Independent/Interdependent Activity:

**The Self-Construal Scale**

This is a questionnaire that measures a variety of feelings and behaviors in various situations. Read each of the following statements as if it referred to you. Indicate your agreement or disagreement with the statement using the following scale.

**1 = strongly disagree**

**2 = disagree**

**3 = disagree somewhat**

**4 = don’t agree or disagree**

**5 = agree somewhat**

**6 = agree**

**7 = strongly agree**

\_\_\_ **1.** I enjoy being unique and different from others in many respects.

\_\_\_ **2.** I feel comfortable using someone’s first name soon after I meet them, even when they are much older than I am.

\_\_\_ **3.** Even when I strongly disagree with group members, I avoid an argument.

\_\_\_ **4.** I have respect for authority figures with whom I interact.

\_\_\_ **5.** I do my own thing, regardless of what others think.

\_\_\_ **6.** I respect people who are modest about themselves.

\_\_\_ **7.** I feel it is important for me to act as an independent person.

\_\_\_ **8.** I will sacrifice my self-interests for the benefit of the group I am in.

\_\_\_ **9.** I’d rather say “NO” directly than risk being misunderstood.

\_\_\_ **10.** Having a lively imagination is important to me.

\_\_\_ **11.** I should take into consideration my parents’ advice when making education or career plans.

\_\_\_ **12.** I feel my fate is intertwined with the fates of those around me.

\_\_\_ **13.** I prefer to be direct and forthright when dealing with people I’ve just met.

\_\_\_ **14.** I feel good when I cooperate with others.

\_\_\_ **15.** I am comfortable with being singled out for praise or rewards.

\_\_\_ **16.** If my brother or sister fails, I feel responsible.

\_\_\_ **17.** I often have a feeling that my relationships with others are more important than my own accomplishments.

\_\_\_ **18.** Speaking up in a class is not a problem for me.

\_\_\_ **19.** I would offer a seat on my bus to my teacher.

\_\_\_ **20.** I act the same way no matter who I am with.

\_\_\_ **21.** My happiness depends on the happiness of those around me.

\_\_\_ **22.** I value being in good health above everything.

\_\_\_ **23.** I will stay in a group if they need me, even when I am unhappy with the group.

\_\_\_ **24.** Being able to take care of myself is a primary concern for me.

\_\_\_ **25.** It is important to me to respect decisions made by the group.

\_\_\_ **26.** My personal identity independent of others is very important to me.

\_\_\_ **27.** It is important for me to maintain harmony within my group.

\_\_\_ **28.** I act the same way at home that I do at school.

**Interpreting Results:**

As stated in the text, **collectivism** encourages the development of the interdependent self, whereas **individualism** promotes the independent self.

Add the numbers you placed before # 1, 2, 5, 7, 9, 10, 13, 15, 18, 20, 22, 24, 26, and 28 to assess the strength of your independent self.

Then, add the numbers placed before # 3, 4, 6, 8, 11, 12, 14, 16, 17, 19, 21, 23, 25, and 27 to assess the strength of your interdependent self.

*Total scores can range from 15 to 98, with higher scores reflecting higher degrees of independence or interdependence.*

According to Theodore M. Singelis’ (1994) revised measures of independent and interdependent self-construal:

**Independent Self-Construal**: **Interdependent Self-Construal**:

- *emphasis on internal abilities, thoughts, feelings* - *external physical features such as status, roles, relationships*

- *being unique and expressing the self* - *belonging and fitting in*

- *realizing internal attributes and promoting one’s own goals* - *occupying ones proper place and engaging in appropriate action*

- *being direct in communication* - *being indirect in communication and reading others minds*