НОВЫЕ МЕТОДИКИ

Adaptation of the hedonic and eudaimonic motives for activities-revised (HEMA-R) scale among Russian-speaking respondents

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Individual motives significantly influence the pursuit of well-being and its outcomes. Hedonic and Eudaimonic Motives for Activities-Revised (HEMA-R) Scale measures eudaimonic, hedonic, hedonic pleasure, and hedonic comfort motives. Hedonic motives include the pursuit of pleasure, enjoyment, fun, relaxation, and comfort. Hedonic pleasure motives refer to the pursuit of enjoyment and fun. Hedonic comfort motives relate to the pursuit of relaxation and comfort-seeking. Eudaimonic motives consist of the pursuit of personal excellence, meaning, authenticity, self-growth, cultivating personal strengths, and valued goals. Although previous research has studied these motives in Western and Eastern contexts, the current literature requires further research on well-being motives in non-Western contexts. This research aimed to investigate well-being motives within a Russian context, which is underrepresented in the literature. Study 1 validates the HEMA-R among Russian-speaking people from different regions of Russia, revealing excellent fit indices in confirmatory factor analyses. Results demonstrate that both two-factor and three-factor solutions of the Russian HEMA-R are viable. Additionally, eudaimonic, hedonic pleasure, and hedonic comfort motives are linked to enhanced well-being outcomes. Study 2 replicates these findings in a larger sample. Both studies shed light on well-being motives and their associations among Russian people and highlight the distinct and complementary roles of these motives in nurturing well-being outcomes.

Keywords: eudaimonia; hedonia; hedonic comfort; hedonic pleasure; well-being motives; well-being

Introduction

Well-being research has traditionally emphasized hedonic and eudaimonic aspects of well-being. Hedonic approach has predominantly focused on emotional experiences and satisfaction experienced in life [Diener et al., 1985], whereas eudaimonic approach highlighted the role of developing excellence, value-focused goal pursuits, authenticity, and meaning experiences [Ryff, Keyes, 1995]. Recent accounts of well-being have discussed whether well-being construct is more tied to hedonic components or eudaimonic components and what components will be the main indicators of well-being, demonstrating a fragmented understanding of well-being [Coyne, 2013; Disabato et al., 2016]. Current challenges in well-being research and conceptualizations arised from emphasis on distinct aspects of well-being, analyzing different levels of well-being, and measurement [Huta, Waterman, 2014].

To address these challenges, some researchers have emphasized the importance of differentiating well-being concepts [Huta, Waterman, 2014]. In their theoretical analysis, they have identified that well-being can be into four categories. These categories are orientations/motives, behaviors, experiences, and functioning. Orientations/motives consist of one's reasons, dispositions, values, goals, and motives to act (e.g., novelty seeking). Behaviors include specific actions (e.g., preparing a fresh lemonade on a sunny day). Experiences broadly refer to one's emotions and their evaluation (e.g., feeling uneasy). Functioning encompasses traits, personal strengths, and habits (i.e., being good at mindful reflection). Orientations and behaviors are considered ways of living, while experiences and functioning are called outcomes of ways of living. Ways of living represent one's character and personality better than any other category as people choose them. However, outcomes of ways of living are less controllable since they follow ways of living. Thus, orientations/motives and behaviors are the fundamental categories [Huta, 2016].

Laying the groundwork for this theoretical perspective, Huta and Ryan [2010] proposed distinct well-being motives. Initially, these motives consisted of eudaimonic motivation and hedonic motivation (e.g., HEMA). The HEMA was revised by including the distinction between hedonic pleasure motivation and hedonic comfort motivation as the HEMA-R [Huta, 2016]. These well-being motives are the ways that people conceptualize their understanding of "a good life". They are the ways of living that they choose to attain well-being. These motives can simultaneously be pursued even though they can conflict. Eudaimonic motivation refers to developing personal resources, seeking excellence, pursuing meaningful activities, having a sense of purpose, and contributing to the world around. Hedonic motivation refers to the pursuit of enjoyable and comfortable activities. Hedonic pleasure motivation refers to engaging in emotions that give pleasure and deriving satisfaction from activities. Hedonic comfort motivation refers to seeking out comfortable or relaxing activities and avoiding pain [Huta, 2016].

