



The Self and Relationships in the Mediterranean

Alexander Kirchner-Häusler
Ayşe K. Üskül
Vivian Vignoles
The HONORLOGIC Project Team

August 1st, 2022 - IARR - Virtual

The Self in Relationships: Different Ideas

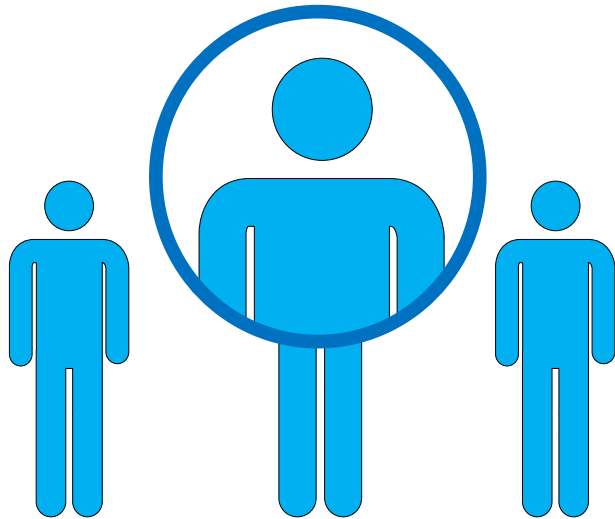
Blindly Married, VTM, Belgium



Terrace House, Netflix, Japan

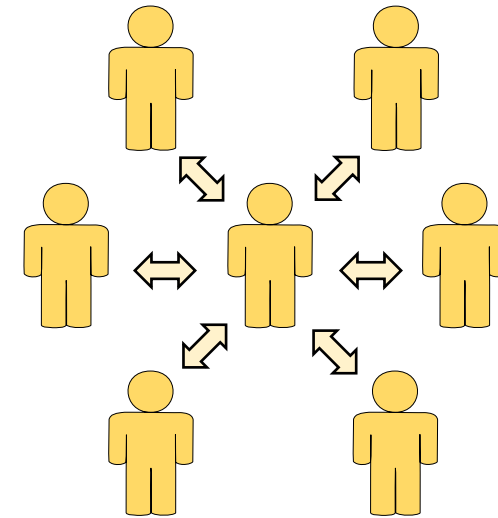
The Self in Relationships: Different Ideas

Independence (e.g., Western Cultures)



The individual as independent from others.
Individuality, Personal Needs,
Self-Expression, Mutual Self-Assertion

Interdependence (e.g., East-Asian Cultures)



The individual as interdependent with others.
Connectedness, Harmony,
Perspective Taking, Mutual Self-Adjustment

Honor cultures – what are they?

Honor represents “[...] one’s own self-worth, but also one’s worth through the eyes of others.” It combines elements typically associated with

- ❖ **independence** (*personal autonomy, self-reliance, distinguishing yourself positively as strong, moral etc.*)
- ❖ **interdependence** (*maintaining positive relationships, commitment to others’ well-being, importance of group reputation*)

Honor cultures – what are they?

