self-construal ratings are reported as Mean (SD).

To investigate if personality is related to self-ratings of self- construal, a Pearson correlation analysis were conducted between each BFI personality factors (agreeableness, conscientiousness, openness, extraversion, and neuroticism) and self – construal (interdependent, independent and metapersonal). I found a negative relationship between ratings of interdependent self-construal and agreeableness ( $r = -.391, p > .05$ ), indicating that individuals who are highly agreeable rate low on interdependent self-construal. Pearson correlations were also conducted for the interdependent self-construal and all other personality dimensions (i.e., conscientiousness, openness, extraversion and neuroticism), however none of these findings were significant for interdependent self - construal ( $ps < .05$ ; see Table 2 for more information).

Table 2. Bivariate correlations between personality factors and the three self-construal for the whole sample

Variables	Independent	Interdependent	Metapersonal
Agreeableness	-.37	-.34*	-.17
Conscientiousness	.31*	.12	.19
Extraversion	.39*	-.02	.21
Openness	.25	.05	.49*
Neuroticism	-.22	-.16	-.28

Note. \* =  $p < .05$ , two-tailed

Furthermore, the results showed a significant positive relationship between extraversion and independent self-construal ( $r = .399, p < .05$ ), which is in line with previous research. However, in this study a significant positive relationship between conscientiousness and independent ( $r = .314, p < .05$ ) was also observed, which is not supported by previous research. In addition, a highly significant positive relationship was observed between metapersonal self-construal and openness, which is in line with previous research of self-construal ( $r = .499, p < .05$ ).

## Discussion

The aim of the study was to investigate potential inter-individual differences in self-construal within the Swedish society and differences compared to Americans. Another research question explored associations between self – construal and personality traits. More precisely, I was examining if individuals growing up in a culture- homogeneous family differed in their self-construal ratings in comparison to individuals growing up in multicultural families. My results showed that self-construal was not dependent on the home culture of an individual growing up in Sweden. Individuals from culture-homogeneous background included 3 individuals from another country within Europe, 6 individuals from Middle - East, 2 individuals from East – Asia and 7 individuals from Africa. This shows a large variation of cultural backgrounds, which could account for not finding differences in such a relatively small sample of 18 individuals. However, even after controlling for the subjective rating of relevance of the Swedish culture in the heterogeneous Swedish sample for their everyday life, results maintained the same.

In contrast to my results, previous literature has been posited that people from different cultures, for example collectivistic and individualistic societies differ significantly in the way they construe their self (Triandis, 1989). The results in my thesis work show that within Sweden, individuals show medium ratings for all three self-construals, which is in line with previous literature looking into inter-individual differences in self-construal ratings (Singelis, 1994; Arnocky et al., 2007). However, the way, cultural background was measured in this thesis, individual differences in self-construal ratings and variations in the relative scoring of the different self-construal could not be related to cultural background within a society. Since we live in a much more globalized world, and many people live in the same society without sharing necessarily the same culture, it might be possible that people construe their self in more individualistic ways than earlier thought. For instance, one of the items on the scale that measure independent self-construal is “I value being in good health above all.”. This item could as well have to do more with social economic class rather than self-construal itself. This thesis is based on a relatively small sample set and the participants are probably also highly selected



as being interested in contributing to research or sharing same academic background as the author of this study, hence, one could assume that the sample here is underestimating existing cultural differences within Sweden, which might in addition be linked to differences in education or socio-economic background.