Well-Being Motives and Outcomes

Abundant research has been conducted within the scope of well-being motives and outcomes, particularly focusing on their relationships. Research indicated that eudaimonic motivation was often moderately associated with greater outcomes in well-being outcomes including need satisfaction [Lin, Chan, 2020; Saunders et al., 2018; Subasi et al., 2024], positive affect [Chen, Zeng, 2024a; Russo-Netzer, Tarrasch, 2024; Wang et al., 2020], meaning in life [Dong et al., 2023; Koumantarou et al., 2021], life satisfaction [Asano et al., 2021; Chen, Zeng, 2024b], flourishing [Asano et al., 2020; Kinoshita et al., 2022; Zeng, Chen, 2020], happiness [Lai et al., 2020], personal growth [Asano et al., 2014; Osin et al., 2023], interest [Gentzler et al., 2021; Richter, Hunecke, 2021] as well as self-connectedness, calmness, self-esteem, meaning experience, vitality, elevation, and carefreeness [Huta, 2012; Huta, Ryan, 2010; Ortner et al., 2018]. The majority of these correlational findings were moderate. Eudaimonic motivation consistently had stronger associations with well-being outcomes compared to hedonic pleasure motivation and hedonic comfort motivation. These findings suggest that pursuing eudaimonic motives is more likely to bring beneficial outcomes in well-being in comparison to other types of motives.

Similarly, previous studies have demonstrated that hedonic pleasure motivation and hedonic comfort motivation had weak to moderate positive relations with well-being indicators including calmness, carefreeness, self-esteem, self-connectedness, meaning experience [Braaten et al., 2019; Braaten, Huta, 2024; Huta et al., 2012], need satisfaction [Subasi, 2024; Subasi, Osin, 2024; Subasi et al., 2024], psychological well-being [Chen, Zeng, 2024b], positive affect [Behzadnia, Ryan, 2018; Zhang et al., 2024], and life satisfaction [Asano et al., 2014, 2020, 2021; Van Halem et al., 2024]. The majority of these studies showed that hedonic pleasure motivation consistently had stronger associations with these indicators in comparison to hedonic comfort

motivation. This suggests that the pursuit of pleasure may be more closely related to well-being outcomes than the pursuit of comfort.

Factor analyses to test the structural validity of the HEMA and the HEMA-R scales have yielded interesting findings across diverse cultures. English, Turkish and Chinese versions of the HEMA-R provided support that the HEMA-R could be measured through both two-factor (i.e., hedonic motivation, eudaimonic motivation) and three-factor (i.e., hedonic pleasure motivation, hedonic comfort motivation, eudaimonic motivation) solutions [Li et al., 2021; Subasi, 2024; Subasi et al., 2024; Zhang et al., 2024]. The HEMA-R demonstrated three-factor models in Italian [Giuntoli et al., 2021], Japanese [Asano et al., 2021], Persian [Behzadnia, Ryan, 2018], Polish [Bujacz et al., 2014], and Portuguese [Paulo, 2024], whereas two-factor models were found in Croatian [Anić, 2014], Greek [Koumantarou Malisiova et al., 2021], and Thai [Winit, Kantabutra, 2022].

Extensive research on well-being motives distinguishing hedonic and eudaimonic ways of living have been conducted in Western, East Asian, and non-Western cultures. However, no study to date examined the validity of the HEMA-R within Russian populations. Given unique cultural and historical conceptualizations of good life, well-being, and well-being motives in Russia [see Leontiev et al., 2022], translating and confirming the HEMA-R is crucial. The HEMA-R may shed much light on how hedonic and eudaimonic motives shape well-being outcomes within the cultural fabric of Russia. Moreover, the Russian culture is underrepresented in well-being motives and outcomes research, limiting the generalization of existing research in this context. A Russian adaptation of the HEMA-R scale will allow accurate assessments of well-being motives as measured by the HEMA-R context, enable cross-cultural research, and contribute to broader discourse on well-being.

In the present research, two samples were recruited to test the psychometric properties of the HEMA-R and to explore its associations with well-being outcomes. Study 1 evaluated the factor structure through confirmatory factor analysis (CFA) and reliability scores of the HEMA-R as well as its associations with well-being indicators using Pearson correlations. These analyses were necessary for testing psychometric properties of the HEMA-R. Study 2 aimed to replicate the factor structure obtained through CFA and the associations between well-being motives and outcomes. The rationale for Study 1 and Study 2 was to ensure the robustness of the results. This way results were aimed to be confirmed in a larger population.

Study 1

Procedure and Methodology

This study employed a cross-sectional design. All participants including minors with parental permissions granted informed consent prior to responding to the survey. The researchers informed participants about the details, and ensured that all participants were fully informed about the nature and characteristics of the study as well as their rights. Participants had the right to withdraw from the study whenever they wanted. Data was collected online and offline (i.e., paper-and-pencil) using convenience sampling through researchers' contacts at HSE University and links available to everyone. Both methods were designed to be participant-friendly and to attain accurate responses. This study adhered to ethical guidelines outlined in the Declaration of Helsinki.

