

原著

大学生におけるソーシャルサポートの互惠性と自尊心との関係

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The Relationships between Reciprocity of Social Support and Self-Esteem in University Students

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Abstract

The purpose of this study was to examine the relationships between reciprocity of social support and self-esteem in university students. The subjects were 158 undergraduate students, who were asked to complete a questionnaire concerning support received from parents and friends, and support given to parents and friends. At the same time, perceived reciprocity of support, self-esteem, and negative affects were also assessed. Mean scores of self-esteem and negative affects among three groups based on perceived reciprocity were tested by analysis of variance (ANOVA). The following results were obtained: (1) In the relationships with both parents and friends, those who felt they had received the most support had greater feelings of indebted, and those who felt they had received the least support had more burdens to bear. (2) In relationships with friends, those who received the most support had lower self-esteem than those who received average support, and those who received least support.

要約

本研究は大学生におけるソーシャルサポートの互惠性と自尊心との関係を検討することを目的とした。大学生158名を対象とし、質問紙法によって親と友人それぞれからの受けるサポート及びそれぞれへの与えるサポートが測定された。また同様にして、知覚された互惠性、自尊心、負債感や負担感といった否定的感情が測定され、知覚された互惠性に基づいて分類された3群間の自尊心や否定的感情の平均値の差が分散分析によって検定された。その結果、(1)親と友人どちらとの関係においても、サポートを受けすぎていると感じる者は、与えすぎていると感じる者よりも負債感が強く、サポートを与えすぎていると感じる者は、受けすぎていると感じる者よりも負担感が強かった。(2)友人との関係において、サポートを受けすぎていると感じる者は、同等であると感じる者よりも自尊心が低く、与えすぎていると感じる者よりも自尊心が低い傾向が認められた。
