AUTHENTICITY AND WELL-BEING AMONG EUROPEAN AND EURASIAN YOUNG ADULTS

Michael J. Stevens*  Petru-Mădălin Constantinescu**
Illinois State University, USA  Clinical Psychology Individual Praxis, Rm. Vâlcea, Romania

Abstract
Although humanistic-existential psychologists have longed stressed the concept of authenticity as important for individual well-being, it was only until recently that an instrument for assessing authenticity with sound psychometric properties has been developed and made possible empirical research on this and related humanistic-existential constructs. However, these research findings have not been replicated cross-nationally. Our study replicated the results of Wood et al. (2008) regarding the relationships between dimensions of authenticity and both eudaimonic and hedonic well-being, which were themselves correlated. We extended the analyses to include models in which dimensions of authenticity predicted two forms of individual well-being, hedonia and eudaimonia. However, a fitted model comprising all dimensions of authenticity was abandoned in favor of a more parsimonious model that included only authentic living and self-alienation. This model best explained the variance on each of the measured constructs of individual well-being.

Keywords: authenticity, hedonic and eudaimonic well-being, humanistic-existential psychology, self-determination theory

Correspondence concerning this paper should be addressed to:

* Ph.D., DHC, Illinois State University, Illinois, USA and The Lucian Blaga University of Sibiu, Romania. Address for correspondence: Michael J. Stevens, Department of Psychology, Illinois State University, Campus Box 4620, Normal, IL 61790-4620, USA. E-mail: mjstevens@ilstu.edu

** M.A., Clinical Psychology Individual Praxis, Rm. Vâlcea, Romania. E-mail: petrumadalin@gmail.com