Instruments

Demographics. The demographics form gathered information about informed consent, gender, age, and education.

Hedonic and Eudaimonic Motives for Activities-Revised Scale (HEMA-R). The HEMA was developed by Huta and Ryan [2010] and revised as the HEMA-R by Huta [2016]. The HEMA included hedonic motivation and eudaimonic motivation. The HEMA-R consisted of hedonic pleasure motivation, hedonic comfort motivation, and eudaimonic motivation. The HEMA included 5 items for each motivation type (i.e., hedonic motivation, eudaimonic motivation). The HEMA-R encompassed 5 items for eudaimonic motivation and 3 items for hedonic pleasure motivation and hedonic comfort motivation. The HEMA and the HEMA-R were measured using a seven-point Likert scale ranging from "1 = not at all" to "7 = very much". The HEMA and the HEMA-R were measured as a trait measure, while they could also be measured as state and situational instruments. The wording of the HEMA-R included the following instruction: "To what degree do you typically approach your activities with each of the following intentions, whether or not you actually achieve your aim?" Internal consistency scores of the scale were provided in the Scale Reliability.

Mental Health Continuum-Short Form (MHC-SF) [Keyes et al., 2008]. The MHC-SF included mental-health continuum, emotional well-being, social well-

Table 1

Translated items of the HEMA-R

No	Original items	Adaptation
1	Seeking relaxation?	Я стараюсь расслабиться, отдохнуть.
2	Seeking to develop a skill, learn, or gain insight into something?	Я стараюсь научиться чему-то, что-то узнать или лучше понять.
3	Seeking to do what you believe in?	Я стараюсь поступать в соответствии с моими убеждениями.
4	Seeking pleasure?	Я стараюсь получать удовольствие.
5	Seeking to pursue excellence or a personal ideal?	Я стараюсь в чем-то достичь совершенства, своего идеала.
6	Seeking enjoyment?	Я стараюсь наслаждаться жизнью.
7	Seeking to take it easy?	Я стараюсь не слишком напрягаться.
8	Seeking to use the best in yourself?	Я стараюсь воплотить в жизнь то лучшее, на что я способен[а].
9	Seeking fun?	Я стараюсь веселиться.
10	Seeking to contribute to others or the surrounding world?	Я стараюсь делать что-то хорошее для других людей или для мира в целом.
11	Seeking to have things comfortable?	Я стараюсь жить с комфортом.

being, and psychological well-being scales. Mental health continuum consisted of emotional well-being, social well-being, and psychological well-being scales with 14 items in total. Emotional well-being encompassed 3 items. Social well-being contained 5 items. Psychological well-being included 6 items. The MHC-SF was rated on a six-point Likert scale ranging from "0 = never" to "6 = every day." The wording of the scale was "Please answer the following questions about how you have been feeling during the past month. Place a check mark in the box that best represents how often you have experienced or felt the following". The original version of the MHC-SF had reliability scores higher than .80. The present study reported the following reliability scores for the MHC: Mental health continuum (α = .92; ω = .92); Emotional well-being (α = .82; ω = .83); Social well-being (α = .83; ω = .84); Psychological well-being (α = .86; ω = .86).

Participants

183 participants participated in this research. The age range of the participants was between 12 and 66. 55% were male. 93% had vocational college, bachelor, specialist, and/or PhD degrees. Participants were from different regions of Russia such as Moscow, St. Petersburg, Kazan, Novosibirsk, Tomsk, Ekaterinburg, Ufa, Chelyabinsk, Perm, and Voronej.

Adaptation of the HEMA-R

Permission was granted for this study to translate the scale by the originator of the scale. The scale was translated from English into Russian by Evgeny N. Osin. This procedure followed a simplified forward–backward approach, which has been a common practice in evaluation. The translated items of the scale were as in Table 1. This study used the trait version of the HEMA-R in the item expressions as the original version of the HEMA-R can be modified for research purposes [Huta, 2016]. So, it is applicable to change the question mark in the items and to rate them as statements since they serve for the same purpose as highlighted in the HEMA-R scale instruction.

Data Analysis

This study conducted all statistical analyses through an R-based software, JASP 0.18.1.0. The analyses provided descriptive statistics, Pearson's correlation coefficients, reliability analyses, and factor analyses.

