Honor Fit and Wellbeing in the Mediterranean Region

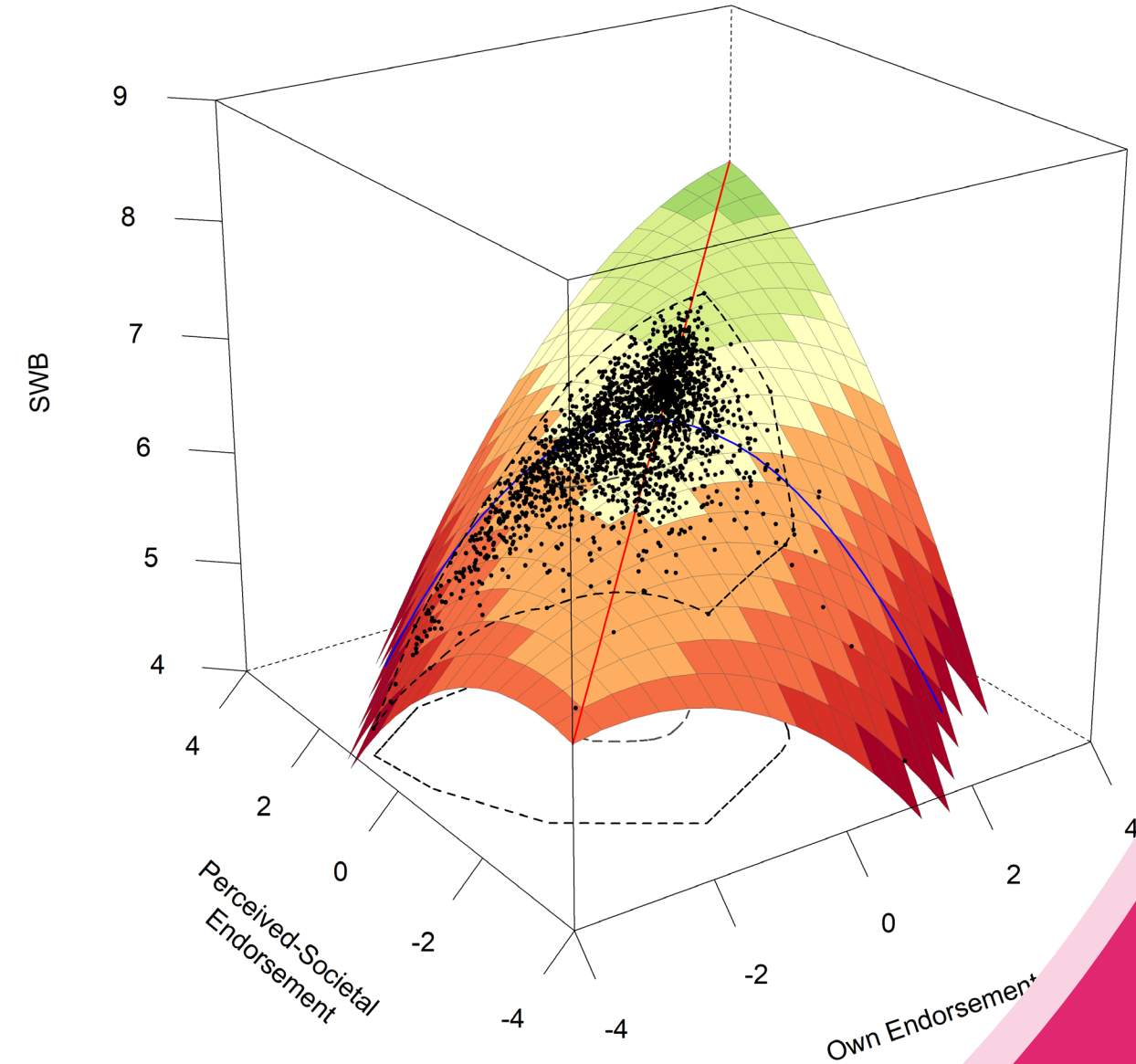**Alexander Kirchner-Häusler**

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The HONORLOGIC Team

The Benefits of Cultural Fit

Our psychological tendencies are attuned to their socio-cultural context

Stronger fit between individual and socio-cultural environment ("cultural fit") is often linked to better well-being

- ➤ Emotions
- ➤ Personality
- ➤ Internalized Cultural Norms
- ➤ Lifestyles and Social Support Behaviors

Dressler, 2012; De Leersnyder, 2017; Fulmer et al., 2010; Stephens, Townsend, Markus, & Phillips, 2012

