

The roles of values, value- related behaviours and self- efficacy for hedonic and eudaimonic well- being

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Abstract

Statement of the Problem: What people believe, how they realize their beliefs in action and if feel that they do this efficiently may impact various aspects of their wellbeing in different ways? In our study we analyzed how values (openness to change, self-transcendence, self-enhancement, and conservation), value-related behaviors and perceived self-efficacy of these behaviors impact eudaimonia, satisfaction, positive and negative affect .

Methodology & Theoretical Orientation: We used Schwartz's value circle and our own behavior and self-efficacy questionnaires based on Schwartz's conception. Participants (N=1015, national Polish sample) filled out a series of questionnaires online, indicating what they believed, how they behaved and how they perceived their behaviors. We conducted a series of regressions and confirmed our hypotheses.

Findings: Values impacted well-being domains in various ways. Valuing self enhancement (e.g. power, achievement) proved to be damaging for well-being, and this effect was further intensified by engagement in activities aimed at realizing these values (e.g. actively pursuing power), especially if these behaviors were perceived as effective. Other values had positive or no effect, but in some cases behaviors related to specific value (e.g. self-transcendence expressed in caring behaviors) proved to be more significant than the belief that the value is important. Our findings bear significant implications for practice – they show that if values are used in interventions aimed at well-being, they may be used in more precise ways. In some cases the interventions should be aimed at beliefs (values, cognitive constructs), while in others at behaviors or self-perceptions. Our results may serve as a starting point for the development of precise social interventions or therapeutic protocols that consider values significant (e.g. in ACT therapy)

Keywords: Self efficacy, Cognitive behaviour



Biography:

Agnieszka Bojanowska has her expertise in well-being, personality and values. She is mainly interested in determinants of various aspects of well-being at different levels of personality and identity. Her model of Happy Temperament explains how well-being is related to formal characteristics of behaviors. She conducted questionnaire research on national samples and is currently aiming to determine how personality traits interplay with personal values and behaviors and how these interactions may impact well-being. She is also conducting experiments using ACT therapy elements related to values. Her current research is aimed at building a bridge between theoretical findings related to values and well-being and social and therapeutic interventions.

Speaker Publications:

1. The spectrum of equivariant K -theory, *Mathematische Zeitschrift/* volume 183 (1983) no .1-19. MR 701356, <https://doi.org/10.1007/BF01187212>

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