Prior to the analyses, assumptions were evaluated. No outliers were found. As Tabachnick and Fidell [2013] suggested, multivariate normality was checked based on the suggestion of –1 and 1 for skewness and kurtosis values. Descriptive statistics and corrected item-rest correlations of the HEMA-R were provided. The single-factor, two-factor, and three-factor models were evaluated based on fit indices. As it has been recommended that CFAs could be conducted with a sample over 100 participants [Kline, 2016], the sample size of this study was sufficient to carry out CFAs. The current research contained the following fit indices to evaluate the CFAs [Hu, Bentler 1999; West et al., 2012]: chi-square, the Comparative Fit Index (CFI), the Tucker-Lewis index (TLI), the Root Mean Square Error of Approximation (RMSEA),

Table 2

Descriptive statistics of the HEMA-R items among Russian-speaking respondents

HEMA-R Subscale	Item No	M	SD	Skewness	Kurtosis	Item-total r
Eudaimonic motivation	2	5.50	1.26	–0.92	0.98	.54
	3	5.75	1.13	–1.24	2.31	.40
	5	5.21	1.33	–0.83	0.73	.57
	8	5.28	1.36	–0.64	–0.11	.69
	10	5.01	1.47	–0.51	–0.14	.39
Hedonic motivation	1	4.34	1.60	–0.30	–0.61	.36
	4	5.67	1.15	–0.75	0.14	.60
	6	5.67	1.34	–1.13	1.25	.51
	7	4.01	1.64	0.07	–0.93	.37
	9	4.63	1.71	–0.57	–0.55	.52
Hedonic pleasure motivation	4	5.67	1.15	–0.75	0.14	.67
	6	5.67	1.34	–1.13	1.25	.58
	9	4.63	1.71	–0.57	–0.55	.51
Hedonic comfort motivation	1	4.34	1.60	–0.30	–0.61	.34
	7	4.01	1.64	0.07	–0.93	.38
	11	5.16	1.40	–0.66	0.18	.39

Note. N = 183; M = Mean; SD = Standard Deviation.

and the (Standardized) Root Mean Square Residual (SRMR). The chi-squared/df must be less than 3 to show good fit, 5 to demonstrate acceptable fit, and 10 to indicate marginal fit. Both CFI and TLI values must be greater than .95 to show good fit, .90 to demonstrate acceptable fit, and .85 to indicate marginal fit. Both RMSEA and SRMR values must be less than .08 to show good fit, .10 to demonstrate acceptable fit, and .12 to indicate marginal fit. In the next step, reliability of the scales and correlations with well-being outcomes were calculated.

Results

Descriptive Statistics

As demonstrated in Table 2, all of the items of the HEMA-R were largely within acceptable boundaries in terms of multivariate normality. The mean scores of the items ranged from 4.01 to 5.75 with standard deviations varying from 1.13 to 1.71. The skewness values of the items varied from –1.24 to 0.07. The kurtosis values of the items ranged from –0.93 to 2.31. The item-total correlation coefficients of the items showed a good level of similarity as each item had higher scores than .30.

Structural Validity

To test the structural validity of the HEMA-R, single-factor, two-factor, and three-factor models were performed using confirmatory factor analysis (CFA). As the items did not assume multivariate normality for all items, CFAs were carried out using R lavaan package with DWLS estimator and robust standard error with listwise deletion. All items were retained in the analyses with no modifications. As shown in Table 3, the single-factor model demonstrated marginal fit indices. The two-factor and three-factor models of the HEMA-R showed excellent fit to the data. Item 1 and item 7 were excluded in the two-factor model of the HEMA-R since they did not have factor loadings at least higher than .40. Factor loadings of the two-factor HEMA-R were between .48 and .88. No item was excluded in the three-factor model of the HEMA-R. Factor loadings of the three-factor HEMA-R varied from .39 to .83. For theoretical reasons, the item with a .39 factor loading was retained in the analyses. In the two-factor solution of the HEMA-R factors were correlated: eudaimonic motivation and hedonic pleasure motivation (r = .61). In the three-factor solution of the HEMA-R factors were correlated: eudaimonic motivation and hedonic pleasure motivation (r = .58), eudaimonic motivation and hedonic comfort motivation (r = .34), and hedonic pleasure motivation and hedonic comfort motivation (r = .84). Since the two-factor model's hedonic component measured only hedonic pleasure motivation, this study did not include hedonic motivation as a construct in further analyses and distinguished between hedonic pleasure and hedonic comfort motives.