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Honor as a central driver of social behavior and relationships
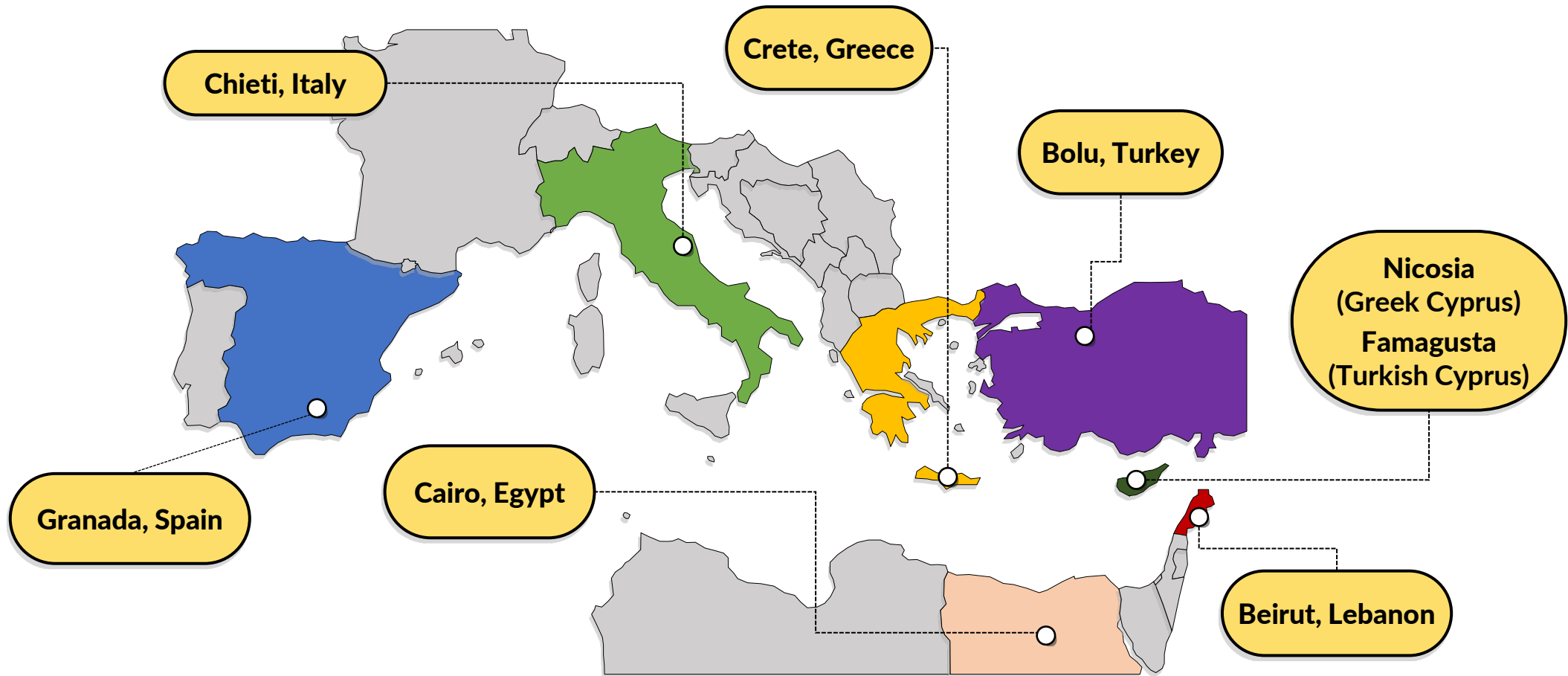
Honor combines both individual and relational elements:

❖ **Individual Focus** (*distinguishing yourself positively, personal autonomy, strength, self-reliance*)

❖ **Relationship Focus** (*maintaining positive relationships, commitment to others' well-being, importance of group reputation*).

Uskul & Cross, 2020; Uskul et al., 2019; Pitt-Rivers, 1965

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Is higher cultural fit in honor values and concerns also linked to better well-being?

Method: Participants

Chieti, Italy

Crete, Greece

Bolu, Turkey

Nicosia (Greek Cyprus)
Famagusta (Turkish Cyprus)

Granada, Spain

Cairo, Egypt

Beirut, Lebanon

N = **2,257** | *Female* = **57%** | M_{Age} = **21.74** | M_{SES} = **6.06** *(1-10)*

Honor **Values**

(12 items from Yao et al., 2017; Smith et al., 2017)

Held values and normative beliefs about how people should behave (with regard to honor-relevant behaviors)

Example Items:
"If a person gets insulted and they don't respond, he or she will look weak. "
"Men need to protect their women's reputation at all costs. "

Asked for both

- **self-endorsement** (*How much do **you** agree or disagree...?*)

- **perceived-societal endorsement** (*How much would **most people in your society** agree or disagree...*)

Honor **Concerns**

(16 items from Guerra et al., 2013)

Negative feelings after goals or concerns have been obstructed or reputation threatened

Example Items:
"How bad would you feel if you did something to damage your family's reputation?
"How bad would you feel if you had the reputation of being dishonest with others?"

