Self-variable belief as a factor predicting well-being

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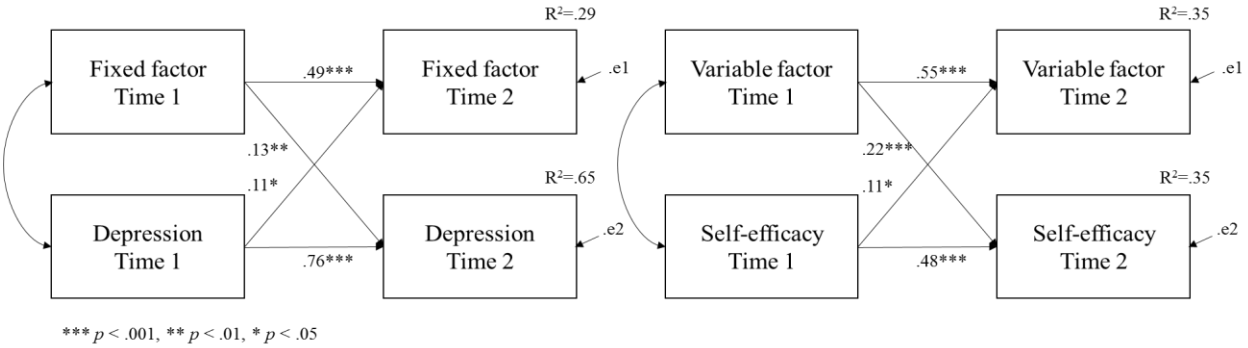
Background: "Self-variable belief" is a belief about "whether or not one's own ability changes," and similar concepts include "belief about intelligence," which is a belief about the variability of intelligence. According to Dweck (2006), the degree of depression increases with the belief that "intelligence does not change." Therefore, even in the case of self-variable belief, this belief is considered to have a possibility of adversely affecting mental health when it is low. A "self-variable belief scale" measuring this belief was prepared by Kasahara et al. (2017), and the relationship between mental health was studied. This study confirmed a negative correlation between self-variable belief and mental health.
Aim: In this research, we aimed to examine whether self-variable belief can predict well-being.
Method: We conducted surveys in July and October of 2017. We conducted a questionnaire survey twice for students of a private high school in Tokyo. We obtained responses from 279 people at the July survey and 278 people at the October survey. The composition of the questionnaire was as follows: [1] Self-variable belief: Self-variable belief (Kasahara et al., 2017), which consists of the "fixed factor" score (4 items) and the "variable factor" score (3 items); [2] Self-efficacy: Japanese version of general self-efficacy (Ito et al., 2005), which consists 10 items; and [3] Depression: Barulson Depression Scale for Children (Murata et al., 1996), which consists 18 items.
Results: As a result of examining the correlation of each variable, a negative correlation was found between the "fixed factor" and "variable factor" of self-variable belief ($r = -.36$, $p < .01$). A significant result was observed for "fixed factor" and depression ($r = .30$, $p < .01$), "variable factor" and self-efficacy ($r = .38$, $p < .01$), and "variable factor" and depression ($r = -.33$, $p < .01$). Next, as a result of examining the cross delay effect model, the model in Figure 1 was shown in each of the "fixed factor" and the "variable factor." The model fitness factor was "fixed factor" CFI = .99, RMSEA = .10. The values for the "variable factor" were CFI = .87 and RMSEA = .36.
Conclusions: Among the two factors of self-variable belief, it has been shown that the "fixed factor" predicts depression ($\beta = .13$, $p < .01$), and the "variable factor" predicts self-efficacy ($\beta = .22$, $p < .001$). From here, it was shown that the fixed beliefs and the variable beliefs have different functions. To maintain well-being, intervening in the belief that "the self will not be able to change" may be useful. To promote well-being, intervening in the belief that "the self will be able to change" may also be useful. In the future, qualitative studies such as interviews are desired for such change processes of fixed/variable beliefs.

Figure 1.



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