

Proposal

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Exploring the Role of Deviance on Self-Concept Clarity Across the Lifespan

Self-concept clarity means a clear and certain understanding of oneself and is usually associated with positive feelings about the self (Campbell et al. 1996; Campbell 1990). In research on the self, self-concept clarity is one of the concepts associated closely with well-being (Campbell, Assanand, and Paula 2003). Recently, a curvilinear relationship has been found on self-concept clarity over time (Lodi-Smith and Roberts 2010). Yet, the underlying mechanism for this relationship stays unclear. This study aims to test a potential explanation for the relationship between self-concept clarity and subjective well-being.

Self-concept Clarity and Well-being

Researchers have found positive relationships between self-concept clarity and subjective well-being, emotional stability, resilience, and physical health; as well as negative relationships between self-concept clarity and negative affect, including anxiety and depression (Campbell et al. 1996; Campbell, Assanand, and Paula 2003; Light 2017; Ritchie et al. 2011; Light and Visser 2013; Stopa et al. 2010). Research also suggests that well-being factors can influence self-concept clarity: better well-being, especially physical health, relationship stability, and role stability, is also associated with higher self-concept clarity, (Carter and Bruene 2019; Slotter and Walsh 2017). It is notable that both well-being and self-concept clarity change with age.

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