Asked for both

- **self-endorsement** (*How bad would **you** feel...?*)

- **perceived-societal endorsement** (*How bad would **most people in your society** feel ...*)

Method: Measures

Honor Values

(8 items from Yao et al., 2017; Smith et al., 2017)

Held values and normative beliefs about how people should behave (with regard to honor-relevant behaviors)

Example Items:
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- **self-endorsement** (*How bad would **you** feel…?*)
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Honor Values

1. People should be concerned about their family having a bad reputation.

2. People should not allow others to insult their family.

3. People should be concerned about defending their families' reputation.

4. People should be concerned about damaging their families' reputation.

5. People always need to show off their power in front of their competitors.

6. Men need to protect their women's reputation at all costs.

7. You must punish people who insult you.

8. If a person gets insulted and they don't respond, he or she will look weak.

Method: Measures

Honor Values

1	People should be concerned about their family having a bad reputation.
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6	Men need to protect their women's reputation at all costs.
7	You must punish people who insult you.
8	If a person gets insulted and they don't respond, he or she will look weak.

Family Reputation

Strong Self-Image

Method: **Measures**

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Honor Values

(12 items from Yao et al., 2017; Smith et al., 2017)

Held values and normative beliefs about how people should behave (with regard to honor-relevant behaviors)

Example Items:
"If a person gets insulted and they don't respond, he or she will look weak. "
"Men need to protect their women's reputation at all costs. "

Asked for both
- **self-endorsement** (*How much do **you** agree or disagree…?*)
- **perceived-societal endorsement** (*How much would **most people in your society** agree or disagree…*)

Honor Concerns

(14 items from Guerra et al., 2013)

Negative feelings after goals or concerns have been obstructed or reputation threatened

Example Items:
"How bad would you feel if you did something to damage your family's reputation?
"How bad would you feel if you had the reputation of being dishonest with others?"

Asked for both
- **self-endorsement** (*How bad would **you** feel…?*)
- **perceived-societal endorsement** (*How bad would **most people in your society** feel …*)

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Honor Concerns

1 …your family had a bad reputation?

2 …you did something to damage your family's reputation?

3 …you let other people insult your family?

4 …your sister or mother had the reputation of sleeping around?

5 …you were known as someone who has had many different sexual partners?

6 …you changed boyfriend/girlfriend often?

7 …you were known as someone whom it is easy to sleep with?

8 …you slept with someone without starting a serious relationship with that person?

9 …you lacked authority over your own family?

10 …you were known as someone who lacks authority over your own family?

11 …you had the reputation of being dishonest with others?

12 …you lied to others?

13 …you were hypocritical?

14 …you did not keep your word?

Method: Measures

Honor Concerns

Family Reputation

1. ...your family had a bad reputation?
2. ...you did something to damage your family's reputation?
3. ...you let other people insult your family?
4. ...your sister or mother had the reputation of sleeping around?

Sexual Propriety

5. ...you were known as someone who has had many different sexual partners?
6. ...you changed boyfriend/girlfriend often?
7. ...you were known as someone whom it is easy to sleep with?
8. ...you slept with someone without starting a serious relationship with that person?

Family Authority

9. ...you lacked authority over your own family?
10. ...you were known as someone who lacks authority over your own family?

Integrity

11. ...you had the reputation of being dishonest with others?
12. ...you lied to others?
13. ...you were hypocritical?
14. ...you did not keep your word?

Well-being *(OECD, 2014)*
Satisfaction with 9 domains of life across 9 life domains

Thinking about your own life and personal circumstances, how satisfied are you with…	
1	…your standard of living?
2	…your health?
3	…what you are achieving in life?
4	…your personal relationships?
5	…how safe you feel?
6	…feeling part of your community?
7	…your future security
8	…the amount of time you have to do the things that you like doing?
9	… the quality of your local environment (e.g., pollution, green spaces)?
10	…your life as a whole?

Analysis: Proximal and Distal Fit

1. Distal Fit (RSA)

Fit between participants' **own endorsement** and **perceived-societal** endorsement scores (for each of the 6 facets)
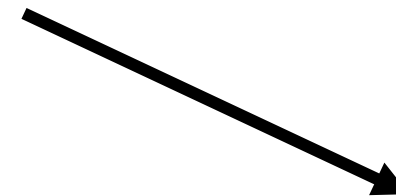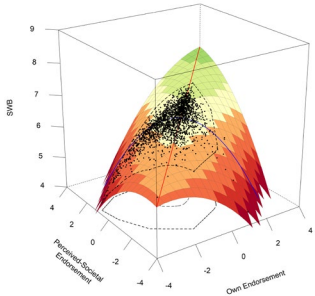
2. Proximal Fit (Profile Fit)

