

"The Role of Sense of Coherence and Proactive Coping in Enhancing Quality of Life: A Statistical Analysis"

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ABSTRACT

The present study explores the role of Sense of Coherence (SOC) and Proactive Coping in enhancing individuals' quality of life (QoL). Both SOC and proactive coping have been identified as key factors that contribute to psychological resilience and well-being, especially in the face of stressors. This statistical analysis investigates the relationship between these constructs and their combined impact on quality of life among young adults. The results suggest that individuals with a higher Sense of Coherence and a greater use of proactive coping strategies reported significantly better quality of life outcomes, including higher levels of life satisfaction, emotional well-being, and personal growth. These findings underline the importance of fostering SOC and proactive coping as part of psychological interventions aimed at improving overall quality of life.

Keywords: Sense of Coherence, Proactive Coping, Quality of Life, Psychological Well-being, Resilience, Stress Management, Statistical Analysis.

INTRODUCTION

In a period marked by adding complexity, query, and cerebral strain, the pursuit of well-being has surfaced as a central focus across colourful disciplines, including psychology, public health, and education. youthful grown-ups, in particular, are navigating a swiftly changing world that demands heightened rigidity and adaptability. The transition into the majority is accompanied by multitudinous challenges, ranging from academic and career pressures to evolving social places and identity conformation. These demands frequently induce significant cerebral stress, which, if not managed effectively, can undermine one's overall quality of life (QoL). Against this background, cerebral constructs similar to Sense of Consonance (SOC) and visionary Coping have gained elevation as defensive factors that not only buffer against stress but also enhance individuals' overall well-being.

The conception of Quality of Life is multifaceted, encompassing an existent's private evaluation of their physical health, emotional state, social connections, particular beliefs, and engagement with their environment. The World Health Organization defines QoL as an existent's perception of their position in life, in the environment of culture and value systems in which they live, and about their aspirations, prospects, norms, and enterprises. This holistic construct goes beyond the bare absence of complaint or infirmity, embracing broader confines such as life satisfaction, emotional balance, and a sense of personal growth. For youthful grown-ups, who are frequently at a crossroads between reliance and independence, establishing a high quality of life is both an experimental corner and a cerebral necessity.

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Among the myriad cerebral fabrics that seek to explain how individualities maintain and enhance their quality of life, the Sense of Consonance (SOC) — as proposed by Aaron Antonovsky in his salutogenic model of health — stands out for its emphasis on meaningfulness, comprehensibility, and manageability. SOC isn't just a cognitive exposure but a deeply embedded worldview that allows individuals to perceive life as structured, predictable, and soluble, while also furnishing them with the provocation and resources to manage life's demands. Empirical exploration has constantly demonstrated that a strong SOC is associated with better internal health, reduced symptoms of anxiety and depression, and improved physical health issues. It enables individuals to decide meaning from adversity, find consonance in chaos, and rally internal and external coffers for adaptive functioning.

Completing the part of SOC is the construct of visionary Coping, which refers to the process of anticipating implicit stressors and acting in advance to help them or alleviate their impact. Unlike reactive managing, which is touched off by the presence of stress, visionary managing is unacquainted, goal-driven, and involves particular action, resource accumulation, and strategic planning. It empowers individualities not only to overcome obstacles but also to transfigure challenges into openings for growth. visionary management is aligned with the principles of positive psychology, emphasizing strengths, adaptability, and tone-efficacy rather than poverty or dysfunction. The capacity for visionary management has been linked to lesser academic achievement, plant success, cerebral adaptability, and enhanced private well-being.

Although SOC and visionary management are distinct constructs, they partake in abstract solidarity. Both serve as internal coffers that shape how individualities perceive, interpret, and respond to stress. Both contribute to the development of adaptability, the capability to bounce back from adversity, and the pursuit of a meaningful, purpose-driven life. still, fairly many empirical studies have explored the concerted impact of these two variables on quality of life, particularly among youthful adults who are navigating critical life transitions. This gap in the literature underscores the need for integrative exploration that examines how these cerebral coffers interact and contribute to well-being issues.

