



Article

Good Personality and Subjective Well-Being: Presence of Meaning in Life and Perceived Social Support as Mediators

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Abstract: Background: Good personality is a positive moral personality in the context of Chinese Confucianism. Based on a social-cognitive model of normative well-being, we propose that good personality positively predicts subjective well-being, mediated by the perceived social support and presence of meaning in life in the context of Chinese culture. Methods: In this cross-sectional study, there were 665 Chinese adults (134 males and 531 females) who participated in the Good Personality Questionnaire, Multi-Dimensional Scale of Perceived Social Support, Presence of Meaning in Life Questionnaire, Positive and Negative Affect Scale, and Satisfaction with Life Scale. Results: Good personality was positively associated with subjective well-being (SWB). Both the presence of meaning in life and perceived social support independently mediated the link between good personality and subjective well-being (SWB), and in Chinese adults, perceived social support has a greater mediating effect than the presence of meaning in life. Conclusion: These findings illustrate that the presence of meaning in life and perceived social support mediate the relationship between good personality and subjective well-being in the context of Chinese culture, which supports the model of normative well-being and can provide more targeted intervention guidance for research on promoting well-being in the Chinese context.

Keywords: good personality; subjective well-being; presence of meaning in life; perceived social support



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1. Introduction

Subjective well-being (SWB) can be generally defined as optimal psychological functioning [1,2]. It is a complex construct that is crucial for both mental and physical well-being [3,4]. SWB consists of three separate components: life satisfaction, positive emotions, and negative emotions. Generally speaking, life satisfaction is the cognitive component of subjective well-being, which refers to an individual's subjective assessment of their life. Positive emotions minus negative emotions measure the emotional component of well-being [4]. Many studies have found that positive personality traits contribute to SWB [5–9]. However, many contemporary personality theories are based on Western cultural, philosophical, and sociological assumptions about people [10]. In turn, this makes it difficult for psychologists to understand the cultural differences in personality models. With Western theories, concepts, and tools, psychologists have attempted to compare differences between individuals living in different parts of the world. In this kind of approach, people are judged based on culturally incompatible standards. In contrast, according to a cultural-psychology approach, personality is entirely influenced by the meanings and practices of a particular sociocultural context [10]. Therefore, a Chinese personality concept is used in this paper in

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