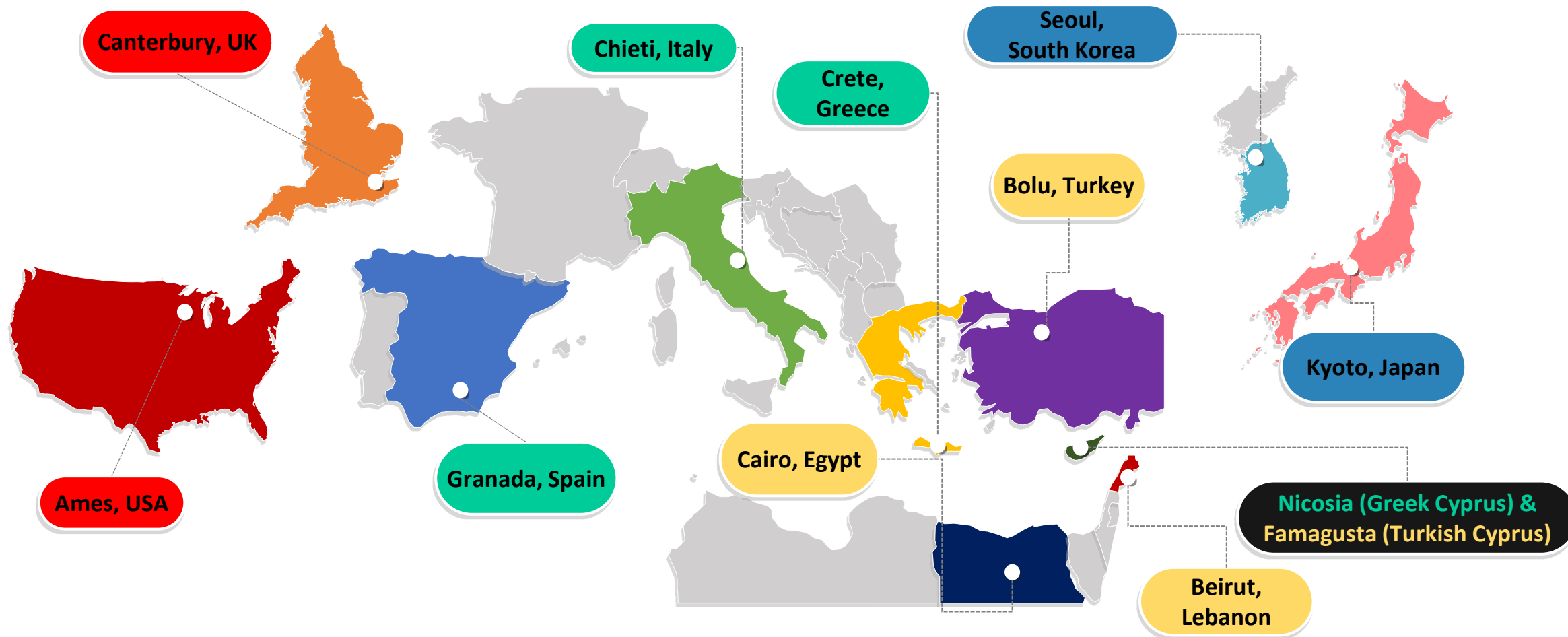
- ❖ **San Martin et al. (2018):** Arab participants showed as much interdependent orientation as Japanese, but also as much self-assertion as US - Americans.
- ❖ **Salvador et al. (2020):** Colombians were similar to Americans in self-assertion and emotional self-expression, but more similar to Japanese in relationship-focused emotions.
- ❖ **Vignoles et al. (2016):** Middle-Eastern countries emphasized both independent dimensions (**self-reliance** and **consistency**) and interdependent dimensions of self (**connection with others** and **harmony**).

Goals of the Present Work



- 1) Explore how the Mediterranean differs from Western and East-Asian countries in **social orientation** (i.e., *independence* and *interdependence*).
- 2) Test if certain ways of being and relating are **“functional”** in a cultural context (i.e., associated with *better social well-being*).

