

Abstract

Goodness-of-fit hypothesis proposed by Folkman, Schaefer, and Lazarus (1979) pointed out the importance of both fit between coping strategy and controllability appraisal and fit between coping strategy and personal agendas on coping effectiveness. While the former appraisal-coping fit received support from some studies, less research attention has been received by the coping-person fit. The present study aimed to test influence of the fit between coping strategy and beliefs on psychological well-being. It was hypothesized that social beliefs interact with coping strategy in predicting psychological well-being. Specifically, reward for application strengthens while fate control weakens the positive relationship between problem-focused coping and general satisfaction. Besides, social complexity strengthens the association between appraisal-coping fit and general satisfaction. Short Social Axiom Survey (SAS; Leung et al., 2002) and longitudinal data tracking coping in Coping Flexibility Questionnaire (CFQ; Cheng, 2001) and reports on psychological well-being for a five-week period were collected from 76 college students in Beijing. Results of Hierarchical Linear Modeling showed that although reward for application did not interact with problem-focused coping, fate control did as hypothesized and social complexity makes the association between appraisal-coping fit and general satisfaction more positive. The results provided evidence for the importance of coping-person fit and suggested that social beliefs should be considered when effectiveness of coping is to be maximized.