Fit between participants' **own profile across all 6 facets** and the **average profile** of all same-gender university students
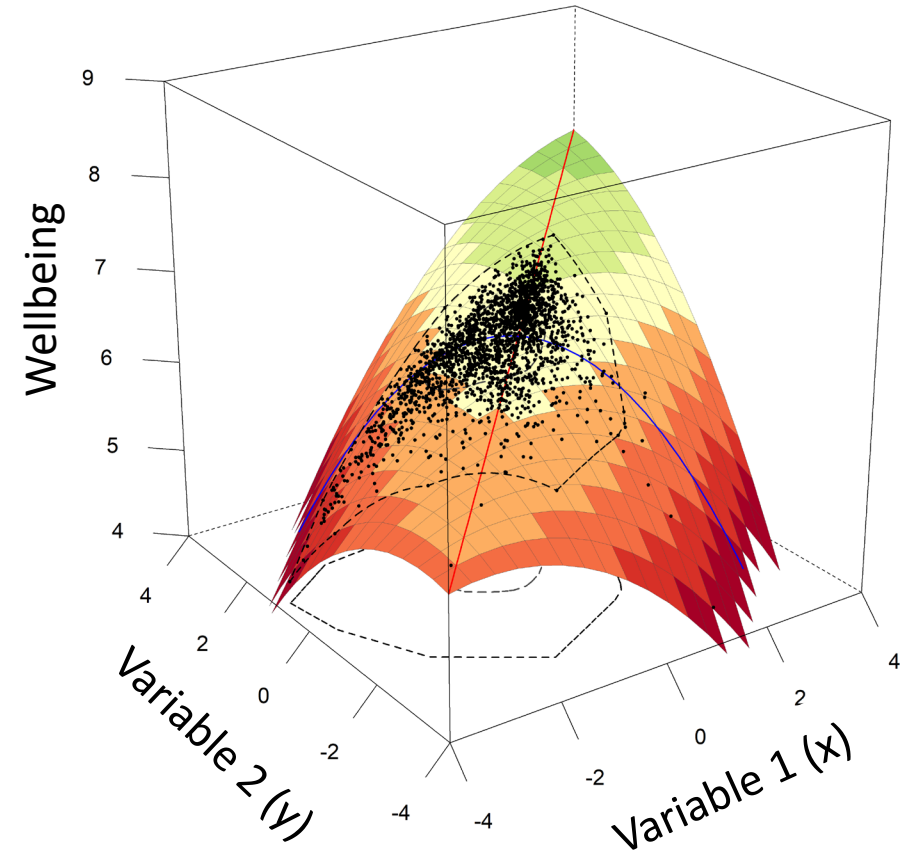
Subjective Wellbeing

