CULTURAL SIMILARITIES OR DIFFERENCES?

MEANING IN LIFE AMONG FESTIVALS AND HOLIDAYS

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INTRODUCTION

During festivals/holidays, how meaningful are we feeling?

-Two main types of festivals can be differentiated by social gatherings:
  -Family gathering-based festivals/holidays (e.g., The Spring Festival, The Eater)
  -Romantic relationship-based festivals/holidays (e.g., Valentine's Day)

-In experiencing festivals/holidays, two dimensions of meaning in life we may encounter:
  -Presence of meaning in life (P_MLQ): having a sense of meaning in my life (MIL)
  -Searching for meaning in life (S_MLQ): looking for life's purpose and meaning

Research question 1: What drives some people to feel presence of meaning while others search for meaning? (Steger et al., 2006)

Social relatedness in festivals/holidays

-Social relatedness during festivals/holidays
  -Festivals/holidays enhance social gatherings
  -Social relationships are important sources of MIL
  -Social relatedness impacts MIL

Research question 2: How different social relationships impact MIL during the festivals/holidays compared with normal days? (Hicks, & King, 2009; O'Donnell et al., 2016)

Festivals/holidays in Eastern and Western cultures

-Similarities: Rituals, foods, social gatherings, etc.

-Differences: Eastern emphasizes connecting with others while Western emphasizes self-reliance.

Research question 3: Are there any cultural similarities or differences of festivals/holidays (compared with normal day) on MIL between Eastern and Western cultures? (Martela & Steger, 2016)

HYPOTHESIS

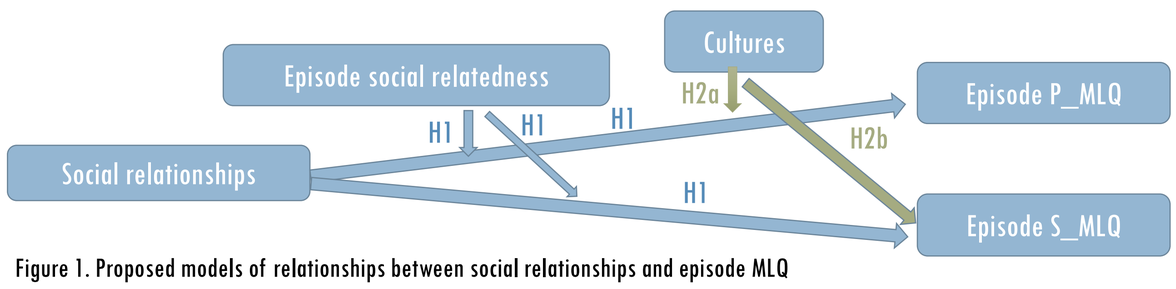

Figure 1. Proposed models of relationships between social relationships and episode MLQ

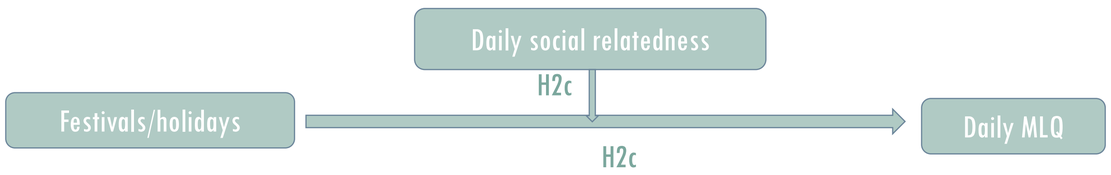

Figure 2. Proposed model of relationships between festivals/holidays (vs. normal day) and daily MIL

METHODOLOGY

Participants

-The U.S. sample

-Easter:101 (63 females, Mean age [SD]: 19.62[1.56])

-Normal day: 83 (52 females, Mean age [SD]: 19.63[1.66])

-Chinese sample

-Spring Festival: 67 (45 females, Mean age [SD]: 20.24[1.74])

-Valentine's Day: 94 (52 females, Mean age [SD]: 20.51[1.88])

-Normal day: 81 (47 females, mean age [SD]: 20.37 [1.93])

Procedures

Demographics: age, gender, etc.

→ Day reconstruction: Social interactions in each episode (social relationships, etc.)

→ Episode evaluation: Social relatedness, MIL, etc.

(Chen et al., 2015; Steger & Kashdan, 2009)

KEY RESULTS

Table 1. Multi-level nested models for the prediction of social relationships and episode social relatedness on episode presence of meaning in the U.S. and China

	Effect	U.S.			China		
		Model A	Model B	Model C	Model A	Model B	Model C
				Fixed effects			
1	Intercept	5.43*** (0.12)	5.19*** (0.12)	0.78*** (0.22)	5.16*** (0.11)	5.04*** (0.11)	3.45*** (0.15)
	Family		0.55*** (0.07)	0.10(0.07)		0.32*** (0.06)	0.05(0.06)
	erelated			0.81*** (0.04)			0.33*** (0.03)
2	Intercept	5.35*** (0.13)	5.23*** (0.13)	0.81*** (0.26)	5.06*** (0.10)	5.02*** (0.10)	3.38*** (0.16)
	intimate		0.56*** (0.11)	0.10(0.10)		0.40** (0.13)	0.05(0.13)
	erelated			0.81*** (0.05)			0.35*** (0.03)
3	Intercept	5.52*** (0.12)	5.30*** (0.12)	1.10*** (0.23)	5.15*** (0.10)	5.04*** (0.10)	3.27*** (0.15)
	friends		0.57*** (0.09)	0.10(0.08)		0.35* (0.07)	0.04(0.07)
	erelated			0.76*** (0.04)			0.37*** (0.03)
4	Intercept	5.29*** (0.13)	5.22*** (0.14)	1.05*** (0.25)	5.21*** (0.10)	5.07*** (0.10)	3.34*** (0.14)
	others		0.42** (0.15)	0.14(0.12)		0.32*** (0.06)	0.12* (0.05)
	erelated			0.77*** (0.04)			0.37*** (0.02)

