

## Abstract

This study investigated the influences that emotional styles, intimacy motivation, and in situ experiences during social interactions have on satisfaction with social life and overall life satisfaction. The subjective experiences of 97 college students were examined by the Experience Sampling Method. Their emotional styles, motivational profile and life satisfaction were assessed through the Emotional Expressiveness Questionnaire, the Trait Meta Mood Scale, the Satisfaction With Life Scale, the Revised UCLA Loneliness Scale and the Personal Striving List. Results indicated a significant relationship linking social life satisfaction with overall life satisfaction. Significant differences of daily experience were found between being alone and being with others, and between communication and non-communication contexts. The regression modeling showed both emotional styles and intimacy motivation explained a part of these differences. The results are discussed in terms of the roles that emotions and motivations have in social life.