Planning For Which Future? Lay Theories of Self-Control and the Temporal Framing of Goal-Directed Behavior

Anirban Mukhopadhyay, HKUST
Nidhi Agrawal, Northwestern University

This research examines the effects of lay theories of self-control, i.e., beliefs that self-control is a limited or unlimited resource, on the temporal framing of goals. We find that individuals who believe that self-control is inherently limited are more likely to consider goals in temporally proximal (vs. distal) contexts. Limited theorists reported greater intentions of performing goal relevant activities and were more persuaded by goal relevant information when the time frame was closer rather than distant. In contrast, unlimited theorists took a distal perspective on goals and distally framed goals were more effective in eliciting greater intentions and persuasion.

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behavior (e.g. Faure and Mick, 1993). According to social researchers, Western individuals have become increasingly self-oriented in their purchases and consumption behavior (Mick, DeMoss and Faber 1992), and an example of this phenomena has been labeled self-gifts. Similarly, McKee et al. (1993) believe that people have been giving gifts to themselves since the early beginnings of self-indulgence.

Self-gifting is clearly prevalent in western consumer behavior. The question then becomes whether the propensity to self gift is confined to the United States, or a more wide spread phenomenon. For example, it is well established that people with different cultural backgrounds may behave differently and have different reactions to similar situations. More specifically, research has shown that different cultural identifications have an impact on the way people think, feel, and behave (e.g. Markus and Kitayama, 1991). How does this effect self-gifting behavior? This research proposes to answer this question by investigating whether self-gifting is a universal phenomenon or one simply confined to Western societies by examining consumers self-construal and attitude towards self-gifting.

Overall, it has been suggested that self-gifts represent a complex class of personal acquisitions that offer intriguing insights on self-directed consumer behavior (Belk, 1988). “Self gift theory will likely benefit from drawing on additionally relevant psychological research” (Mick and DeMoss, 1990b p. 329) since “with rich and complex qualities, self-gifts provide a window through which consumer behavior can be viewed in some of its most adaptive, dramatic and personal significant forms” (Mick and DeMoss, 1990b p.331).

As demonstrated by its name and definition, one of the predominant aspects of self-gifting is the direct focus on the self. Clearly, if people view the self differently, they will react differently to self-gifting. Taken together with the recommendation above by Mick and DeMoss (1990), we propose to draw on the psychological research of Markus and Kitayama (1991) that identified two dimensions of the self that can be used to characterize consumer’s self-construal as well as explain and identify differences between cultures: independence and interdependence.

According to Markus and Kitayama, self-construal can be conceptualized by the degree of independence/interdependence that a person possesses. They further state that all people contain both an independent and interdependent self, but that the culture in which they are bought up in influences which one dominates. For example, Europeans and Caucasian Americans are typically said to be independent because they tend to emphasize the individual whereas people from Asian cultures are typically interdependent because they tend to emphasize the group as more important than the individual. People with independent self-construals strive to develop and express their unique characteristics, whereas people with interdependent self-construals place value on harmonious relationships with others and acceptance in their community. Those with well-developed independent self-construals gain self-esteem through expressing the self and validating their internal attributes, whereas harmonious interpersonal relationships and the ability to adjust to various situations are sources of self esteem for the interdependent self-construal (Singelis, 1994). After reviewing an extensive array of studies, Markus and Kitayama (1991) argue that these independent and interdependent views of the self influence cognition, emotion, and motivation and help to explain individual differences between cultural groups.

It seems reasonable then to propose that consumers’ self-construal will have an impact on their attitude and likelihood to self-gift. More specifically, it seems that people with an independent self-construal will be more likely to self-gift, as they tend to have self-benefiting motivations, such as the need to achieve, self-enhance, or affiliate. Conversely, people with an interdependent self-construal will be less likely to self-gift as they tend to derive their motivations from what benefits others and a group as a whole, such as the need to be agreeable to others, to accommodate to their needs, and to restrain one’s own wishes or wants.

To test the above propositions, a survey was distributed to 84 college students in the New York area that measured their self-construal, attitude, subjective norm, and likelihood to self-gift and some other demographic information. As predicted, subjects with high independent self-construals had a significantly more favorable attitude towards self-gifting, and subjects with high interdependent self-construals had a significantly less favorable attitude towards self-gifting (Mindependent=5.37, Minterdependent=4.87; p<.01). We also tested subjects’ attitude towards self-gifting advertisement slogans (e.g. “The perfect little thank me” (Andies candy) and “Because I’m worth it” (L’Oreal). Overall, Independents had a significantly more favorable attitude towards self-gifting slogans and Interdependents had a significantly less favorable attitude towards them (Mindependent=6.42, Minterdependent=5.98; p<.018).

The results of this research have important implications for managers, particularly when choosing an international advertising strategy. It will help companies who market their products in the United States using self-gift appeals in their advertisements decide whether they should use these messages in other countries or need to modify them to successfully sell their products. Based on our study, it seems that they cannot standardize these ads for countries that have consumers typically classified as having Interdependent self-construal. However, the results of this analysis provide some direction to marketers as to what appeals they should use. More specifically, rather than the slogans used in the United States that emphasizes the worth of the individual, (i.e. you deserve it), to better target Interdependents, the slogans should emphasize family and friends and their happiness.

Bibliography


