

## Supplementary Materials

### The Relationships Between Personal Identity, National Identity, and Well-Being

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### National Identity Items

Dimension	English version	Japanese version
Exploration	I have spent time trying to find out more about Japan, such as its history, traditions, and customs.	私はこれまでに、日本人のこと（歴史・文化・習慣）などをより深く知ろうとしてきた。
	I am active in organizations or social groups that include mostly Japanese members.	私は日本人ばかりの集団では積極的になる。
	I think a lot about how my life will be affected by being Japanese.	私は日本人であることが、私の人生にどのように影響するのか、よく考える。
	In order to learn more about being Japanese, I have often talked to other people about Japan.	私は日本人の持つ歴史・文化をより深く知るため、いろいろな人と話し合ってきた。
	I participate in cultural practices of Japan, such as special food, music, or customs.	私は食べ物、音楽、生活スタイルなどで日本的な習慣を実践している。
Commitment	I have a clear sense of what being Japanese means for me.	私は自分が日本人であることをはっきりわかっている。
	I am happy that I am a Japanese.	私は自分が日本人であることを幸せに思う。
	I have a strong sense of belonging to Japan.	私は自分が日本人であることを強く意識する。
	I understand pretty well what being Japanese means to me.	私は自分が日本人であることが、どのような意味を持つかよく考える。
	I have a lot of pride in being Japanese.	私は日本人を誇りに思う。
	I feel a strong attachment towards Japan.	私は日本人に強い愛着を感じる。
	I feel good about Japan's cultural or national background.	私は日本の文化や文化的背景を好ましく思う。

## Demographic Information

**Table S1**

*Demographic Information of the Present Sample (N = 968)*

Demographic variables		<i>N</i>	%
Sex	Men	471	48.66
	Women	497	51.34
Age	18	57	5.89
	19	275	28.41
	20	311	32.13
	21	238	24.59
	22	69	7.13
	23	12	1.24
	24	3	0.31
	25	1	0.10
	26	1	0.10
Father's educational background	29	1	0.10
	Secondary school	242	25.00
	Higher education	696	71.90
	Missing	30	3.10
Mother's educational background	Secondary school	267	27.58
	Higher education	677	69.94
	Missing	24	2.48

### **Confirmatory Factor Analyses**

Confirmatory Factor Analyses (CFAs) were performed to examine the factor structure of the measures of personal identity, national identity, and well-being. An item parceling approach with a random fashion was employed for indicators of the latent variables. This approach is recommended when the sample size is large and each construct includes more than five items (Bagozzi & Heatherton, 1994). This approach helps minimize residual correlations, which can reduce model fit indices (Marsh et al., 1998).

The personal identity model comprised three factors, with three parcels loading onto each latent variable (commitment, in-depth exploration, and reconsideration of commitment). One parcel for commitment and one parcel for in-depth exploration comprised four items, two parcels for commitment and two parcels for in-depth exploration included three items, and all three parcels for reconsideration of commitment comprised two items. Fit indices were generally acceptable (Table S2).

The national identity model included two factors (exploration and commitment). Two parcels and one item were loaded onto exploration, whereas three parcels were loaded onto commitment. One parcel for commitment comprised three items, and two parcels for exploration and two parcels for commitment included two items. Fit indices were generally acceptable (Table S2).

The well-being model included three factors (satisfaction with life, positive affect, and negative affect). One parcel and three items loaded onto satisfaction with life, while three parcels loaded onto positive and negative affect. One parcel for positive affect and one parcel for negative affect comprised four items, two parcels for positive affect and two parcels for negative affect included three items, and one parcel for satisfaction with life consisted of two items. Fit indices of the well-being model were acceptable (Table S2).

**Table S2***Confirmatory Factor Analyses for the Study Variables*

Model	Model fit indices				
	$\chi^2$	<i>df</i>	CFI	RMSEA [90%CI]	SRMR
Personal identity	178.41	24	.942	.082 [.071, .093]	.048
National identity	73.10	8	.951	.092 [.073, .112]	.039
Well-being	25.09	32	.989	.037 [.026, .048]	.029

*Note.*  $\chi^2$  = chi-squared value; *df* = degree of freedom; CFI = Comparative Fit Index; RMSEA = Root Mean Square Error of Approximation and 90% confidence interval; SRMR = Standardized Root Mean Squared Residual.

## Relations Between Control Variables and the Study Variables in the Path Models

**Table S3**

*Associations of Control Variables with the Study Variables in the Two Path Models*

Study variables	Control variables			
	Age $\beta$	Sex $\beta$	Father's educational background $\beta$	Mother's educational background $\beta$
<b>Model 1</b>				
Personal identity				
Commitment	-.04	.03	.03	.07
In-depth exploration	-.07	.13**	.02	.03
Reconsideration of commitment	-.09*	-.11**	.02	.02
National identity				
Exploration	.04	-.09*	-.01	.06
Commitment	.03	-.03	-.01	-.04
<b>Model 2</b>				
Personal identity				
Commitment	-.04	.03	.03	.07
In-depth exploration	-.07	.13**	.02	.03
Reconsideration of commitment	-.09*	-.11**	.02	.02
National identity				
Exploration	-.00	-.05	.01	.08
Commitment	.01	.01	.00	-.02
Well-being				
Satisfaction with life	-.00	.09*	.08*	-.01
Positive affect	.03	-.02	.03	-.07
Negative affect	-.04	.02	-.03	.04

*Note.* Model 1 = model linking personal identity to national identity; Model 2 = model linking

personal and national identities to well-being; Sex = 0 (men), 1 (women); Father's educational

background = 0 (those who did not complete higher education), 1 = (those who completed higher

education); Mother's educational background = 0 (those who did not complete higher education), 1

= (those who completed higher education).

\* $p < .05$ . \*\* $p < .01$ .

## References

- Bagozzi, R. P., & Heatherton, T. F. (1994). A general approach to representing multifaceted personality constructs: Application to state self-esteem. *Structural Equation Modeling: A Multidisciplinary Journal*, 1(1), 35–67. <https://doi.org/10.1080/10705519409539961>
- Marsh, H. W., Hau, K. T., Balla, J. R., & Grayson, D. (1998). Is more ever too much? The number of indicators per factor in confirmatory factor analysis. *Multivariate Behavioral Research*, 33(2), 181–220. [https://doi.org/10.1207/s15327906mbr3302\\_1](https://doi.org/10.1207/s15327906mbr3302_1)