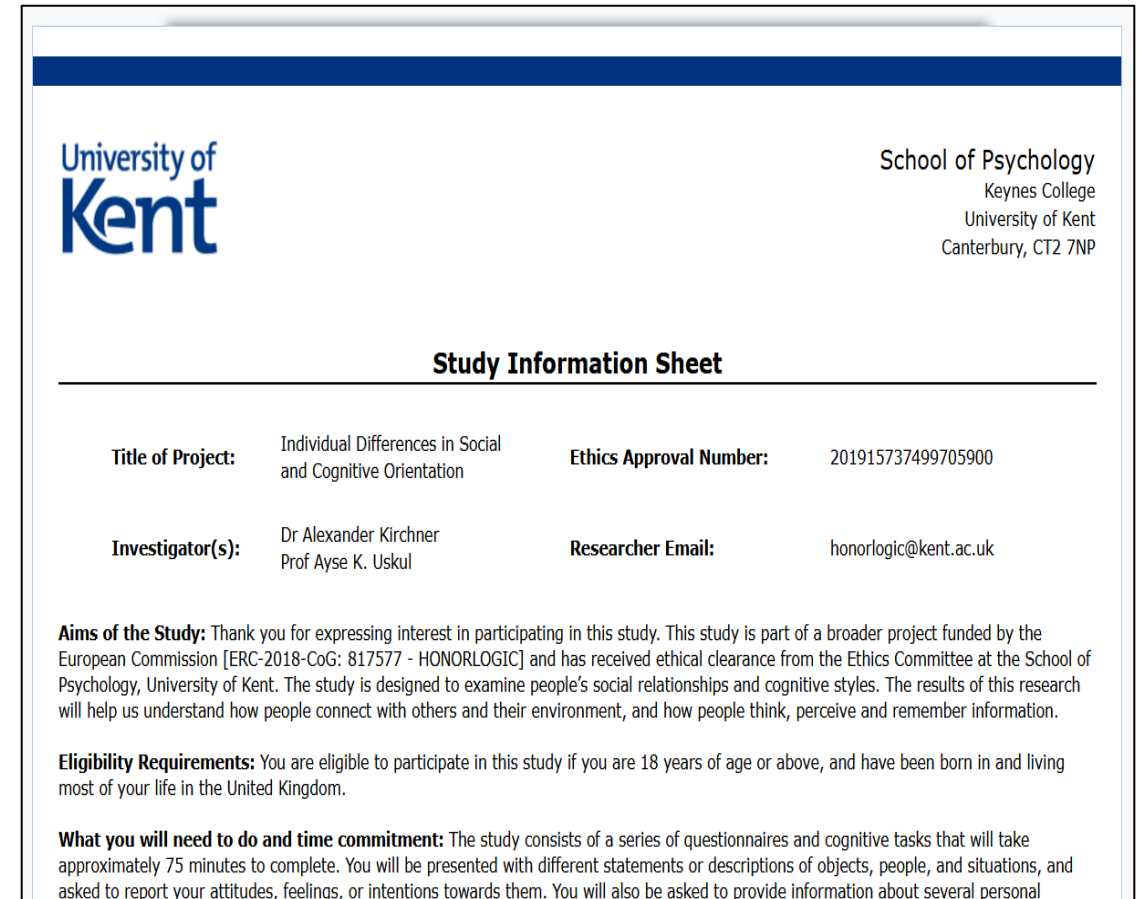
Method: Participants



$N = 3097$ | *Female = 55%* | $M_{Age} = 21.45$ | $M_{SES} = 6.05 (1-10)$

Method: Procedure & Measures

- ❖ Online Questionnaire (~45 min)
- ❖ Team-Translation Approach
- ❖ Measures:
 - ❖ 4 *Implicit* Measures (SO)
 - ❖ 1 *Explicit* Measure (SO)



University of Kent

School of Psychology
Keynes College
University of Kent
Canterbury, CT2 7NP

Study Information Sheet

Title of Project:	Individual Differences in Social and Cognitive Orientation	Ethics Approval Number:	201915737499705900
Investigator(s):	Dr Alexander Kirchner Prof Ayse K. Uskul	Researcher Email:	honorlogic@kent.ac.uk