Differences in self-construal have in earlier research been linked to personality, and that people who score high in interdependent self-construal also score high on agreeableness (Levinson, Langer, & Rodebaugh, 2011). Surprisingly, the results of the current study showed a significant negative relationship between interdependent self-construal and agreeableness. It's not clear where this effect comes from since previous research has suggested that there might be a reciprocal relationship between agreeableness and interdependent self – construal since this personality characteristic would likely promote to cooperation with other people (Levinson, Langer, & Rodebaugh, 2011). However, previous research of self – construal is not purely homogenic in their findings, meaning that they are not consistent on reporting differences in self – construal between countries. For example, a study by Matsumoto (1999) concluded that North Americans did not have higher scores on independent self – construal than East Asians, who did not have higher scores on interdependent self – construal. Another study made by Levine et al (2003) also concluded that East Asians neither had higher scores on interdependent self than North Americans, nor had higher scores on interdependent self than independent self. Studies has also demonstrated theoretically incongruent differences, for instance that North Americans had higher scores on interdependent than Japanese (Cross, Hardin, & Gercek-Swing, 2011). These inconsistent findings have led some researchers to conclude that the theory of self – construal is fundamentally flawed, and that culture is not capable to predict self – construal in the ways theory describes it (Matsumoto, 1999).

Interestingly, no relationship was shown between conscientiousness and interdependent self-construal, which is also opposed to previous research. It could be that these opposing results are due to that the multicultural individuals within this sample must be less interdependent, less agreeable and more consentience to succeed with their life in a highly independent society as Sweden is.

The findings of this study add to the literature of self-construal by extending the knowledge of metapersonal self being linked to openness, although the association has never been investigated before, the metapersonal self-construal is thought to have a view of self as interconnected to all living things, which suggests that individuals scoring high on this scale are more open than individuals rating high on the other self-construal (i.e., independent and interdependent).

Further research should study the individual differences that predicts self-construal other than culture, since my results question the functional relevance of cultural background in relation to the concept of self-construal (e.g., the influence of perception, socio- economic class). For example, how vegetarianism (meat free lifestyle) affects self - construal or level of safety and openness in one's environment could be better predictors of self-construal than culture.

### **Limitations of the study**

The results of this study should be considered in light of their limitations, firstly, the sample size was rather small ( $n = 60$ ), especially the North American sample which only consisted of 10 subjects. It is much possible that with a larger sample in each of the three experimental groups would have produced a different outcome in results. Secondly, the range of (18 to 70) years of age was rather large which make it difficult to control for possible cohort differences. Thirdly, the participants are probably also highly selected as being interested in contributing to research or sharing same academic background as the author of this study, hence, one could assume that the sample here is underestimating existing cultural differences

within Sweden, which might in addition be linked to differences in education or socio-economic background.

So far, I have only investigated the relative ratings of the three self-construal independently from each other. However, another option might be to group individuals according to relative ratings on the three construal as being more of the type of independent, more interdependent and more metapersonal. This requires a different way of analyzing the data and grouping the individuals, which were out of the scope of this thesis – this would however take into considerations inter-individual differences on different levels and that individuals consist of different elements from all three self-construals.

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## Appendix 1

Nedan visas ett antal uttalanden, läs varje uttalande som om den hänvisade till dig. Markera den rutan nedanför varje uttalande som bäst passar din överenskommelse eller oenighet.

Jag tycker om att vara unik och annorlunda på många sätt

Håller inte med allts	Håller inte med	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Jag tror att oavsett var jag är eller vad jag gör, skiljer jag mig aldrig från andra

Håller inte med allts	Håller inte med	Håller inte till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Jag kan prata öppet med en person som jag precis har träffat, även när personen är mycket äldre mig

Håller inte med allts	Håller inte med	Håller inte till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Även när jag starkt inte håller med gruppmedlemmar, undviker jag argument.

Håller inte med allts	Håller inte med	Håller inte med till viss	Obestämd	Håller med till viss mån	Håller med	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Min personliga existens är mycket ändamålsenlig och meningsfull

Håller inte med allts	Håller inte med	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Jag har respekt för de myndighetskontakter som jag samverkar med

Håller inte med all	Håller inte med	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Jag är medveten om en koppling mellan mig själv och alla levande saker.