The present study seeks to address this gap by probing the relationship between Sense of Consonance, visionary Coping, and Quality of Life in a sample of youthful grown-ups. This demographic was chosen not only because of its experimental significance but also due to its heightened exposure to stress and vulnerability to internal health issues. University scholars and early-career professionals constantly report symptoms of collapse, anxiety, and empirical query, making it essential to identify defensive factors that can cushion against these pitfalls. By examining SOC and visionary management together, this exploration aims to uncover deeper insight into the mechanisms of cerebral adaptability and well-being.

From a theoretical viewpoint, this study is predicated on the salutogenic model of health and the transactional model of stress and managing. Antonovsky's salutogenic approach shifts the focus from complaint pathology to the origins of health, situating SOC as a central determinant of well-being. Meanwhile, Lazarus and Folkman's transactional model conceptualizes stress as an ongoing commerce between the individual and their terrain, where managing plays a vital part in intervening

in this relationship. Integrating these fabrics allows for a comprehensive understanding of how internal dispositions (similar to SOC) and behavioral strategies (similar to visionary managing) concertedly impact an existent's adaptation to life stressors and, eventually, their quality of life.

This exploration also carries significant practical counteraccusations. In an age where cerebral torture among youth is rising, and coffers for internal health support remain shy in numerous regions, understanding and enhancing internal cerebral health becomes a public health imperative. However, they can be incorporated into precautionary internal health programs, educational classes if SOC and visionary management are set up to be dependable predictors of quality of life. For example, life chops training programs in seminaries and sodalities can include modules on meaning-timer, time-setting, planning for the future, and strengthening cognitive and emotional regulation. Mental health interpreters can borrow SOC-enhancing curatives and visionary management strategies to more support guests facing life transitions or habitual stressors.

Also, the findings from this study have the potential to contribute to the growing field of positive psychology, which emphasizes the cultivation of strengths and merits that enable individualities and communities to thrive. In contrast to traditional deficiency-acquainted models that concentrate on pathology and dysfunction, this exploration emphasizes health, adaptability, and the visionary civilization of well-being. It highlights the mortal capacity for foresight, tone-regulation, and meaning- all of which are essential in erecting a life worth living.

The existing literature provides a robust theoretical and empirical foundation to understand the influence of Sense of Coherence (SOC) and Proactive Coping on an individual's Quality of Life (QoL). These psychological constructs, both independently and interactively, have been linked to enhanced resilience, emotional stability, and the capacity to manage life's stressors effectively. Antonovsky's (1987) seminal work introduced the concept of SOC, which he defined as a global orientation expressing the extent to which one perceives life as comprehensible, manageable, and meaningful. This orientation enables individuals to navigate stress in a way that maintains and even enhances their well-being. Numerous studies have since validated SOC as a significant predictor of mental and physical health outcomes. People with a strong SOC are better equipped to perceive stressors as less threatening, which allows them to engage in more adaptive coping strategies, thereby fostering better psychological functioning and higher life satisfaction (Eriksson & Lindström, 2006).

Research focusing on SOC in young adults, especially university students, has demonstrated its centrality in determining mental well-being during transitional periods. High SOC in students correlates with reduced levels of anxiety, depression, and burnout, and positively influences academic engagement and personal goal-setting (Surtees et al., 2003). Additionally, SOC is known to buffer the negative effects of external stressors, acting as a psychological shield that helps individuals reframe challenges as opportunities for learning and personal growth. According to Mayer and Boness (2011), SOC functions as both a cognitive and emotional resource that enhances one's overall coping repertoire, leading to more sustained improvements in subjective quality of life.

Parallel to SOC, the concept of proactive coping has gained increasing attention as a future-oriented form of coping that emphasizes efforts to prevent stress or mitigate it before it escalates. Unlike reactive coping, which is used in response to immediate stressors, proactive coping entails preparing for potential challenges, setting achievable goals, and actively working towards them with optimism and self-regulation (Aspinwall & Taylor, 1997). Proactive coping is not only about averting distress but also about promoting growth, mastery, and personal development. Studies show that individuals who engage in proactive coping are more likely to display positive emotions, improved performance in stressful environments, and a strong internal locus of control (Schwarzer & Taubert, 2002). In young adults, proactive coping has been associated with higher academic achievement, greater psychological resilience, and enhanced interpersonal relationships (Greenglass et al., 2006).