Notes: *$p \leq 0.05$; **$p \leq 0.01$; ***$p \leq 0.001$. 'erelated' means episode social relatedness

Table 2. Multi-level nested models for the prediction of social relationships and episode social relatedness on episode searching of meaning in the U.S. and China

	Effect	U.S.			China		
		Model A	Model B	Model C	Model A	Model B	Model C
				Fixed effects			
1	Intercept	4.41*** (0.15)	4.33*** (0.15)	1.31*** (0.36)	4.93*** (0.12)	4.89*** (0.12)	3.63*** (0.18)
	Family		0.19* (0.09)	− 0.12(0.09)		0.11(0.07)	− 0.10(0.07)
	erelated			0.43*** (0.05)			0.27*** (0.03)
2	Intercept	4.37*** (0.16)	4.36*** (0.16)	1.17** (0.40)	4.89*** (0.12)	4.85*** (0.12)	3.39*** (0.20)
	intimate		0.06(0.14)	− 0.28* (0.13)		0.33* (0.15)	0.01(0.14)
	erelated			0.58*** (0.07)			0.31*** (0.03)
3	Intercept	4.32*** (0.15)	4.33*** (0.15)	1.88*** (0.37)	4.99*** (0.11)	4.88*** (0.11)	3.49*** (0.18)
	friends		− 0.02(0.12)	− 0.29* (0.12)		0.36*** (0.08)	0.11(0.08)
	related			0.45*** (0.06)			0.29*** (0.03)
4	Intercept	4.32*** (0.15)	4.25*** (0.16)	1.41*** (0.38)	5.03*** (0.11)	4.88*** (0.11)	3.46*** (0.17)
	others		0.43* (0.18)	0.24(0.16)		0.33*** (0.06)	0.17** (0.06)
	erelated			0.52*** (0.06)			0.30*** (0.03)

Table 3. Multi-level nested models for the prediction of holidays/festivals on daily presence of meaning in the U.S. and China

	Effect	U.S.			China		
		Model A	Model B	Model C	Model A	Model B	Model C
				Fixed effects			
	Intercept	5.09*** (0.11)	5.17*** (0.11)	2.50*** (0.2)			
1	Easter		− 0.13*** (0.02)	− 0.08*** (0.02)			
	rbns			0.49*** (0.03)			
	Intercept				4.46*** (0.13)	4.62*** (0.13)	1.06*** (0.22)
2	Spring Festival					− 0.32*** (0.03)	− 0.34*** (0.03)
	rbns						0.96*** (0.05)
	Intercept				4.39*** (0.12)	4.49*** (0.12)	1.90*** (0.20)
3	Valentine's Day					− 0.17*** (0.02)	− 0.18*** (0.02)
	rbns						0.70*** (0.04)

Notes: 'rbns' means daily social relatedness.

Table 4. Multi-level nested models for the prediction of holidays/festivals on daily searching for meaning in the U.S. and China

	Effect	U.S.			China		
		Model A	Model B	Model C	Model A	Model B	Model C
				Fixed effects			
1	Intercept	4.62*** (0.13)	4.59*** (0.13)	4.58*** (0.28)			
	Easter		0.07* (0.03)	0.07* (0.03)			
	rnbs			0.001(0.05)			
2	Intercept				5.30*** (0.09)	5.50*** (0.09)	3.75*** (0.19)
	Spring Festival					− 0.38*** (0.02)	− 0.39*** (0.02)
	rbns						0.47*** (0.04)
3	Intercept				5.35*** (0.09)	5.51*** (0.09)	4.96*** (0.19)
	Valentine's Day					− 0.27*** (0.02)	− 0.27*** (0.02)
	rbns						0.15*** (0.05)

Analysis and results

-Given that data was hierarchically structured, multi-level modelling would be used to test both the fixed and random effects.

-Social relationships (vs. being alone) predicted episode presence of meaning in two cultures (Table 1). But episode social relatedness explains more variance of episode presence of meaning, while social relationships no longer have difference with being alone in predicting episode presence of meaning (except for interaction with others).

-There are similar influence of social relationships and episode social relatedness on both episode presence and searching for meaning in Chinese dataset (Table 1,2).

-In the two datasets, Easter, Spring Festival, and Valentine's Day (vs. normal day) was negatively associated with daily presence of meaning when daily social relatedness partially and positively moderated the association (Table 3).

-As for daily searching for meaning, the influence of daily searching for meaning is different in two datasets (Table 4).

DISCUSSION

1. Interacting with people (vs. being alone) predicted higher level of episode presence of and searching for meaning, while social relatedness fully or partially moderated the relationships.
2. Festivals/holidays (Easter, Spring Festival, and Valentine's Day) (vs. normal day) predicted lower level of daily presence of meaning while daily social relatedness positively predicted episode presence of meaning.
3. Easter positively predicted daily searching for meaning while Spring Festival and Valentine's Day were negatively related to daily searching for meaning.

If you are interested in my study, please join in the Tencent meeting. Meeting ID: 610732948. Time: October 8th, 2021, 16:30-17:50.