Håller inte med all	Håller inte med	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Jag gör min egen sak, oavsett vad andra tycker

Håller inte med all	Håller inte med	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Min känsla av identitet bygger på något som förenar mig med alla andra människor

Håller inte med all	Håller inte med	Håller inte till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Jag respekterar människor som är blygsamma över sig själva

Håller inte med all	Håller inte med	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Jag känner en riktig känsla av släktskap med alla levande saker

Håller inte med all	Håller inte med	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
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Det är viktigt för mig att fungera som en självständig person

Håller inte med all	Håller inte med	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
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Jag skulle offra mitt eget intresse till förmån för gruppen jag tillhör

Håller inte med all	Håller inte med	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
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Jag säger hellre "Nej" direkt än att riskera bli missförstådd

Håller inte med all	Håller inte med	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
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Det är viktigt för mig att ha en livlig fantasi

Håller inte med all	Håller inte med	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
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Jag bör ta hänsyn till mina föräldrars råd när de ger det i utbildnings/karriär syfte

Håller inte med all	Håller inte med	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
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Jag känner att mitt öde är sammanflätat med ödet runt de omkring mig

Håller inte med all	Håller inte med	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
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Jag föredrar att vara direkt och uppriktig när jag arbetar med personer som jag just träffat

Håller inte med all	Håller inte med	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
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Jag mår bra när jag samarbetar med andra

Håller inte med all	Håller inte med	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
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Jag är bekväm med att bli utpekad för beröm eller belöningar

Håller inte med alls	Håller inte med	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
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Om min bror eller syster misslyckas känner jag mig ansvarig

Håller inte med alls	Håller inte med	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
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Jag har ofta en känsla av att mina relationer med andra är viktigare än mina egna prestationer

Håller inte med alls	Håller inte med	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
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Att tala under ett möte eller i klassen är inget problem för mig

Håller inte med alls	Håller inte med	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
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Min känsla av inre frid är en av de viktigaste sakerna för mig

Håller inte med alls	Håller inte med	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
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Jag skulle erbjuda min plats i en buss till min chef eller lärare

Håller inte med alls	Håller inte med	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
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Jag agerar på samma sätt oavsett vem jag är med

Håller inte med alls	Håller inte med	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
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Jag tror att min intuition kommer från en högre del av mig själv och jag ignorerar det aldrig

Det är viktigt för mig att respektera beslut som fattas av gruppen

	Håller inte med alls	Håller inte med	Håller inte med till viss mån	Obestämmd	Håller med till viss mån	Håller med	Håller med helt
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Jag ser mig själv som utsträckt / utvidgad till allt annat.

	Håller inte med alls	Håller inte med	Håller inte med till viss mån	Obestämmd	Håller med till viss mån	Håller med	Håller med helt
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Håller inte med alls	Håller inte med	Håller inte med till viss mån	Obestämmd	Håller med till viss mån	Håller med	Håller med helt
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Min personliga identitet, oberoende av andra, är mycket viktigt för mig

	Håller inte med alls	Håller inte med	Håller inte med till viss mån	Obestämmd	Håller med till viss mån	Håller med	Håller med helt
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Det är viktigt för mig att upprätthålla harmoni inom min grupp

	Håller inte med alls	Håller inte med	Håller inte med till viss mån	Obestämmd	Håller med till viss mån	Håller med	Håller med helt
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Jag brukar vara överens med vad andra vill göra, även när jag vill göra något annat

Håller inte med alls	Håller inte med till viss mån	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med	Håller med helt
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Jag agerar på samma sätt hemma som jag gör i arbete eller skolan

Håller inte med alls	Håller inte med till viss mån	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
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Här är ett par egenskaper som kanske gäller för dig. Läs varje uttalande och klicka i svaret nedan för att ange i vilken utsträckning du håller med eller inte håller med varje uttalande.

" Jag ser mig som någon som"...