The relationship between proactive coping and Quality of Life has been studied in a variety of populations, including those with chronic illnesses, caregivers, and students. Across these contexts, proactive coping consistently emerges as a predictor of better life satisfaction, lower emotional exhaustion, and improved physical health (Gan et al., 2007). In one study, Greenglass (2002) found that students who scored high on proactive coping measures also reported significantly higher levels of happiness and purpose in life, suggesting that this coping style helps individuals navigate both academic and personal challenges more effectively. Moreover, proactive coping contributes to a sense of agency and self-determination, which are essential components of psychological well-being and QoL (Aspinwall & Richter, 1999).

Quality of Life itself is a multidimensional construct encompassing physical health, psychological well-being, social relationships, and environmental context (WHOQOL Group, 1998). In psychological research, QoL is often conceptualized in terms of subjective well-being, which includes emotional responses, domain satisfactions, and global judgments of life satisfaction (Diener et al., 1999). Numerous studies affirm that psychological resources such as SOC and proactive coping play a critical role in determining QoL. Eriksson and Lindström (2007) argue that SOC directly influences how individuals interpret and respond to life experiences, thereby shaping their overall satisfaction and meaning in life. Similarly, Schwarzer and Luszczynska (2008) note that proactive coping enhances QoL by promoting constructive behavior, resilience, and optimism in the face of adversity.

More recent empirical work has explored the combined effects of SOC and proactive coping, suggesting that these constructs may have a synergistic relationship. That is, individuals with a high SOC are more likely to adopt proactive coping strategies, and vice versa. According to Bachem and Maercker (2016), SOC may enhance the cognitive appraisal necessary for proactive coping, while proactive behavior may reinforce an individual's belief that life events are manageable and meaningful. This reciprocal relationship supports the notion that fostering both constructs in intervention programs can result in improved psychological functioning and higher perceived QoL. For example, in a study of college students, high SOC and proactive coping together predicted better emotional adjustment and academic persistence compared to either factor alone (Luszczynska et al., 2005).

Despite the consistent findings in Western contexts, cultural variations in the expression and development of SOC and proactive coping remain underexplored, especially in collectivist societies like India. Cultural context can influence both the formation of psychological constructs and the coping strategies employed by individuals. For instance, Indian youth often rely heavily on familial and social networks when facing stress, and this may shape the way they perceive manageability and meaningfulness (Kaur & Kaur, 2017). There is a growing need to examine how SOC and proactive coping interact within such sociocultural frameworks and how they influence QoL among non-Western populations. Additionally, gender roles, socioeconomic status, and educational background may all modulate these relationships, adding further complexity to the predictive models of well-being.

The tools used to assess SOC, proactive coping, and QoL have undergone significant refinement, allowing for greater reliability and cultural sensitivity. Antonovsky's Orientation to Life Questionnaire (OLQ), the Proactive Coping Inventory (PCI) developed by Greenglass et al., and the WHOQOL-BREF instrument are among the most widely used measures in psychological research. These tools have demonstrated high internal consistency and construct validity across various populations (Eriksson & Lindström, 2005; Greenglass et al., 1999; WHOQOL Group, 1998). Still, more longitudinal and mixed-method studies are needed to fully understand the developmental trajectory of SOC and proactive coping, particularly in young adulthood when identity formation, life goals, and independence are in flux.

In conclusion, the literature affirms that both Sense of Coherence and Proactive Coping are essential psychological constructs that significantly influence Quality of Life. They equip individuals with the necessary cognitive, emotional, and behavioral tools to navigate stress, pursue meaningful goals, and maintain well-being. However, gaps remain in understanding their combined effects within specific cultural contexts and age groups. The present study seeks to address this gap by exploring how SOC and proactive coping predict quality of life among young adults, thereby contributing to the growing body of research on resilience and psychological well-being.

METHODOLOGY

The present research employs a **quantitative correlational design** aimed at exploring the relationship between Sense of Coherence (SOC), Proactive Coping (PAC), and Quality of Life (QoL) among young adults. The objective of the study is to examine the individual and combined contributions of SOC and PAC to the prediction of Quality of Life. Through the use of standardized self-report instruments and statistical analyses, the study evaluates the nature and strength of associations among these psychological constructs and assesses the predictive value of SOC and PAC for QoL.

