

Abstract

This study was done to replicate the work by King and Emmons (1990). They proposed that it was conflict over emotional expression but not expressiveness nor inhibiting expression that cause psychological and physical health problems. The present study recruited 535 college students from China, U.S. and Hong Kong to check their ambivalence over emotional expressiveness, emotional expressiveness, self-esteem, life satisfaction and general health situation. It was found that ambivalence over emotional expressiveness could be used to explain the Chinese and the Hong Kong participants' well-being. The study also tried to compare if any pattern difference in the scoring of the scales among the three places due to cultural reasons. It was found that Americans expressed most, better in psychological well-being but the worst in physical health among the three groups. The Chinese scored the highest in ambivalence over emotional expression and Hong Kong students stayed somewhere between the two countries.