Table 3

Fit indices for confirmatory factor analysis of HEMA-R items

Sample / Model	χ2	df	χ2/df	CFI	TLI	RMSEA	SRMR
Single-factor (ten items)	198.75	35	5.68	.91	.89	.16	.11
Two-factor	28.51	19	1.50	.99	.99	.05	.05
Three-factor	79.59	41	1.94	.98	.98	.07	.06

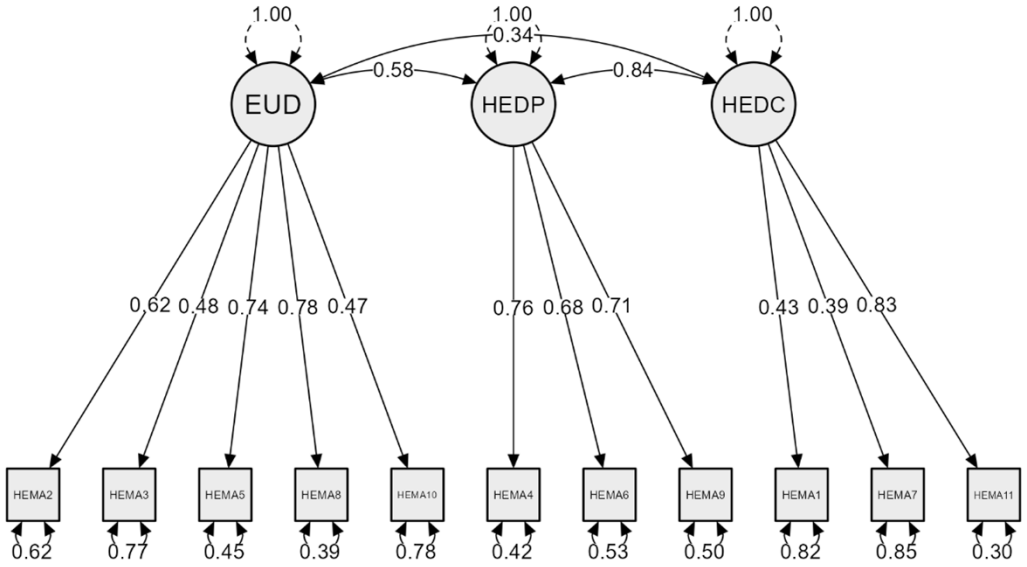

Figure 1. *The three-factor solution of the HEMA-R in Study 1*

Table 4

Associations of the HEMA-R with well-being outcomes

	EUD	HPLE	HCOM	M	SD
HPLE	.45*				
HCOM	.21**	.55*			
MHC	.46 *	.51 *	.29 *	3.14	0.99
MHC-EMO	.32 *	.46 *	.21 *	3.67	1.06
MHC-SOC	.38 *	.41 *	.26 *	2.60	1.23
MHC-PSY	.48 *	.49 *	.26 *	3.33	1.06

*Note. *** p < .001, ** p < .01, * p < .05. M = Mean; SD = Standard Deviation. EUD = Eudaimonic motivation; HPLE = Hedonic pleasure motivation; HCOM = Hedonic comfort motivation; MHC = Mental health continuum; MHC-EMO = Emotional well-being; MHC-SOC = Social well-being; MHC-PSY = Psychological well-being.*

Scale Reliability

To test the internal consistency scores of the HEMA-R, Cronbach's alphas and McDonald's omegas were used. The reliability scores largely provided adequate internal consistency scores. Eudaimonic motivation (α = .75; ω = .76); Hedonic motivation (α = .74; ω = .78); Hedonic pleasure motivation (α = .74; ω = .78); Hedonic comfort motivation (α = .56; ω = .57). As hedonic motivation did not include two items in the factor model of the HEMA-R and this hedonic factor was the same factor of hedonic pleasure motivation, correlation analyses were not independently conducted for hedonic motivation. Thus, hedonic pleasure motivation had a high positive association with hedonic comfort motivation (r = .55). Eudaimonic motivation had a weak positive correlation with hedonic comfort motivation (r = .21), and a moderate positive association with hedonic pleasure motivation (r =.45).

Table 5

Descriptive statistics of the HEMA-R items among Russian-speaking respondents

Subscale	M	SD	Skewness	Kurtosis	α	ω
EUD	3.38	0.81	–0.21	–0.31	.65	.66
HPLE	3.32	1.00	–0.17	–0.57	.70	.71
HCOM	3.50	0.90	–0.24	–0.36	.57	.57
MHC	2.54	0.84	0.71	0.23	.87	.87
MHC-EMO	3.00	1.18	0.39	–0.59	.81	.81
MHC-SOC	2.12	0.84	0.94	0.67	.69	.71
MHC-PSY	2.66	1.04	0.68	–0.04	.79	.80

Note. M = Mean; SD = Standard Deviation. EUD = Eudaimonic motivation; HPLE = Hedonic pleasure motivation; HCOM = Hedonic comfort motivation; MHC = Mental health continuum; MHC-EMO = Emotional well-being; MHC-SOC = Social well-being; MHC-PSY = Psychological well-being.