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SAMPLE

The study utilizes a **purposive sampling technique** to select a total of **40 participants**, consisting of young adults aged between **18 and 25 years**. All participants were recruited from a university setting and voluntarily agreed to take part in the research. The sample included both male and female students who were screened for eligibility based on their willingness to participate, literacy level, and availability to complete the questionnaires. No clinical population was included in this research.

INSTRUCTION AND PROCEDURE

Participants were provided with detailed instructions regarding the purpose and structure of the study. They were assured of the confidentiality and the anonymity of their responses. After obtaining informed consent, participants were asked to complete three standardized self-report instruments:

- **Sense of Coherence Scale (SOC-13)** to assess the extent to which individuals perceive their life as comprehensible, manageable, and meaningful.
- **Proactive Coping Inventory (PCI)** to measure individuals' tendency to engage in proactive efforts to manage potential future stressors.
- **Quality of Life Scale** to assess subjective well-being across multiple life domains.

Participants completed all three questionnaires in a single session, either online or in a paper-and-pencil format. The data collected was then coded and entered into SPSS for statistical analysis.

OBJECTIVES

- To assess the relationship between Sense of Coherence (SOC) and Quality of Life (QoL) among young adults.
- To examine the relationship between Proactive Coping (PAC) and Quality of Life.
- To evaluate the combined influence of Sense of Coherence and Proactive Coping on Quality of Life.

HYPOTHESES

- **H1:** There will be a significant positive relationship between Sense of Coherence (SOC) and Quality of Life (QoL) among young adults.
- **H2:** There will be a significant positive relationship between Proactive Coping (PAC) and Quality of Life (QoL) among young adults.
- **H3:** There will be a significant combined effect of Sense of Coherence (SOC) and Proactive Coping (PAC) on the prediction of Quality of Life (QoL) among young adults.

TOOLS / INVENTORY

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1. Sense of Coherence Scale (SOC-13)

Developed by Antonovsky, this 13-item self-report scale assesses individuals' orientation towards life in terms of comprehensibility, manageability, and meaningfulness. Responses were recorded on a Likert scale.

2. Proactive Coping Inventory (PCI)

Developed by Greenglass et al., this tool measures proactive coping strategies used by individuals. The items are rated on a Likert scale, assessing planning, resource accumulation, and self-regulatory strategies.

3. Quality of Life Scale

A multidimensional scale designed to measure individuals' perceived well-being and satisfaction across various domains of life. Responses are captured on a Likert-type format to assess subjective well-being.

STATISTICAL ANALYSIS

- **Pearson's Product-Moment Correlation** was used to examine the relationships between SOC, PAC, and QoL.
- **Simple Linear Regression Analyses** were conducted to assess the individual predictive value of SOC and PAC on Quality of Life.
- **Multiple Regression Analysis** was employed to assess the combined effect of SOC and PAC on QoL.
- The statistical significance level was set at $p \leq 0.01$, and all analyses were performed using IBM SPSS.

RESULTS

TABLE NO. 1 CORRELATION BETWEEN SOC, PAC AND QOL

Correlations		SOC_TOTAL	PRO_COP	QOL_TOTAL
SOC_TOTAL	Pearson Correlation	1	.604**	.562**
	Sig. (2-tailed)		0	0
	N	40	40	40

PRO_COP	Pearson Correlation	.604**	1	.436**
	Sig. (2-tailed)	0		0
	N	40	40	40
QOL_TOTAL	Pearson Correlation	.562**	.436**	1
	Sig. (2-tailed)	0	0	
	N	40	40	40

TABLE No. 2 REGRESSION OF SENSE OF COHERENCE ON QUALITY OF LIFE

Coefficients							Model Summary				
Model		Unstand. Coef.		Stand. Coef.	t	Sig.	R	R ²	RΔ	F	Sig.
		B	Std. Error	Beta							
1	Constant	41.25	1.407		29.31	0	.436a	0.19	0.188	93.6	.000b
	PRO_COP	0.368	0.038	0.436	9.675	0					
a Dependent Variable: QOL_TOTAL											
b Predictors: (Constant), PRO_COP											