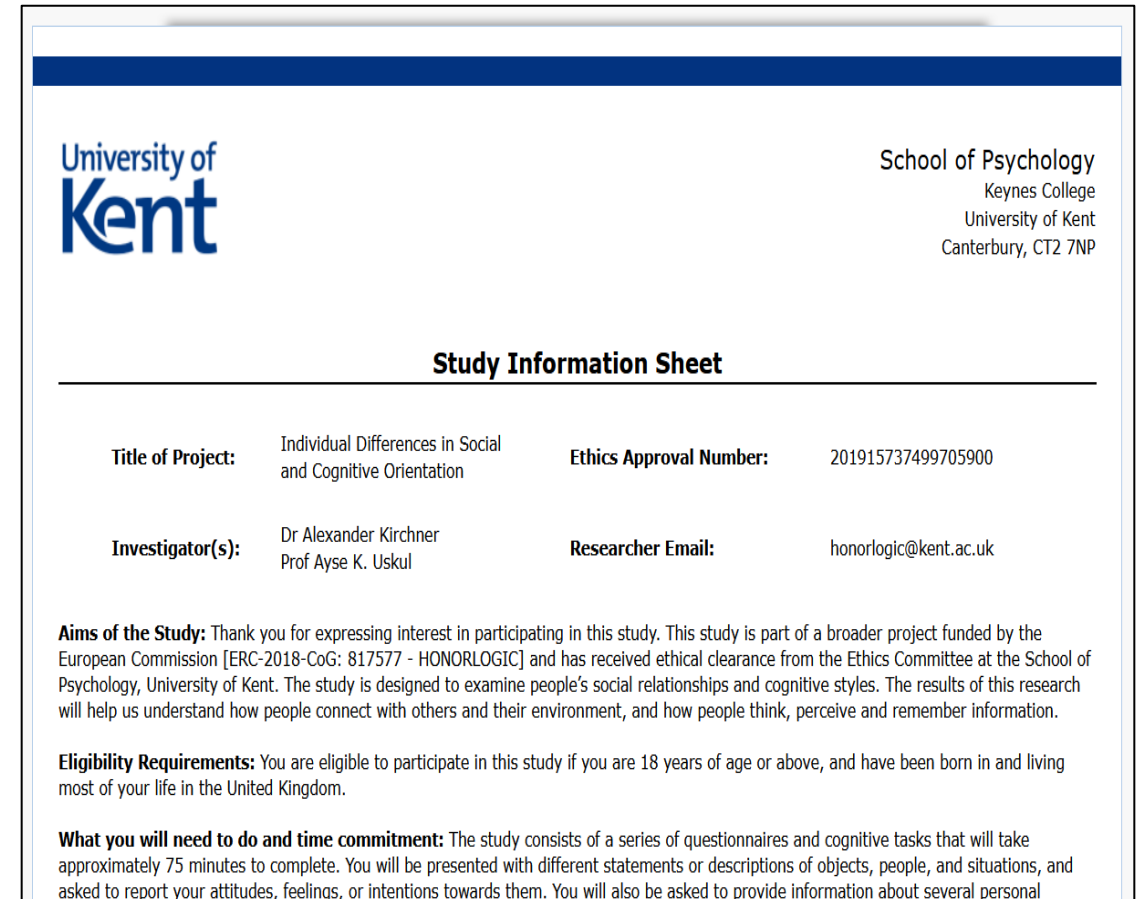
Aims of the Study: Thank you for expressing interest in participating in this study. This study is part of a broader project funded by the European Commission [ERC-2018-CoG: 817577 - HONORLOGIC] and has received ethical clearance from the Ethics Committee at the School of Psychology, University of Kent. The study is designed to examine people's social relationships and cognitive styles. The results of this research will help us understand how people connect with others and their environment, and how people think, perceive and remember information.

Eligibility Requirements: You are eligible to participate in this study if you are 18 years of age or above, and have been born in and living most of your life in the United Kingdom.

What you will need to do and time commitment: The study consists of a series of questionnaires and cognitive tasks that will take approximately 75 minutes to complete. You will be presented with different statements or descriptions of objects, people, and situations, and asked to report your attitudes, feelings, or intentions towards them. You will also be asked to provide information about several personal

Method: Procedure & Measures

- ❖ Online Questionnaire (~45 min)
- ❖ Team-Translation Approach
- ❖ Measures:
 - ❖ 4 *Implicit* Measures (SO)
 - ❖ 1 *Explicit* Measure (SO)



University of Kent

School of Psychology
Keynes College
University of Kent
Canterbury, CT2 7NP

Study Information Sheet

Title of Project:	Individual Differences in Social and Cognitive Orientation	Ethics Approval Number:	201915737499705900
Investigator(s):	Dr Alexander Kirchner Prof Ayse K. Uskul	Researcher Email:	honorlogic@kent.ac.uk

Aims of the Study: Thank you for expressing interest in participating in this study. This study is part of a broader project funded by the European Commission [ERC-2018-CoG: 817577 - HONORLOGIC] and has received ethical clearance from the Ethics Committee at the School of Psychology, University of Kent. The study is designed to examine people's social relationships and cognitive styles. The results of this research will help us understand how people connect with others and their environment, and how people think, perceive and remember information.

Eligibility Requirements: You are eligible to participate in this study if you are 18 years of age or above, and have been born in and living most of your life in the United Kingdom.

What you will need to do and time commitment: The study consists of a series of questionnaires and cognitive tasks that will take approximately 75 minutes to complete. You will be presented with different statements or descriptions of objects, people, and situations, and asked to report your attitudes, feelings, or intentions towards them. You will also be asked to provide information about several personal

Method: **Implicit Measures**

Ingroup Bias

Feelings of closeness to ingroup versus outgroup members

Self-Inflation

Pictorial size of self versus others in social network

Emotion Task (2 indices)

Frequency and Importance of relationship-focused versus individual-focused emotions

Nepotism Task (2 Indices)