Associations of the HEMA-R with Well-Being Outcomes

As shown in Table 4, eudaimonic motivation had moderate positive associations with mental health continuum, emotional well-being, social well-being, and psychological well-being. Hedonic pleasure motivation, similarly, was moderately positively associated with these well-being outcomes. Hedonic comfort motivation had weak positive relations with these outcomes. Overall, each motivation type was positively related to well-being outcomes.

Study 2

Procedure and Methodology

All procedures were conducted as in Study 1. The only difference was in the way participants were recruited. Data was collected online using convenience sampling through researchers' contacts at HSE University and links available to everyone.

Instruments

The demographics form gathered information about informed consent, gender, age, and education. The same instruments (i.e., HEMA-R, MHC-SF) were used as in Study 1.

Participants

1093 participants participated in this study. 83% were female and 13% were male. 4% did not report gender. The age range of the participants was between 12 and 66 years. Participants were in the following categories of education: Some high school (17%), completed high school (25%), professional degree (16%), some university (26%), university degree (15%), two degrees or a PhD (1%).

Data Analysis

As in Study 1, this study conducted all statistical analyses through an R-based software, JASP 0.18.1.0. The analyses provided descriptive statistics, Pearson's correlation coefficients among the variables of interest, and reliability analyses. Assumptions were assessed prior to conducting analyses. No outliers were found. Normality was evaluated based on the suggestion of –1 and 1 for skewness and kurtosis values [Tabachnick, Fidell, 2013]. The variables fell within acceptable ranges in terms of normality.

Descriptive Statistics and Scale Reliability

As shown in Table 5, all scales were within acceptable normality boundaries. The mean scores of the scales ranged from 2.12 to 3.50 with standard deviations varying from 0.81 to 1.18. The skewness values of the scales varied from –0.24 to 0.94. The kurtosis values of the scales ranged from –0.59 to 0.67. The MHC and its subscales largely demonstrated good reliability. Eudaimonic motivation and hedonic pleasure motivation somewhat indicated adequate reliability, whereas hedonic comfort motivation showed questionable reliability.

Structural Validity

To replicate the factor solutions obtained in Study 1, two-factor and three-factor models were carried out using CFAs. The items did not assume multivariate normality and CFAs were performed using R lavaan package with DWLS estimator and robust standard error with listwise deletion. As shown in Table 6, the two-factor model of the HEMA-R demonstrated good fit; however, item 7 and item 1 were removed because of low factor loadings. Upon the removal of these items, the hedonic factor included only hedonic

Table 6

Fit indices for confirmatory factor analysis of HEMA-R items

Sample / Model	χ2	df	χ2/df	CFI	TLI	RMSEA	SRMR
Two-factor	111.08	19	5.85	.96	.93	.07	.05
Three-factor	285.66	41	6.97	.92	.90	.07	.06

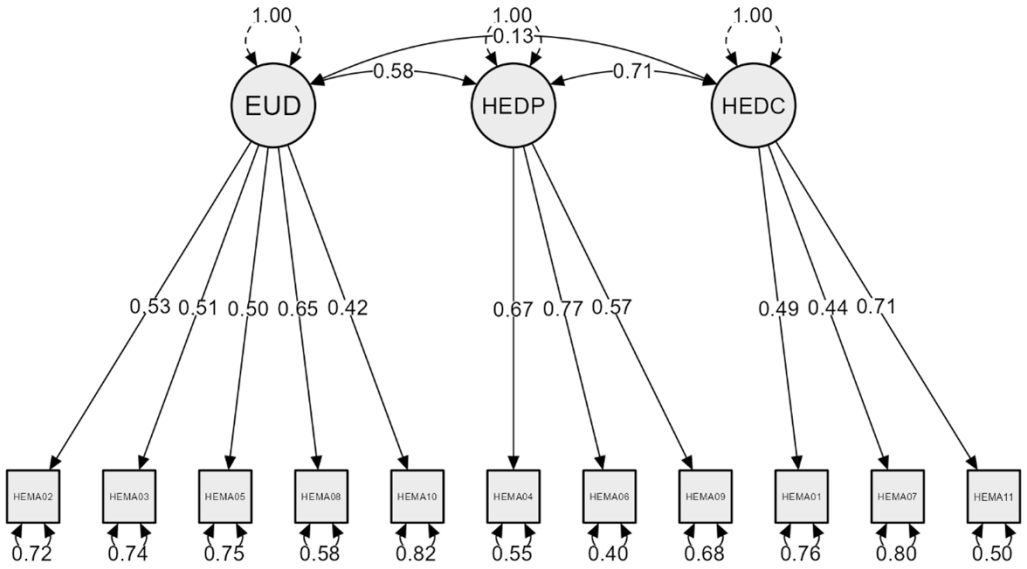

Figure 2*. The three-factor solution of the HEMA-R in Study 2*

Table 7

Associations of the HEMA-R with well-being outcomes

	EUD	HPLE	HCOM	MHC	MHC-EMO	MHC-SOC
HPLE	.39 *					
HCOM	.03	.44 *				
MHC	.47 *	.51 *	.17 *			
MHC-EMO	.30 *	.49 *	.20 *	.81 *		
MHC-SOC	.33 *	.34 *	.10 *	.79 *	.53 *	
MHC-PSY	.50 *	.46 *	.15 *	.90 *	.62 *	.52 *

