## Contents

*List of tables*  
*Preface*  

<table>
<thead>
<tr>
<th>List of tables</th>
<th>page</th>
<th>xi</th>
<th>ii</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preface</td>
<td></td>
<td>xv</td>
<td></td>
</tr>
</tbody>
</table>

### 1 Restructuring the ecology of the self: a framework for self-concept change  
- The ecology of the self  
- Stability and change  
- Overview

<table>
<thead>
<tr>
<th>Method considerations for an ecological approach</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ecological validity</td>
<td>8</td>
</tr>
<tr>
<td>Use of a naturalistic design: relocation as a research paradigm</td>
<td>9</td>
</tr>
<tr>
<td>Combination of multiple methods</td>
<td>11</td>
</tr>
<tr>
<td>Sampling procedures</td>
<td>12</td>
</tr>
</tbody>
</table>

### 3 Relocation and changes in commitment: a cross-sectional study over the first year  
- The questionnaire  
- Sampling  
- Procedure  
- Results of factor analyses  
- Comparison of movers and non-movers  
- Effects of national differences  
- Effects of commitment and time  
- Discussion

<table>
<thead>
<tr>
<th>Implications of recent research in cognitive social psychology for self-concept change</th>
<th>32</th>
</tr>
</thead>
<tbody>
<tr>
<td>The self-concept as an organization of cognitions</td>
<td>32</td>
</tr>
<tr>
<td>Self-concept as a mediator of cognitions and behaviour</td>
<td>37</td>
</tr>
<tr>
<td>The orientation of the self-concept</td>
<td>44</td>
</tr>
</tbody>
</table>

© in this web service Cambridge University Press  
[www.cambridge.org](http://www.cambridge.org)
## Contents

5 Social psychological theories on maintenance and change  
   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 141  
   Relocation status and satisfaction with self 143
## Contents

- 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
- Relocation as a subject of psychological research 158
- Relocation as a research paradigm for transitions 162

### 13 A longitudinal questionnaire study over one year
- Design of the study 169
- Changes over time 170
- Effects of self-monitoring and satisfaction with self 172

### 14 A longitudinal study of students' transition to university
- Overview of the design 180
- Effects of moving on the perception of interactional situations 181
- Effects of specific expectations 185
- Situational variance and satisfaction with self 188
- Results from autophotography 190

### 15 Conclusion

- References 197
- Author index 203
- Subject index 214
## Tables

3.1 Factor analysis of importance of values  
3.2 Factor analysis of activities  
3.3 Factor analysis of valued objects  
3.4 Mean comparisons between non-movers and movers  
3.5 Effects of nationality and relocation  
3.6 Effects of nationality, taking age into account  
3.7 Distribution of subjects for time by commitment analyses  
3.8 Effects of commitment  
3.9 Effects of time since the relocation  
3.10 Effects of commitment and time on solitary-social acts  
3.11 Effects of commitment and time on ‘entertainment’ acts  
3.12 Effects of commitment and time on activity objects  
4.1 Correlation of the importance of aspects of self-concept with their location  
6.1 Presentation of role relationships in commitment measure  
7.1 Inter-rater reliabilities for autophotography  
7.2 Reliabilities (alpha) for Satisfaction with Self Scale  
7.3 Intercorrelations between SSS subscales  
7.4 Principal component analysis of SSS Form N (N = 299)  
7.5 Principal component analysis of SSS Form S (N = 299)  
7.6 Correlations of SSS (Form S) with relevant scales (N = 200)  
8.1 Occurrence and personal importance of photograph content  
8.2 Ratings on functional dimensions for physical environment  
9.1 Means of satisfaction with self and photograph ratings  
9.2 Comparison of means of students anticipating graduation  
9.3 Predictors of satisfaction with self across all groups  
11.1 Interaction of type of relationship change by impact on SSS  
11.2 Relocation status and satisfaction with self: overall effects and planned contrasts (F, df)
Tables

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 on ESM 152
11.17 Means of photograph ratings by moving status 153
11.18 Planned contrasts of photograph ratings by moving status 153
11.19 Means of photograph ratings for interaction SSS by 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 T1 to T4 174
13.4 Changes in the frequency of social activities from T1 to T4 174
14.1 Factors of expectations for the new environment 183
14.2 ESM-items regarding the perception of social situations 184
14.3 Means and standard deviations of P19 to P25 over T1 to T3 186
14.4 Regression of SSS on P19 to P25 at T1 through T3 and differences between T1 and T2 resp. T3 187
14.5 Regression of ‘Readiness for change’ on social experiences 188
14.6 Regression of ‘Expectation of continuity’ on social experiences 189
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