Preferential treatment of friends versus strangers in business situation

Higher Scores = Higher Interdependence / Lower Independence

Lower Scores = Lower Interdependence / Higher Independence

Results: Implicit Social Orientation



IMPLICIT TASKS	REGIONS					
	EA	WEST	EA	MDTR	WEST	MDTR
Ingroup Bias Task	Stronger Independence	Stronger Interdependence	Stronger Independence	Stronger Interdependence	No difference	No difference
Self Inflation Task	No difference	No difference	No difference	No difference	Stronger Interdependence	Stronger Independence
Emotion Task (1)	Stronger Interdependence	Stronger Independence	Stronger Interdependence	Stronger Independence	Stronger Interdependence	Stronger Independence
Emotion Task (2)	Stronger Interdependence	Stronger Independence	Stronger Interdependence	Stronger Independence	Stronger Interdependence	Stronger Independence
Nepotism (1)	Stronger Interdependence	Stronger Independence	Stronger Interdependence	Stronger Independence	No difference	No difference
Nepotism (2)	No difference	No difference	No difference	No difference	No difference	No difference

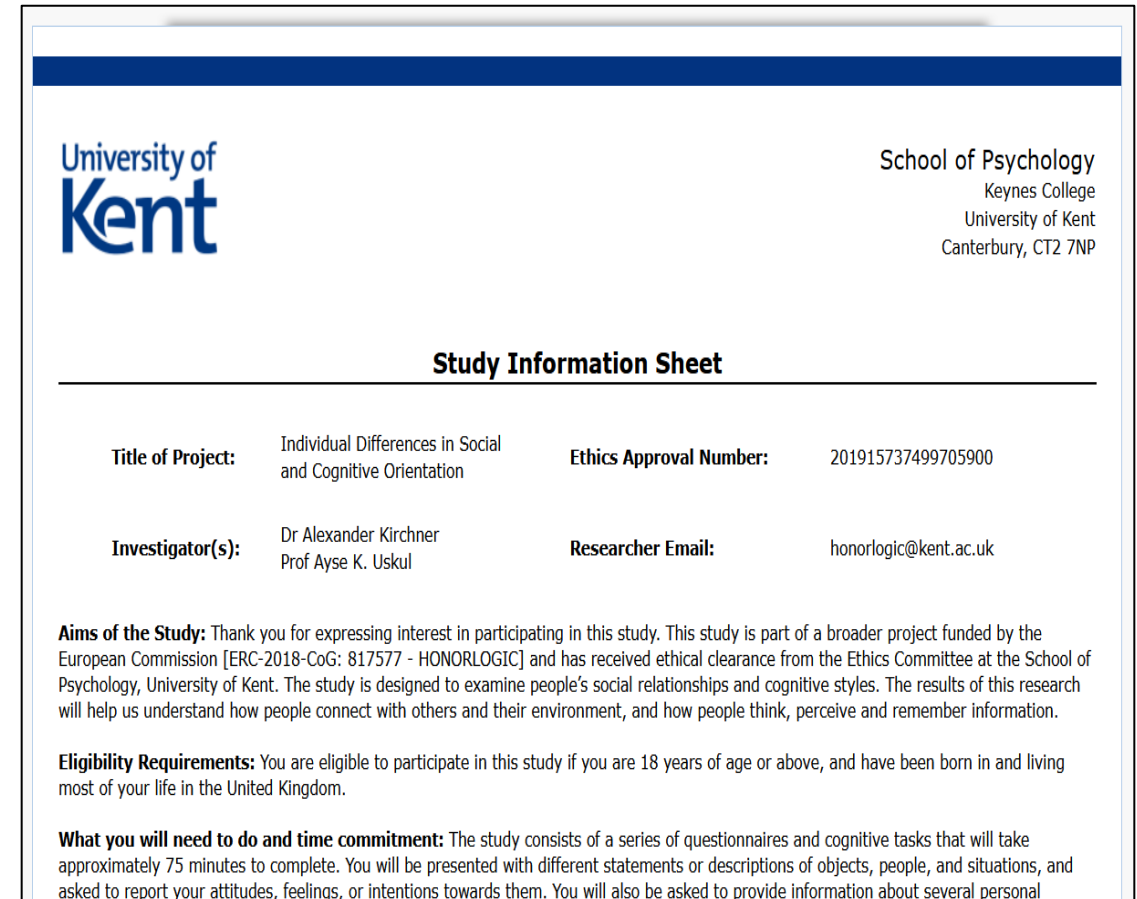
Stronger Interdependence

Stronger Independence

No difference

Method: Procedure & Measures

- ❖ Online Questionnaire (~45 min)
- ❖ Team-Translation Approach
- ❖ Measures:
 - ❖ 4 *Implicit* Measures (SO)
 - ❖ 1 *Explicit* Measure (SO)