*Note. *** p < .001, ** p < .01, * p < .05. EUD = Eudaimonic motivation; HPLE = Hedonic pleasure motivation; HCOM = Hedonic comfort motivation; MHC = Mental health continuum; MHC-EMO = Emotional well-being; MHC-SOC = Social well-being; MHC-PSY = Psychological well-being.*

pleasure items. Factor loadings of the two-factor HEMA-R were between .55 and 1.08. The three-factor model of the HEMA-R with no item exclusions indicated acceptable fit. Factor loadings of the three-factor HEMA-R ranged from .42 to .77 (see Figure 2). The two-factor solution of the HEMA-R demonstrated the following factor correlation between eudaimonic motivation and hedonic pleasure motivation (r = .58). The three-factor solution of the HEMA-R demonstrated the following factor correlations among the factors: eudaimonic motivation and hedonic pleasure motivation (r = .58), eudaimonic motivation and hedonic comfort motivation (r = .13), and hedonic pleasure motivation and hedonic comfort motivation (r = .71). As the two-factor HEMA-R did not include comfort items, Study 2 did not measure hedonic motivation in further analyses but included hedonic pleasure and hedonic comfort motivations.

Associations of the HEMA-R with Well-Being Outcomes

As shown in Table 7, eudaimonic motivation had moderate positive associations with mental health continuum, emotional well-being, social well-being, and psychological well-being. Similarly, hedonic pleasure motivation had positive associations with these well-being outcomes. Hedonic comfort motivation had weak positive relations with these outcomes. Overall, all types of motives were positively associated with well-being outcomes.

Discussion

The present research confirms both two-factor and three-factor solutions of the HEMA-R in a Russian context across both studies. Study 2 consistently replicates the findings of Study 1 in a larger sample. This provides support for the generalizability of the results obtained. As previous research demonstrates, the Russian HEMA-R is consistent with English, Turkish, and Chinese versions of the HEMA-R that can be measured through both factor solutions (see introduction). This implies that Russian people conceptualize well-being motives in a nuanced manner. Measuring both factor-solutions is likely to facilitate to provide valuable insights into the ways Russian people are motivated towards well-being.

However, the two-factor solution of the HEMA-R does not include items that can specifically be attributed to hedonic comfort under a single hedonic motivation. This challenge arises as the two-factor model combines pleasure and comfort elements of hedonia as a broad category. In this case, the two-factor solution may oversimplify the hedonic factor. This requires further research on the two-factor structure of the Rusian HEMA-R. In contrast, the three-factor solution may provide a more accurate representation of the hedonic motivation, successfully distinguishing between comfort and pleasure. This further complements the current literature in well-being motives since the majority of available findings support the three-factor solutions of the HEMA-R [e.g., Asano et al., 2021; Behzadnia, Ryan, 2018; Giuntoli et al., 2021].

Reliability scores of the Russian HEMA-R require further clarifications. Study 1 and Study 2 consistently provide questionable reliability equal to .57 for hedonic comfort motivation, whereas they somewhat demonstrate acceptable reliability scores between .65 and .78 for eudaimonic motivation and between .70 and .78 for hedonic pleasure motivation. While this finding is similar to the reliability of hedonic comfort motivation in the Turkish version of the HEMA-R, available findings often demonstrate that hedonic comfort motivation ranges from .70 to .90 [e.g., Asano et al., 2021; Braaten et al., 2019; LeFebvre, Huta, 2021]. The low reliability in comfort motivation raises questions as to consistently interpreting this construct. Another challenge may come from the items as they may not fully capture the comfort element of motivation. The low reliability may be influenced by participants' characteristics, leading to variability in the responses. Thus, future research needs to refine the comfort motivation and its measurement in Russia across diverse populations.

