

Abstract

The present study uses the construct of ambivalence over emotional expression in the Chinese context to examine the processes involved in the relation between emotional expression and psychological well-being. In this exploratory study, the relationship among ambivalence construct, personality traits, social beliefs, self-esteem, and life satisfaction is investigated. Five questionnaire scales are administered to a total of 339 college students in Mainland China. It is found that ambivalence over emotional expression is negatively correlated with self-esteem and life satisfaction, and significantly associated with personality variables such as Dependability as well as social beliefs factors such as Social Complexity. Some factors in personality and social beliefs are identified to predict ambivalence, but personality dimensions alone are a pervasive predictor of subjective well-being measures, overriding the explanatory power of other scales.