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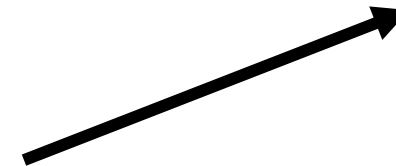
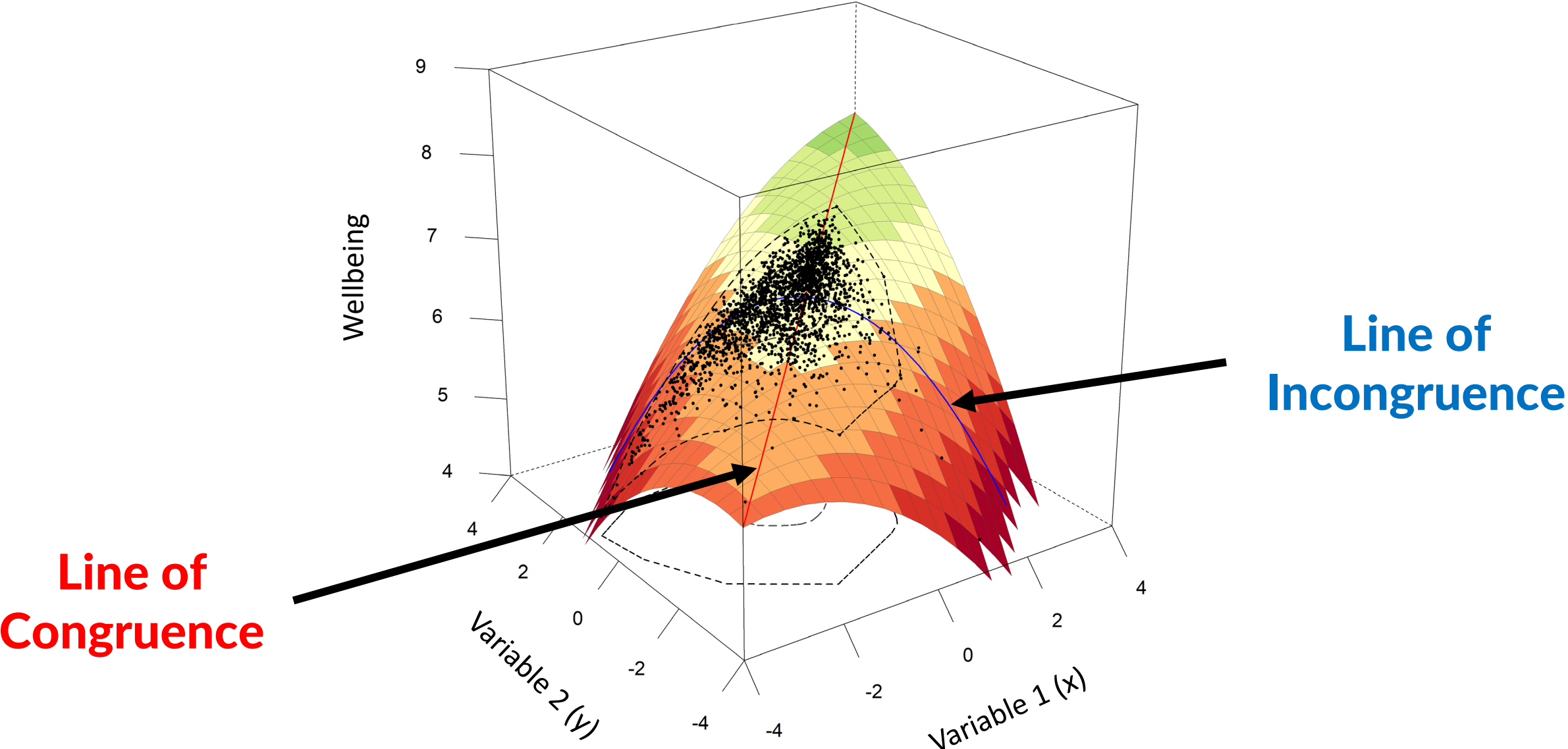## Response Surface Analysis (RSA)

Answering questions about how (mis)match in two variables predicts a third (outcome) variable

Involves **statistical** (estimating polynomial regression model) and **graphical** (plotting response surface) steps
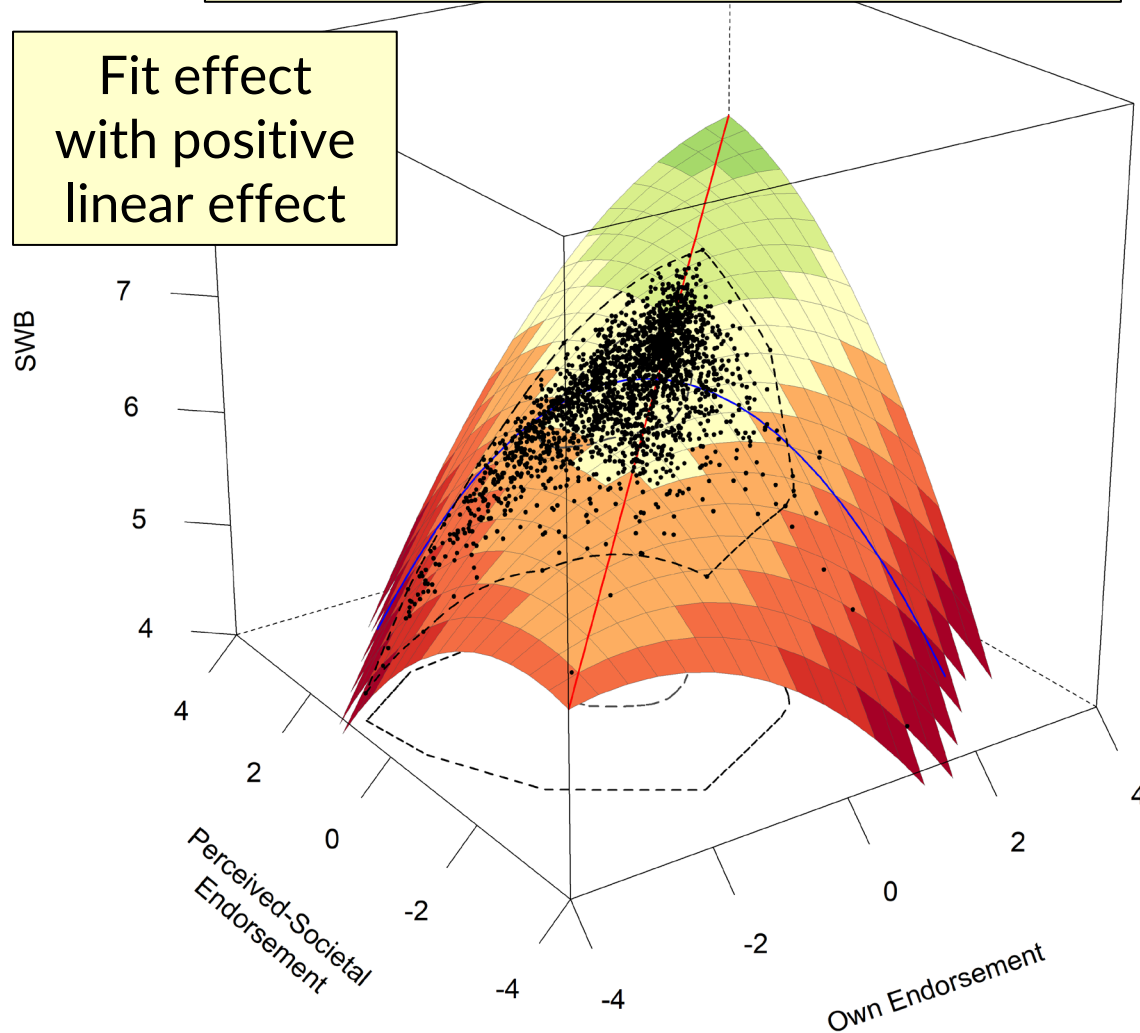

