


***Constructs included in the concept  
of social well-being***

**LESSON 2**


**Perceptions of Inclusion, well-being and Identiflcation  
with  
the European Union in Ukrainian university students**



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# What is social well-being?

- **Social well-being** = the perception of being socially accepted and connected (Keyes, 1998)
  - **Indicators of social well-being:**
    - perception of social self-efficacy
    - self-expansion.
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# What is Self-Efficacy?

- **Self-efficacy** = the belief in one's ability to perform the necessary behaviors to achieve a specific goal (Bandura, 1977).
- For **social self-efficacy**, this concept extends to the social context.

## The Scale we used

- Scale assessing perceptions of social self-efficacy among University students (Fan & Mak, 1998), also used in the UkraStud project.
- The scale was found to negatively correlate with anxiety in social relationships and positively with perceptions of control over one's life, that is, with perception of well-being.

# The role of intergroup contact

- **An antecedent of social self-efficacy is contact** with members of other groups (Bagci et al., 2020; Kim et al., 2019; Stathi et al., 2021)

**Positive encounters with local students and the host population can foster perceptions of social self-efficacy, that is, of well-being.**

# The construct of Self-expansion

- **Self-expansion** = human beings strive to enhance their personal efficacy (Aron & Aron, 1986). A useful strategy is to build meaningful social relationships: the resources and experiences of others are “included in the self.” This process leads to perceptions of personal growth, that is, of well-being.

# Positive effects of intergroup contact



- Research has shown that **positive contact** with members of other groups **fulfills** the **need for self-expansion**; such fulfillment is associated with perceptions of self-efficacy and personal growth (e.g., Dys-Steenbergen et al., 2015).



# Thank you

Any Question?

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