

Optimism and self-efficacy mediate the association between shyness and subjective well-being among Chinese working adults

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Abstract

The aim of the current study was to investigate whether optimism and self-efficacy mediated the association between shyness and subjective well-being in a sample of Chinese working adults. Two hundred and eight participants completed the Revised Cheek and Buss Shyness Scale, Life Orientation Test-Revised, Satisfaction with Life Scale, and Positive and Negative Affect Scale. Structural equation modeling results showed that optimism mediated the relationship between shyness and measures of subjective well-being (life satisfaction, positive and negative affect). Self-efficacy mediated the association between shyness and positive subjective well-being (life satisfaction and positive affect). These results suggest that optimism and self-efficacy play unique moderating roles in the relationship between shyness and subjective well-being. They also have important implications for the development of intervention programs aimed at promoting subjective well-being through enhancing self-efficacy and optimism.

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Protocol

Step 1.

All participants were recruited via the WeChat Moments on the internet. Two hundred and eight individuals (59 males and 149 females) who were at least 18 years old and working in various types of companies.

Step 2.

Each participant was asked to respond to measures of shyness, self-efficacy, optimism, and SWB (including positive affect, negative affect, and life satisfaction). Participants took an average of 20 minutes to complete all instruments included in the study.

The scales include:

1□ Revised Cheek and Buss Shyness Scale (RCBS)

2□ General Self-Efficacy Scale (GSES)

3□ Life Orientation Test-Revised (LOT-R)

4☐Positive and Negative Affect Scale (PANAS)

5☐Satisfaction with Life Scale (SWLS)