(Schönbrodt, 2016; Barranti et al., 2017; Humberg et al., 2019)

Line of Incongruence

Line of Congruence

Family Reputation

Fit effect with positive linear effect
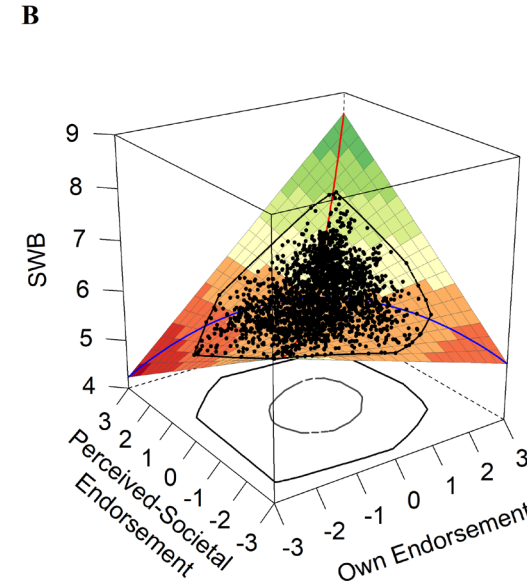
Strong Self-Image

Fit effect with u-shape
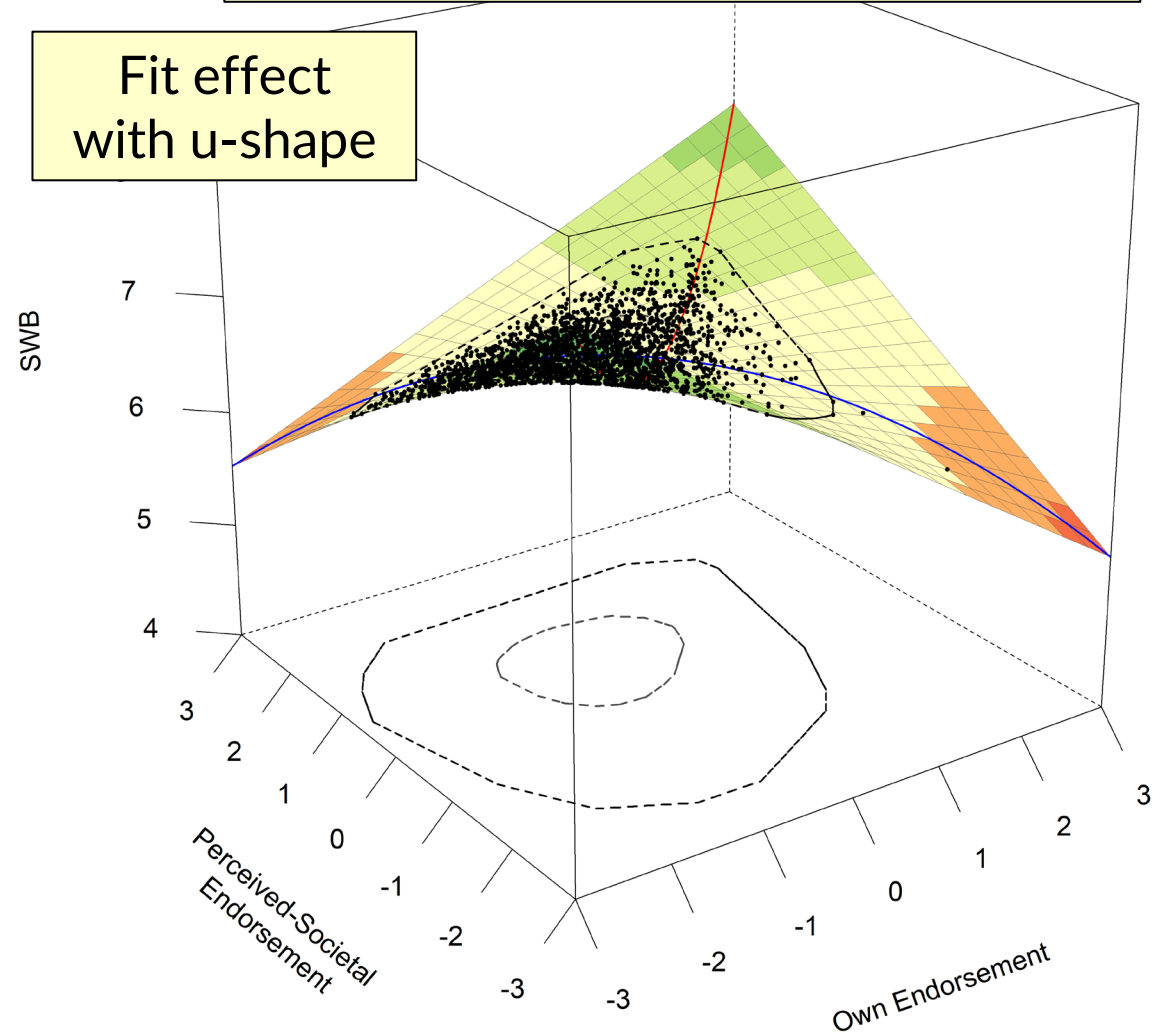