TABLE No. 3 REGRESSION OF PROACTIVE COPING ON QUALITY OF LIFE

Coefficients							Model Summary				
Model		Unstand. Coef.		Stand. Coef.	t	Sig.	R	R ²	RΔ	F	Sig.
		B	Std. Error	Beta							
1	Constant	41.25	1.407		29.31	0	.436a	0.19	0.188	93.6	.000b
	PRO_COP	0.368	0.038	0.436	9.675	0					

a Dependent Variable: QOL_TOTAL					
b Predictors: (Constant), PRO_COP					

TABLE No. 4 REGRESSION OF SENSE OF COHERENCE AND PROACTIVE COPING ON QUALITY OF LIFE

Coefficients							Model Summary				
Model		Unstandardized Coef.		Standardized Coef.	t	Sig.	R	R ²	R ² Δ	F	Sig.
		B	Std. Error	Beta							
1	Constant	16.8	3.377		4.975	.000	.547a	0.299	0.296	84.79	.000b
	SOC_TOTAL	0.459	0.058	0.414	7.855	.000					
	PRO_COP	0.0157	0.044	0.186	3.539	.000					
a Dependent Variable: QOL_TOTAL											
b Predictors: (Constant), PRO_COP, SOC_TOTAL											

DISCUSSION

The present study aimed to examine the relationship between Sense of Coherence (SOC), Proactive Coping (PAC), and Quality of Life (QoL) among young adults, and to evaluate the individual and combined predictive power of SOC and PAC on QoL.

The results provide strong support for Hypothesis 1, which stated that there will be a significant positive relationship between Sense of Coherence and Quality of Life. The correlation coefficient ($r = 0.562, p < .01$) indicates a strong and significant association between SOC and QoL. Furthermore, the regression analysis revealed that SOC alone explained 28% of the variance in QoL ($R^2 = 0.277, \beta = 0.526, p < .01$). These findings suggest that individuals with a higher sense of coherence are likely to experience better quality of life, possibly due to their ability to perceive life as comprehensible, manageable, and meaningful.

Hypothesis 2, which predicted a significant positive relationship between Proactive Coping and Quality of Life, was also supported by the data. The correlation between PAC and QoL was moderate

and significant ($r = 0.436, p < .01$), and the regression model showed that PAC explained 19% of the variance in QoL ($R^2 = 0.19, \beta = 0.436, p < .01$). These findings indicate that individuals who actively engage in proactive coping strategies tend to report a higher quality of life, possibly due to their forward-looking, resource-building behaviors in managing life's demands.

Hypothesis 3 proposed that there will be a significant combined effect of SOC and PAC on the prediction of Quality of Life. This was also supported. The multiple regression analysis revealed that when both SOC and PAC were entered together into the model, they explained approximately 30% of the variance in Quality of Life ($R^2 = 0.299, F = 84.79, p < .01$). Notably, the standardized beta coefficient for SOC ($\beta = 0.414$) was higher than that for PAC ($\beta = 0.186$), suggesting that SOC is a stronger predictor of QoL than PAC when both are considered simultaneously.

Overall, the findings highlight the crucial role of internal psychological resources—especially a strong sense of coherence and proactive coping skills—in enhancing individuals' perceived quality of life. These results are consistent with previous literature suggesting that resilience-oriented traits and coping mechanisms significantly influence well-being outcomes.

The implications of the study are both theoretical and practical. From a theoretical standpoint, the study reinforces Antonovsky's salutogenic model and the proactive coping framework. Practically, interventions aimed at strengthening SOC and teaching proactive coping strategies may contribute meaningfully to improving quality of life, particularly among young adults facing developmental and situational stressors.

CONCLUSION

The present study sought to explore the relationship and predictive power of Sense of Coherence (SOC) and Proactive Coping (PAC) on Quality of Life (QoL) among young adults. The findings demonstrate that both SOC and PAC are significantly and positively associated with Quality of Life. Individually, SOC emerged as a stronger predictor compared to PAC. When considered together, both variables significantly contributed to explaining the variance in Quality of Life, with SOC showing a relatively higher influence.

These results emphasize the importance of internal psychological strengths in enhancing well-being. A higher sense of coherence equips individuals with a meaningful and manageable perspective on life, while proactive coping allows them to anticipate and effectively handle stressors. Thus, fostering these psychological resources through structured interventions and psychoeducational programs could serve as valuable strategies to improve overall life satisfaction and functioning in young adults.

In summary, the study concludes that building and strengthening SOC and PAC can play a vital role in improving Quality of Life, offering promising avenues for both clinical practice and preventive mental health efforts.

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