Eudaimonic, hedonic pleasure, and hedonic comfort motives among Russian people demonstrate positive associations with well-being outcomes in two samples. These results are in line with previous research. In the context of eudaimonic motivation, Study 1, and Study 2 support prior findings indicating that it has often moderate positive associations with well-being outcomes. As in previous research, eudaimonic motivation consistently relates to greater outcomes in well-being [e.g., Braaten et al., 2019; Giuntoli et al., 2021; Zeng, Chen, 2020]. In the context of hedonic pleasure motivation, Study 1, and Study 2 replicate previous findings regarding the positive associations with well-being outcomes as discussed in the literature [e.g., Asano et al., 2020, 2021; Behzadnia, Ryan, 2018; Chen, Zeng, 2024b; Van Halem et al., 2024; Zhang et al., 2024]. Interestingly, hedonic pleasure motivation often shows slightly stronger associations with well-being outcomes compared to eudaimonic motivation. Although this may imply that Russian people may place much emphasis on pleasure than eudaimonia, further research should replicate these findings with more well-being outcomes such as need satisfaction, meaning in life, positive affect, and life satisfaction. As to why such a difference exists, there may be several reasons to consider. For example, there may be a stronger emphasis on immediate gratification or hedonia among Russian people. They may focus on the present moment and pleasure as an opportunity for self-care. Perhaps hedonic pleasure may require less resources compared to eudaimonia, which does not preclude the coexistence of both motives. In the context of hedonic comfort motivation, Study 1, and Study 2 indicate similar findings in the relevant literature. The findings are consistent with the observation that hedonic comfort motivation is the weakest positive motive to lead to beneficial well-being outcomes [e.g., Asano et al., 2014, 2021; Behzadnia, Ryan, 2018; Braaten, Huta, 2024; Huta et al., 2012].

Study 1 and Study 2 are limited given that they employ cross-sectional designs with self-report measures. Study 1 and Study 2 do not measure temporal reliability of the HEMA-R. Another limitation in Study 1 and Study 2 is that they do not include several well-being outcomes. Both studies recruit samples whose participants range from 12 to 60s years old. These can limit to generalize the findings to diverse populations such as disadvantaged groups and individuals with diagnosed health problems. Future research is recommended to diversify their samples and address the limitations indicated. Further research should consider observing changes in individual well-being motives and outcomes in Russia through longitudinal designs.

In conclusion, this research validates that the two-factor and three-factor solutions of the HEMA-R are valid among Russian people. This study explores that Russian people distinguish between pleasure and comfort elements of hedonic motivation as well as differentiating hedonia and eudaimonia. The results imply that the three-factor solution of the Russian HEMA-R may provide a more comprehensive understanding of well-being motives. Despite the presence of reliability issues in hedonic comfort motivation, the obtained findings replicate previous findings in the relevant literature on well-being motives. The results underline the importance of culturally sensitive measurement of well-being motives and highlight that diverse cultures may shape how people pursue well-being. Further research should focus on the limitations outlined in the study to enrich our understanding of well-being motives across different contexts.

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Адаптация шкалы гедонистических и эвдемонистических мотивов для деятельности — пересмотренная версия (HEMA-R) среди русскоязычных респондентов

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Индивидуальные мотивы существенно влияют на стремление к благополучию и его результатам. Шкала гедонических и эвдемонических мотивов деятельности (HEMA-R) измеряет мотивы эвдемонии, гедонии, гедонистического удовольствия и гедонистического комфорта. Гедонистические мотивы включают стремление к удовольствию, наслаждению, веселью, расслаблению и комфорту. Мотивы гедонистического удовольствия относятся к стремлению к удовольствию и веселью. Мотивы гедонического комфорта относятся к стремлению к расслаблению и поиску комфорта. Эвдемонические мотивы состоят из стремления к личному совершенству, смыслу, аутентичности, саморазвитию, развитию сильных сторон личности и ценностным целям. Хотя предыдущие исследования изучали эти мотивы в западном и восточном контекстах, имеющаяся литература требует дальнейшего изучения мотивов благополучия в незападных контекстах. Это исследование было направлено на изучение мотивов благополучия в российском контексте, который недостаточно представлен в литературе. Исследование 1 подтверждает модель HEMA-R на русскоязычной выборке, собранной в разных регионах России, показывая отличные индексы соответствия в конфирматорных факторных анализах. Результаты показывают, что как двухфакторные, так и трехфакторные модели русского варианта HEMA-R являются жизнеспособными. Кроме того, эвдемонические мотивы, мотивы гедонистического удовольствия и гедонистического комфорта связаны с повышением благополучия. Исследование 2 воспроизводит эти результаты на более крупной выборке. Оба исследования проливают свет на мотивы благополучия и их связи у россиян и подчеркивают различные и взаимодополняющие роли этих мотивов в поддержании благополучия.

Ключевые слова: эвдемония; гедония; гедонистический комфорт; гедонистическое удовольствие; мотивы благополучия; благополучие

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