Family Reputation
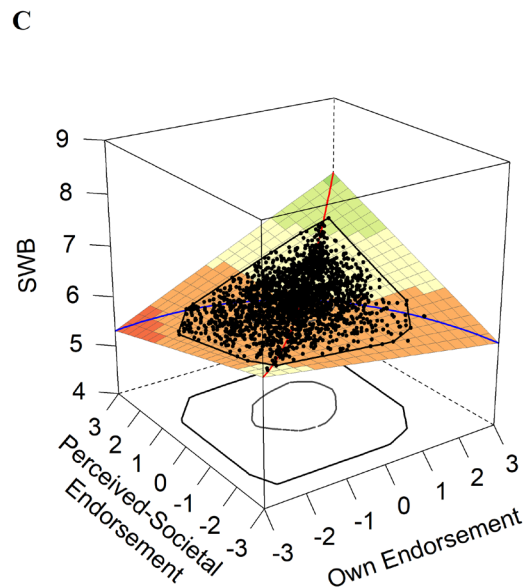
Fit effect with u-shape and positive linear trend
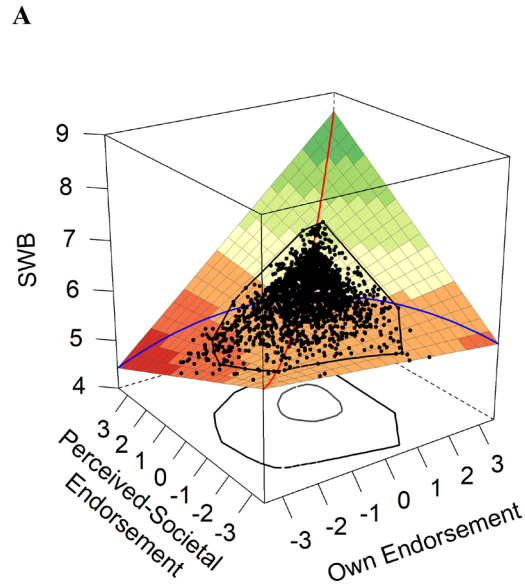
Sexual Propriety
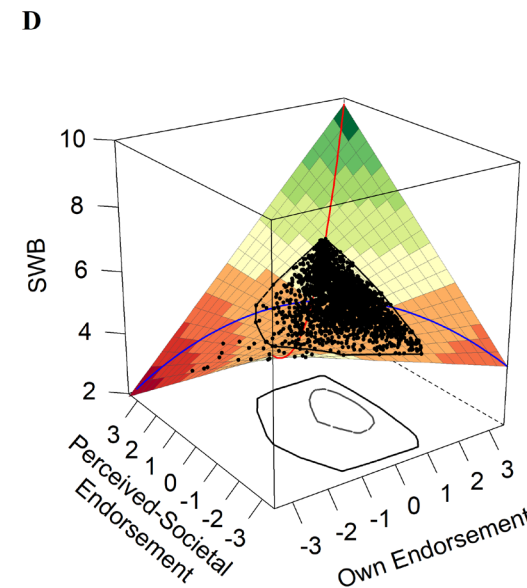
Fit effect with u-shape and positive linear trend