University of Kent

School of Psychology
Keynes College
University of Kent
Canterbury, CT2 7NP

Study Information Sheet

Title of Project:	Individual Differences in Social and Cognitive Orientation	Ethics Approval Number:	201915737499705900
Investigator(s):	Dr Alexander Kirchner Prof Ayse K. Uskul	Researcher Email:	honorlogic@kent.ac.uk

Aims of the Study: Thank you for expressing interest in participating in this study. This study is part of a broader project funded by the European Commission [ERC-2018-CoG: 817577 - HONORLOGIC] and has received ethical clearance from the Ethics Committee at the School of Psychology, University of Kent. The study is designed to examine people's social relationships and cognitive styles. The results of this research will help us understand how people connect with others and their environment, and how people think, perceive and remember information.

Eligibility Requirements: You are eligible to participate in this study if you are 18 years of age or above, and have been born in and living most of your life in the United Kingdom.

What you will need to do and time commitment: The study consists of a series of questionnaires and cognitive tasks that will take approximately 75 minutes to complete. You will be presented with different statements or descriptions of objects, people, and situations, and asked to report your attitudes, feelings, or intentions towards them. You will also be asked to provide information about several personal

Method: **Explicit Measures**

Self-Construal (Vignoles et al., 2016; Yang et al., 2018)

48 statements (“How well does each statement describe you?”) in 8 bi-dimensional scales (*more positive values = greater interdependent orientation*)

Domain of functioning	Independent way of being		Interdependent way of being
Defining the self	Difference	↔	Similarity
Experiencing the self	Self-containment	↔	Connection to others
Making decisions	Self-direction	↔	Receptiveness to influence
Looking after oneself	Self-reliance	↔	Dependence on others
Moving between contexts	Consistency	↔	Variability
Communicating with others	Self-expression	↔	Harmony
Dealing with conflicting interests	Self-interest	↔	Commitment to others
Being embedded in one’s environment	De-Contextualized Self	↔	Contextualized Self

