

# What makes you happy?

– Cultural Perspective



Psych 1 Section  
Fiona Lee

Independent Model of Self

vs.

Interdependent Model of Self

# Example from independent culture – U.S.



[Pharrell Williams - Happy \(Official Music Video\)](#)

(0:10 – 1:48 | 2:15 – 3:01)

# Example from independent culture – U.S.

I'm a hot air balloon that could go to space  
With the air, like I don't care baby by the way

~ Because I'm happy ~

Here come bad news talking this and that,  
well, give me all you got, and don't hold back,  
I should probably warn you I'll be just fine,  
no offense to you, don't waste your time

~ Because I'm happy ~

Bring me down, can't nothing bring me down

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# Example from independent culture – U.S.

Because I'm happy

Clap along if you feel like a room without a roof

Because I'm happy

Clap along if you feel like happiness is the truth

Because I'm happy

Clap along if you know what happiness is to you

Because I'm happy

Clap along if you feel like that's what you wanna  
do

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# Example from interdependent culture – Japan



[Hinoi Team- Sing NA NA NA](#)

(0:20 – 1:20)



# Example from interdependent culture – Japan

If we can sing it all together,  
--- it will connect us with tomorrow.

~

If we are in a circle all together,  
--- it will connect our hearts.

~

Let's go together anywhere.  
The world that is filled with love,  
--- yeah, let's build it all together.

# Example from interdependent culture – Japan

If **we can sing it all together,**  
--- it will **connect us** with tomorrow.

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If **we are in a circle all together,**  
--- it will **connect our hearts.**

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**Let's go together** anywhere.  
The world that is filled with love,  
--- yeah, let's **build it all together.**

# Example from interdependent culture – Japan

When you go astray in a labyrinth and shed tears,  
Holding your hands! Singing & Dance!

~

When you show emotions and quarrel [with your  
friend],  
Holding your hands! Singing & Dance!

~

It's the time that embraces our dreams.  
May it last long!, so as not to go astray.

~

The feeling of dreams' coming true  
--- will appear, if you wipe these tears.

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Holding your hands! Singing & Dance!

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When you show emotions and quarrel [with your  
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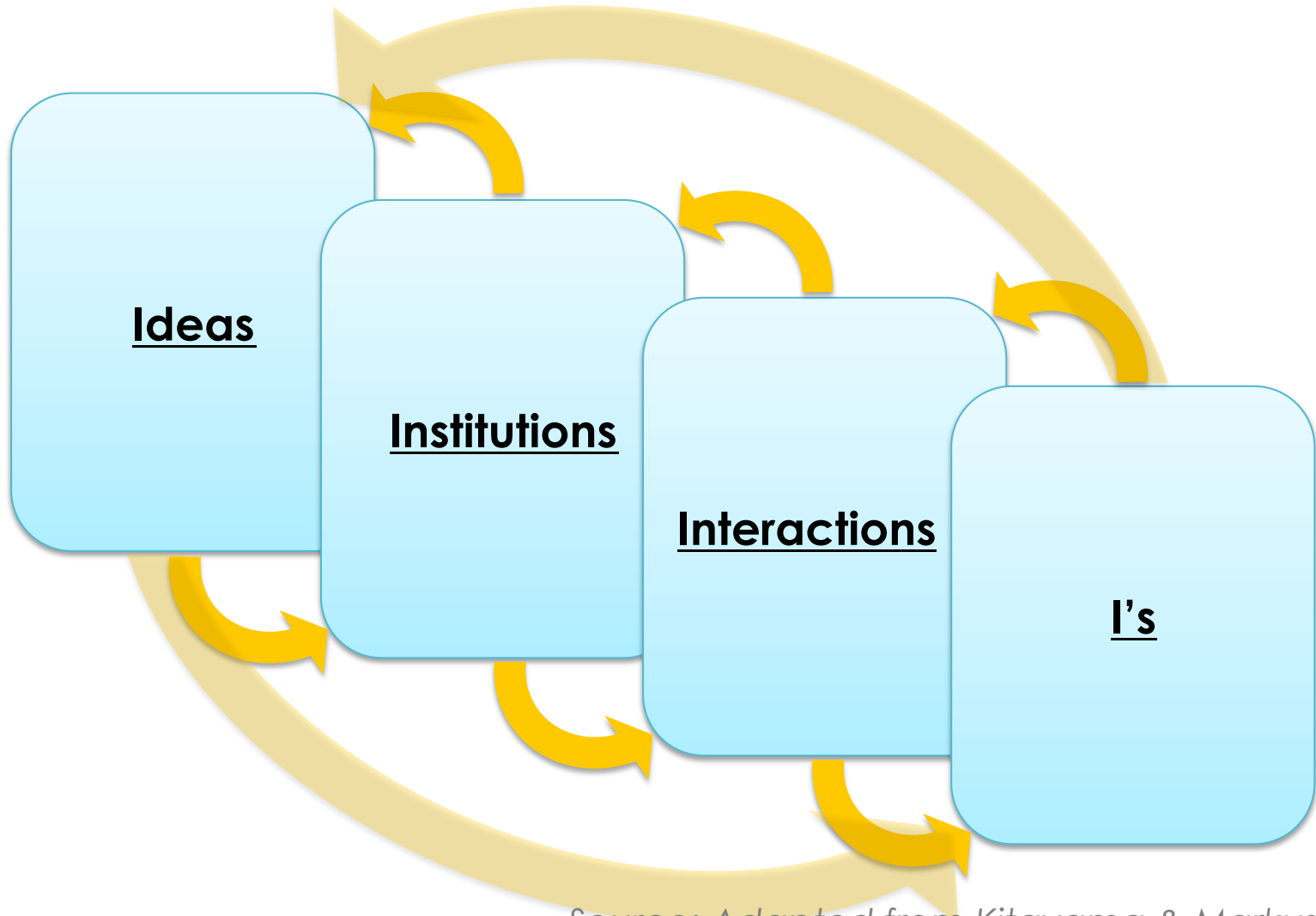
~

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# Culture Cycle



Source: Adapted from Kitayama & Markus, 1994