Contents

	List of tables	<i>page</i> xii
	Preface	xv
1	Restructuring the ecology of the self: a framework for	
	self-concept change	1
	The ecology of the self	1
	Stability and change	3
	Overview	6
2	Method considerations for an ecological approach	8
	Ecological validity	8
	Use of a naturalistic design: relocation as a research	
	paradigm	9
	Combination of multiple methods	11
	Sampling procedures	12
3	Relocation and changes in commitment: a cross-	
	sectional study over the first year	15
	The questionnaire	15
	Sampling	17
	Procedure	19
	Results of factor analyses	20
	Comparison of movers and non-movers	22
	Effects of national differences	24
	Effects of commitment and time	26
	Discussion	30
4	Implications of recent research in cognitive social	
	psychology for self-concept change	32
	The self-concept as an organization of cognitions	32
	Self-concept as a mediator of cognitions and	
	behaviour	37
	The orientation of the self-concept	44
		ix

v	Contanto
Λ	Contents

5	Social psychological theories on maintenance and change	54
	Self-concept maintenance and its failure	54
	The emergence of knowledge about oneself	61
	A summary of social psychological contributions to	
	self-concept change	67
6	Sociological approaches to the self-concept and change	70
	The self-concept and social structure	70
	Personal change in adult life	73
	Identity theory	76
	The conceptualization of commitment	81
	Relating sociological and psychological notions of	
	self-concept	85
	Social and cognitive structure	89
7	The development of self-concept-related measures	92
	Problems in the measurement of the self-concept	92
	The measurement of the self-concept through auto-	
	photography	94
	The measurement of satisfaction with self	98
8	Functions of the physical environment for the self-	
	concept	107
	The function of things for the self-concept	108
	The function of molar environments to the self-	
	concept	113
	A study on the meaning of urban environments for	
	the self-concept	118
9	Anticipation of transition from university	124
	Perceptions of the environment at times of transition	124
	Anticipation of the transition from university: into	
	working life or unemployment?	129
10	The experience sampling method	133
	Data analysis, validity, and usefulness of ESM	135
11	A quasi-experimental study of relocation and satisfaction	
	with self	139
	Procedure and design	139
	Effects of social structure on satisfaction with self Relocation status and satisfaction with self	141
		143

	Contents	xi
	Satisfaction with self and moving: results from ESM	145
	Results from autophotography	152
	Behavioural and perceptual predictors of satisfaction	
	with self	154
12	Relocation as transition and change in a physical and	
	social context	158
	Relocation as a subject of psychological research	158
	Relocation as a research paradigm for transitions	162
13	A longitudinal questionnaire study over one year	169
	Design of the study	170
	Changes over time	172
	Effects of self-monitoring and satisfaction with self	175
14	A longitudinal study of students' transition to university	180
	Overview of the design	181
	Effects of moving on the perception of interactional	
	situations	185
	Effects of specific expectations	188
	Situational variance and satisfaction with self	190
	Results from autophotography	193
15	Conclusion	197
	References	203
	Author index	214
	Subject index	21

Tables

3.1	ractor analysis of importance of values	page 20
3.2	Factor analysis of activities	21
3.3	Factor analysis of valued objects	22
3.4	Mean comparisons between non-movers and movers	23
3.5	Effects of nationality and relocation	25
3.6	Effects of nationality, taking age into account	25
3.7	Distribution of subjects for time by commitment analyse	es 26
3.8	Effects of commitment	27
3.9	Effects of time since the relocation	27
3.10	Effects of commitment and time on solitary-social acts	28
3.11	Effects of commitment and time on 'entertainment' acts	29
3.12	Effects of commitment and time on activity objects	30
4.1	Correlation of the importance of aspects of self-concept	
	with their location	51
6.1	Presentation of role relationships in commitment measur	e 84
7.1	Inter-rater reliabilities for autophotography	97
7.2	Reliabilities (alpha) for Satisfaction with Self Scale	101
7.3	Intercorrelations between SSS subscales	101
7.4	Principal component analysis of SSS Form N $(N = 299)$	102
7.5	Principal component analysis of SSS Form S $(N = 299)$	103
7.6	Correlations of SSS (Form S) with relevant scales	
	(N=200)	104
8.1	Occurrence and personal importance of photograph	
	content	119
8.2	Ratings on functional dimensions for physical	
	environment	120
9.1	Means of satisfaction with self and photograph ratings	128
9.2	Comparison of means of students anticipating graduation	n 131
9.3	Predictors of satisfaction with self across all groups	132
1.1	Interaction of type of relationship change by impact	
	on SSS	143
1.2	Relocation status and satisfaction with self: overall	
	effects and planned contrasts (F, df)	144

1

	Tables	xiii
11.3	Mean values satisfaction with self by moving status	144
11.4	Effects of the covariate age on ESM data	145
11.5	Main effects of moving on ESM data	146
11.6	Effects of satisfaction with self on ESM data	146
11.7	Interactive effects of SSS and moving on ESM data	147
11.8	Main effects for SSS subscale Global on ESM data	148
11.9	Interaction effects for SSS-Global and moving	
	group	149
11.10	Main effects for median split on SSS-Social on ESM	149
11.11	Interaction effects for SSS-Social and moving group	
	on ESM	149
11.12	Main effects for median split on SSS-Family on	
	ESM	150
11.13	Interaction effects for SSS-Family and moving	
	group on ESM	151
11.14	Main effects for median split on SSS-Work on ESM	151
11.15	Main effects for median split on SSS-Object on	
	ESM	151
11.16	Interaction effects for SSS-Object and moving group	1.50
	on ESM	152
11.17	Means of photograph ratings by moving status	153
11.18	Planned contrasts of photograph ratings by moving	1.50
	status	153
11.19	Means of photograph ratings for interaction SSS by	154
	moving status	154
13.1	Changes in the importance of things from T1 to T4	172
13.2	Changes in important values from T2 to T4	173
13.3	Changes in frequencies of home-centered activities	174
	T1 to T4	174
13.4	Changes in the frequency of social activities from	174
	T1 to T4	183
14.1	Factors of expectations for the new environment	103
14.2	ESM-items regarding the perception of social	184
140	situations	104
14.3	Means and standard deviations of P19 to P25 over	186
144	T1 to T3	100
14.4	Regression of SSS on P19 to P25 at T1 through T3 and differences between T1 and T2 resp. T3	187
145		107
14.5	Regression of 'Readiness for change' on social	188
14.0	experiences Regression of 'Expectation of continuity' on social	100
14.6		189
	experiences	107

xiv	Tables	
14.7	Regression of 'New relationships' on social experiences	189
14.8	Situational variance over T1, T2, and T3	191
14.9	Regression of SSS on behavioural variance	193
14.10	Correlations of variance in conversational behaviour with SSS	193
14.11	Change in photograph content and functionality between T1 and T3	194
14.12	SSS and differences in meaning of photographs from	-,
	T1 to T3	195