

Table 1. Fit indices of the HEMA scale using exploratory factor analysis (Study 1; $n = 391$)

	χ^2	df	p	CFI	RMSEA	SRMR	AIC	BIC
1-factor solution	405.5	27	.000	.715	.189	.104	11573.9	11595.3
2-factor solution	165.5	19	.000	.890	.140	.048	11349.8	11377.7
3-factor solution	32.7	12	.011	.984	.066	.021	11231.0	11264.4

Note . Fit indices of 3-factor solution using confirmatory factor analysis ($\chi^2(24, n = 394) = 48.7, p = .002, CFI = .984, RMSEA = .051, SRMR = .027$)

Table 2. Factor structure of the HEMA scale (Study 1)

	<i>n</i> = 391				<i>n</i> = 394						
	Exploratory FA				Confirmatory FA			Descriptive statistics			
	F1	F2	F3	<i>h</i> ²	F1	F2	F3	<i>M</i>	<i>SD</i>	Kurtosis	Skewness
F1: Eudaimonia ($\alpha = .80$)											
8 Seeking to use the best in yourself	.84	-.08	-.07	.60	.80			4.90	1.44	-0.46	-0.22
2 Seeking to develop a skill, learn, or gain insight into something?	.77	-.07	-.09	.49	.74			4.83	1.46	-0.42	-0.21
5 Seeking to pursue excellence or a personal ideal	.58	-.04	.10	.36	.66			4.80	1.53	-0.55	-0.25
3 Seeking to do what you believe in	.57	-.01	.12	.39	.62			4.94	1.45	-0.43	-0.36
F2: Pleasure ($\alpha = .87$)											
6 Seeking enjoyment	-.11	1.14	-.13	.99		.89		5.85	1.35	-1.52	2.37
9 Seeking fun	.11	.61	.02	.48		.77		5.41	1.51	-0.97	0.47
4 Seeking pleasure	.24	.53	.05	.54		.86		5.59	1.44	-1.18	1.21
F3: Relaxation ($\alpha = .79$)											
1 Seeking relaxation	-.03	-.19	1.04	.85			.83	5.13	1.62	-0.71	-0.20
7 Seeking to take it easy	-.12	.21	.63	.54			.78	5.07	1.66	-0.71	-0.21
Cumulative contribution ratio (%)	21.8	42.7	58.4								
Factor correlation	F2	.59			.64						
	F3	.39	.65		.17	.56					

Table 3. Fit indices using exploratory factor analysis (Study 2; $n = 333$)

	χ^2	df	p	CFI	RMSEA	SRMR	AIC	BIC
1-factor solution	767.5	44	.000	.568	.222	.148	10952.9	10973.9
2-factor solution	207.5	34	.000	.896	.124	.050	10412.9	10440.2
3-factor solution	42.0	25	.018	.990	.045	.016	10265.4	10298.5

Note . Fit indices of 3-factor solution using confirmatory factor analysis ($\chi^2(41, n = 336) = 79.1, p = .000, CFI = .976, RMSEA = .053, SRMR = .036$)

Table 4. Factor structure of the Japanese version of the HEMA scale (Study 2)

	<i>n</i> = 333				<i>n</i> = 336						
	EFA				CFA			Descriptive statistics			
	F1	F2	F3	<i>h</i> ²	F1	F2	F3	<i>M</i>	<i>SD</i>	Kurtosis	Skewness
F1: Relaxation ($\alpha = .84$)											
11 Seeking to feel easy*	.90	-.01	-.15	.69	.80			5.08	1.48	-0.62	-0.15
10 Seeking calmness*	.83	.08	-.03	.70	.77			5.24	1.36	-0.83	0.68
1 Seeking relaxation	.80	.00	.01	.65	.78			5.39	1.32	-0.95	0.85
7 Seeking to take it easy	.66	-.15	.21	.58	.66			5.33	1.30	-1.01	1.20
F2: Eudaimonia ($\alpha = .80$)											
8 Seeking to use the best in yourself	-.07	.78	.01	.60		.69		5.03	1.31	-0.47	0.08
2 Seeking to develop a skill, learn, or gain insight into something?	-.04	.76	-.05	.53		.76		5.17	1.19	-0.70	0.76
5 Seeking to pursue excellence or a personal ideal	.07	.67	.02	.49		.71		5.07	1.31	-0.72	0.42
3 Seeking to do what you believe in	.07	.66	.01	.46		.69		5.18	1.27	-0.70	0.50
F3: Pleasure ($\alpha = .84$)											
6 Seeking enjoyment	-.04	-.02	.89	.75			.88	5.94	1.04	-1.54	4.29
9 Seeking fun	-.05	-.02	.82	.62			.72	5.60	1.22	-1.04	1.33
4 Seeking pleasure	.08	.22	.56	.56			.83	5.80	1.05	-1.33	3.38
Cumulative contribution ratio (%)	23.5	43.2	60.2								
Factor correlation		F2	.21			.03					
		F3	.54	.55		.40	.63				

