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[\[PDF \(414K\)\]](#) [\[References\]](#)**Factor Structure and Validity of Social Self-Regulation Scale**[Chika Harada](#)<sup>1)</sup>, [Hiroyuki Yoshizawa](#)<sup>2)</sup> and [Toshikazu Yoshida](#)<sup>1)</sup>

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In this study, we developed and attempted initial validation of Social Self-Regulation Scale. We posited a new construct, Social Self-Regulation (SSR), which had several facets of ability among adolescents. The SSR scale attempted to measure the ability to inhibit or to assert the self, depending on internal and external needs in a social setting, when there is discrepancy between desire, intention, and current perception. In Study 1, a questionnaire was administered to samples of college students and high school students ( $N=5673$ ). Multidimensional structure of SSR scale was examined with factor analysis, and we found three factors of self-assertiveness, patience, and emotion and desire suppression. In Study 2, the relationship among Behavioral Inhibition System/Behavioral Approach System (BIS/BAS), Effortful Control (EC), and SSR was examined, with a survey of college students ( $N=5400$ ). Results were consistent with findings in existing studies, provided evidence for validity of the SSR scale. Finally, theoretical explanations of the findings and implications for future research were discussed.

**Keywords:** [self-regulation](#), [self-assertiveness](#), [self-inhibition](#), [Behavioral Inhibition System/Behavioral Approach System \(BIS/BAS\)](#), [effortful control](#)

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