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## ABSTRACT

The effects of internal working models and self-acceptance of these models on self-esteem and subjective well-being

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In this study, a survey was conducted to investigate the effects of university students' internal working models on self-esteem and subjective well-being as well as their acceptance of these models. A questionnaire was distributed to 203 college students, of which data from 189 respondents with valid responses were analyzed. Multiple regression analysis showed that in the internal working models, the stability scale had a positive effect on self-esteem and subjective well-being, whereas the ambivalence and avoidance scales had a negative effect. In addition, in the self-acceptance of the internal working models, the stability acceptance scale and the ambivalent acceptance scale had a positive effect on self-esteem and subjective well-being. Moreover, when the internal working models had a low stability scale score or a high ambivalent scale score, individuals with high self-acceptance scores had higher average values of self-esteem and subjective well-being than those with low self-acceptance scores. These results suggest that promoting the formation and acceptance of stable internal working models may help improve the self-esteem and subjective well-being of university students.

**Key Words:** internal working models, IWM acceptance, self-esteem, subjective well-being

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