...Är pratsam

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
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Tenderar att hitta fel hos andra

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
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Gör ett grundligt jobb

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
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Är deprimerad, låg

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
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Är original, kommer upp med nya ideer

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
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Är reserverad

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Är hjälpsam och osjälvisk mot andra

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Kan vara något slarvig

Håller inte med alls	Håller inte med till viss mån	Obestämd	håller med till viss mån	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Är avslappnad, hanterar stress bra

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Är nyfiken, på många olika saker

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Är full av energi

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Börjar gräla med andra

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Är en pålitlig arbetare

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Kan vara spänd

Håller inte med alls	Håller med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Är genial, en djup tänkare

Håller inte med alls	Håller med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Genererar mycket entusiasm

Håller inte med alls	Håller med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Har en förlåtande natur

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Tenderar att vara oorganiserad

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Oroar sig mycket

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Har en aktiv fantasi

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Tenderar att vara tyst

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Är allmänt godtrogen

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
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Tenderar att vara lat

Håller inte  
med alls

Håller inte  
med till viss mån

Obestämd

Håller med  
till viss mån

Håller  
med helt



Är känslomässigt stabil, inte lätt upprörd

Håller inte  
med alls

Håller inte  
med till viss mån

Obestämd

Håller med  
till viss mån

Håller  
med helt



Är uppfinningsrik

Håller inte  
med alls

Håller inte  
med till viss mån

Obestämd

Håller med  
till viss mån

Håller  
med helt



Har en bestämd personlighet

Håller inte  
med alls

Håller inte  
med till en viss mån

Obestämd

Håller med  
till viss mån

Håller  
med helt



Kan vara kall och avskild

Håller inte  
med alls

Håller inte  
med till viss mån

Obestämd

Håller med  
till viss mån

Håller  
med helt



Fortsätter tills uppgiften är färdig

Håller inte  
med alls

Håller inte  
med till viss mån

Obestämd

Håller med  
till viss mån

Håller  
med helt



Kan vara humörlig

Håller inte  
med alls

Håller inte  
med till viss mån

Obestämd

Håller med  
till viss mån

Håller  
med helt



Värdesätter konstnärliga, estetiska egenskaper

Håller inte  
med alls

Håller inte  
med till viss mån

Obestämd

Håller med  
till viss mån

Håller  
med helt



Är ibland blyg, hämmad

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Är hänsynsfull och snäll mot nästan alla

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Gör saker effektivt

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Förblir lugn i spända situationer

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Föredrar rutinmässigt arbete

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Är utåtriktad, social

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Är ibland oförskämd mot andra

Håller inte med alls	Håller inte med till en viss mån	Obestämd	Håller med till en viss mån	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Gör planer och följer igenom med dem

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Blir nervös lätt

Håller inte med alls	Håller inte med till viss mån	Obestämd	Håller med till viss mån	Håller med helt
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Gillar att reflektera, leka med idéer.

Håller inte  
med alls

Håller inte  
med till viss mån

Obestämd

Håller med  
till viss mån

Håller  
med helt

Har få konstnärliga intressen

Håller inte  
med alls

Håller inte  
med till viss mån

Obestämd

Håller med  
till viss mån

Håller  
med helt

Gillar att samarbeta med andra

Håller inte  
med alls

Håller inte  
med till viss mån

Obestämd

Håller med  
till viss mån

Håller  
med helt

Är lätt distraherad

Håller inte  
med alls

Håller inte  
med till viss mån

Obestämd

Håller med  
till viss mån

Håller  
med helt

Är sofistikerad i musik, konst eller litteratur

Håller inte  
med alls

Håller inte  
med till viss mån

Obestämd

Håller med  
till viss mån

Håller  
med helt

Och så några demografiska fakta om dig

Kön

Kvinna

Man

Annat alternativ

Ålder

Jag växte upp i (land / länder)

Vilken kultur praktiserar dina föräldrar hemma?

Hur rankar du den svenska kulturens relativa påverkan på dig i förhållande till andra kulturer du kanske exponerades för under din barndom?  
1 - 7