

# *Relationship Between Social Axioms and Subjective Well-Being: The Role of Self-Regulation*

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*This study was designed to examine the relationships among social axioms and four different dispositional components of self-regulation, namely optimism, mindfulness, regulatory modes, and approach versus avoidance motivation. We focused on two dimensions of beliefs about the world—social cynicism, that constellation of beliefs judging the social world to be dominated by power, and reward for application, that constellation of beliefs judging the world to respond positively to inputs of human effort and investment of resources. Results indicated that two axiom dimensions, namely, social cynicism and reward for application, were related to this subset of self-regulatory orientations. Moreover, mediational analyses suggested that social cynicism was related to less adaptive self-regulatory orientations, which in turn compromised*

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*subjective well-being, whereas reward for application was related to more adaptive self-regulatory orientations, which thereby enhanced subjective well-being. The implications of these findings are discussed for interpersonal strategic orientations and psychological health.*

社會通則與主觀幸福感的關係：自我調節所扮演的角色

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摘要

本研究探討社會通則與四種自我調節的不同取向的關係。該四種取向分別為樂觀、心智專注、自我調節模式，及趨近和迴避動機。我們主要針對兩種不同的社會通則：憤世嫉俗觀及付出有回報觀。研究結果顯示憤世嫉俗觀及付出有回報觀與自我調節的取向有關聯。中介作用分析顯示憤世嫉俗觀跟非適應性自我調節取向有關，並因此對主觀幸福感帶來負面影響。但是付出有回報觀跟適應性自我調節取向有關，並因此對主觀幸福感帶來正面影響。我們就這些結果對人際關係的策略性取向及心理健康的啟示意義進行了討論。

關鍵字：社會信念、幸福感、自我調節