Note . *Items that were added in the Japanese version of the scale

Table 5. Fit indices using exploratory factor analysis (Study 2; $n = 134$)

	χ^2	df	p	CFI	RMSEA	SRMR	AIC	BIC
1-factor solution	408.4	44	.000	.405	.249	.181	4687.6	4678.8
2-factor solution	191.8	34	.000	.743	.186	.081	4491.0	4479.6
3-factor solution	56.0	25	.000	.949	.096	.033	4373.2	4359.4

Note . Fit indices of 3-factor solution using confirmatory factor analysis ($\chi^2(41, n = 136) = 87.2, p = .000, CFI = .906, RMSEA = .091, SRMR = .068$)

Table 6. Scores of the Japanese version of the HEMA scale (Study 2)

	Male (<i>n</i> = 145)		Female (<i>n</i> = 191)		<i>t</i>	<i>p</i>	Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			
Relaxation	5.24	1.26	5.27	1.01	0.24	.808	.03
Eudaimonia	5.22	1.11	5.03	0.91	1.66	.098	.19
Pleasure	5.88	1.13	5.71	0.81	1.57	.119	.18

Table 7. Pearson correlations between the Japanese version of the HEMA scale and external criteria (Study 2; $n = 336$)

	Relaxation			Eudaimonia			Pleasure		
	<i>r</i>	95%CI	<i>p</i>	<i>r</i>	95%CI	<i>p</i>	<i>r</i>	95%CI	<i>p</i>
Trait self-esteem (Rosenberg, 1965)	.02	[-.09 .12]	.777	.16	[.06 .26]	.003	.11	[.01 .22]	.039
Life satisfaction (Diener et al., 1985)	.04	[-.06 .15]	.437	.23	[.13 .33]	.000	.19	[.09 .29]	.000
Affect (Ogawa et al., 2000, in Japanese)									
Positive affect	.01	[-.09 .12]	.788	.33	[.23 .43]	.000	.34	[.24 .43]	.000
Negative affect	.04	[-.07 .15]	.460	.06	[-.04 .17]	.238	-.09	[-.19 .02]	.116
Calmness	.40	[.31 .49]	.000	.09	[-.02 .19]	.105	.23	[.13 .33]	.000
Emotion regulation (Gross & John, 2003)									
Reappraisal	.08	[-.03 .19]	.133	.38	[.29 .47]	.000	.32	[.22 .42]	.000
Suppression	.08	[-.03 .19]	.133	.08	[-.02 .19]	.126	-.07	[-.18 .03]	.182
Psychological WB (Nishida, 2000, in Japanese)									
Personal growth	-.05	[-.16 .06]	.360	.42	[.33 .51]	.000	.34	[.24 .43]	.000
Purpose in life	-.09	[-.20 .01]	.084	.32	[.22 .41]	.000	.13	[.03 .24]	.014
Number of social network	-.05	[-.15 .06]	.404	.20	[.09 .30]	.000	.16	[.06 .26]	.003
Perceived support from family members	.02	[-.08 .13]	.649	.09	[-.02 .19]	.106	.04	[-.07 .14]	.513
Perceived support from friends	.11	[.00 .21]	.052	.24	[.14 .34]	.000	.33	[.23 .42]	.000
Frequency of sport activity (per week)	-.10	[-.21 .01]	.065	.25	[.14 .35]	.000	.12	[.01 .22]	.027