Family Authority

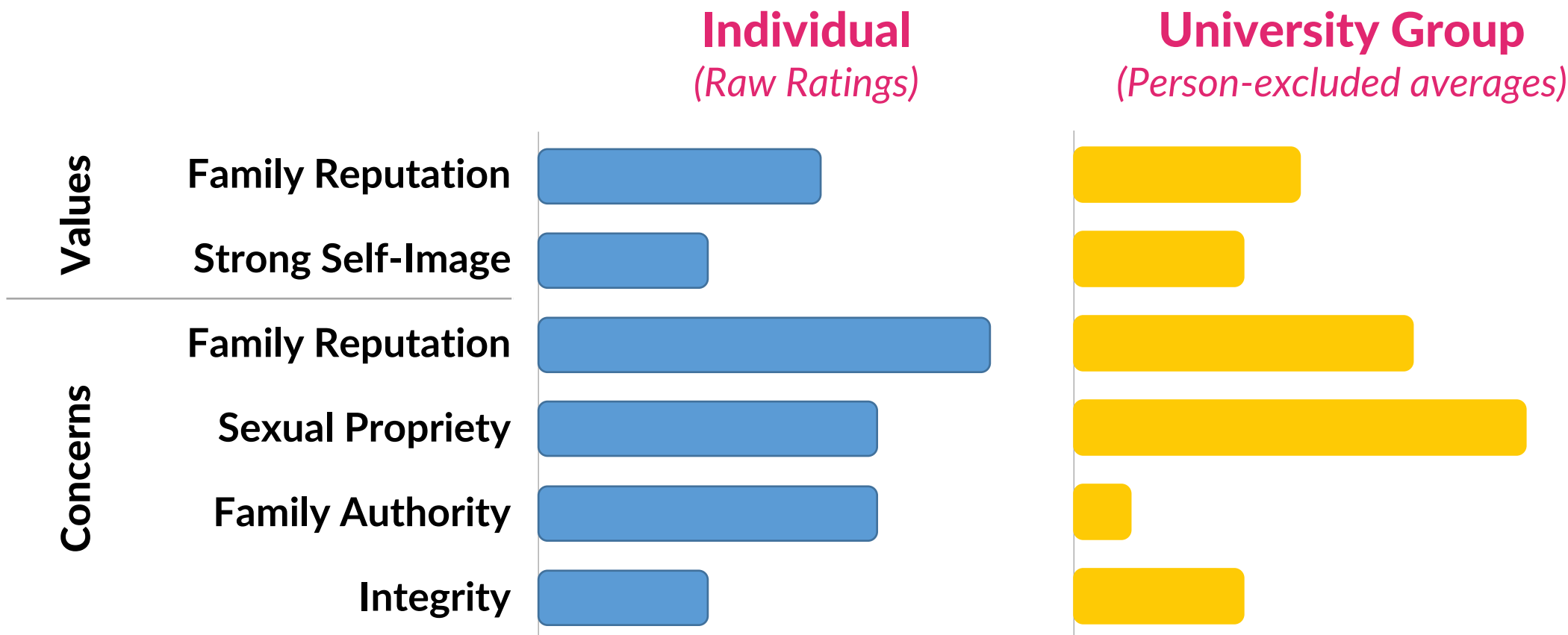Fit effect with u-shape and positive linear trend

Integrity

Fit effect with u-shape and positive linear trend

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ICC – Double Entry *(McCrae, 2008)*

Index of **profile similarity** based on the ICC (ranging from 0 to 1, with higher values indicating higher similarity; considers levels as well as pattern)

Individual
(Raw Ratings)

University Group
(Person-excluded averages)

Values
- Family Reputation
- Strong Self-Image

Concerns
- Family Reputation
- Sexual Propriety
- Family Authority
- Integrity

Higher proximal fit in honor also tendentially predicted better well-being

Variable	Estimate	SE	t	p	95%-CI LL	95%-CI UL
Fixed Effects						
Intercept	6.08	0.14	42.1	<.001*	5.78	6.38
Proximal Honor Fit	**0.17**	**0.08**	**2.26**	**.02†**	**0.02**	**0.32**
Error Terms						
Intercept Variance (Lvl-2)	0.14					
Residual Variance (Lvl-1)	2.85					

Note. Shown are parameter coefficients for the multi-level regression model for proximal fit across all six honor facets. Fit was computed was the ICC-Double Entry with one's same-gender university group.

What have we learned?

❖ There seems to be a **positive link** between cultural honor fit and subjective well-being

❖ We found this link both for analyses involving **distal** (perceived-societal) and **proximal** (group average) fit

❖ The analyses for distal fit largely suggest that wellbeing may be **particularly high for fit at high** rather than low levels of honor endorsement

Thank you!