Results: Cultural Profiles of Self-Construal



Results: Cultural Profiles of Self-Construal

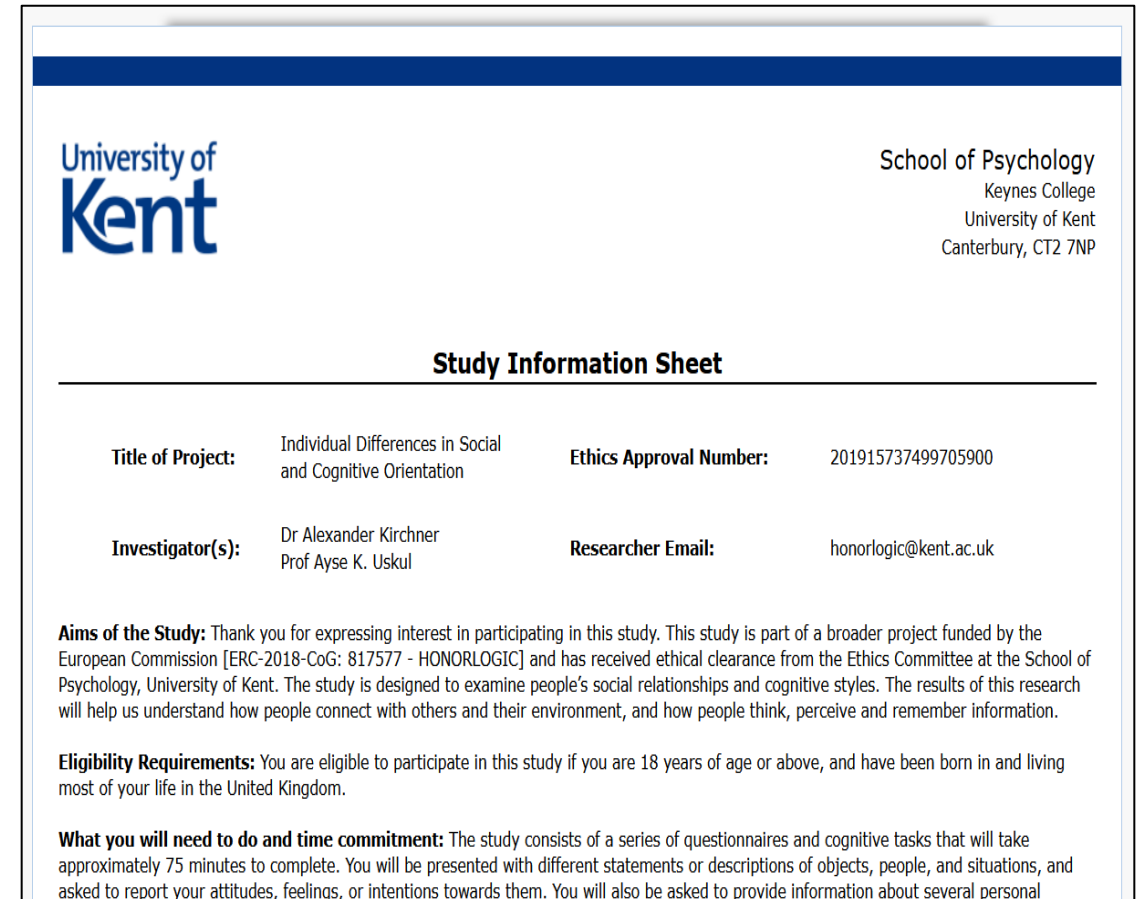


Results: Cultural Profiles of Self-Construal



Method: Procedure & Measures

- ❖ Online Questionnaire (~45 min)
- ❖ Team-Translation Approach
- ❖ Measures:
 - ❖ 1 *Implicit* Measure (SO)
 - ❖ 4 *Explicit* Measures (SO)
 - ❖ 1 Social Well-Being (*Personal Relationships, Belonging in Community; OECD, 2018*)



University of Kent

School of Psychology
Keynes College
University of Kent
Canterbury, CT2 7NP

Study Information Sheet

Title of Project:	Individual Differences in Social and Cognitive Orientation	Ethics Approval Number:	201915737499705900
Investigator(s):	Dr Alexander Kirchner Prof Ayse K. Uskul	Researcher Email:	honorlogic@kent.ac.uk

Aims of the Study: Thank you for expressing interest in participating in this study. This study is part of a broader project funded by the European Commission [ERC-2018-CoG: 817577 - HONORLOGIC] and has received ethical clearance from the Ethics Committee at the School of Psychology, University of Kent. The study is designed to examine people's social relationships and cognitive styles. The results of this research will help us understand how people connect with others and their environment, and how people think, perceive and remember information.

Eligibility Requirements: You are eligible to participate in this study if you are 18 years of age or above, and have been born in and living most of your life in the United Kingdom.

What you will need to do and time commitment: The study consists of a series of questionnaires and cognitive tasks that will take approximately 75 minutes to complete. You will be presented with different statements or descriptions of objects, people, and situations, and asked to report your attitudes, feelings, or intentions towards them. You will also be asked to provide information about several personal

Results: Predictors of Social Well-being (1)

	West	Mediterranean	East-Asia
Implicit Measures	Ingroup Bias	Ingroup Bias	Ingroup Bias
	Relationship-Focused Emotions	Relationship-focused Emotions	Relationship-focused Emotions
	Self-Inflation	Self-Inflation	Self-Inflation
	Nepotism	Nepotism	Nepotism

Results: Predictors of Social Well-being (2)

	West	Mediterranean	East-Asia
Explicit Measures	Difference vs Similarity	Difference vs Similarity	Difference vs Similarity
	More connection with others	More connection with others	More connection with others
	Self-Direction vs. Receptiveness	More self-direction	Self-Direction vs. Receptiveness
	More dependence on others	More dependence on others	More dependence on others
	More consistency	More consistency	More consistency
	Self-Expression vs. Harmony	More self-expression	Self-Expression vs. Harmony
	Self-Interest vs. Commitment to others	More self-interest	More Commitment to others
	Contextualized vs Decontextualized Self	Contextualized vs Decontextualized Self	Contextualized vs Decontextualized Self

What have we learned?

- ❖ Mediterranean societies show a social orientation style that is **different from the West and East-Asia**
- ❖ Mediterranean societies appear **generally independent**, but also **similar or more interdependent** in some tasks
- ❖ Mediterranean cultures showed a distinct profile of **antecedents of social-wellbeing** which highlighted both a focus on the individual as well as on relationships

Thank you!



European Research Council
Established by the European Commission

**University of
Kent**