

Title:

Relationships Between Overadjustment, Values Clarification and Commitment, and Well-Being in Japanese Junior High School Students

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Abstract:

Introduction The "overadjustment" is defined as "a state in which internal adaptation is difficult due to excessive external adaptation". Previous studies have shown that overadjustment is related to depression (Ishizu & Ambo, 2009; Kazama, 2015). The purpose of the present study was to clarify the relationships between overadjustment, values clarification and commitment (VCC), well-being in Japanese junior high school students.

Methods The total of 104 students completed the following scales: Overadjustment Tendency Scale for Early Adolescence (Ishizu & Ambo, 2008), Values of Younger Ages Scale (Ishizu et al., 2020), which assessed VCC, and the Basic Psychological Needs Scale for School Life (Nishimura & Sakurai, 2015), which measured well-being.

Results Result of exploratory factor analysis of overadjustment have found four-factors: "Consideration for Others", "Effort to Meet Expectations", "Self-Restraint," and "Sense of Self-Inadequacy," and six items were excluded. Based on Takeda et al. (2023), a confirmatory factor analysis was conducted on the higher-order factor model regarding "External Aspects" and "Internal Aspects". The resultant goodness of fit was substantial: CFI = 1.00, TLI = 1.01, RMSEA = 0.00, and SRMR = 0.08. Hierarchical multiple regression analysis was conducted with well-being as the dependent variable and VCC, External and Internal Aspects were added at each step as the independent variables based on Takeda et al. (2023). The results showed that all models were significant, and the coefficient of determination increased significantly in Step 1 and 3 ($\Delta R^2 = .54, p < .001$; $\Delta R^2 = .10, p < .001$). Model 3 showed that the effects of VCC ($\beta = .50$), External Aspects ($\beta = .25$) and Internal Aspects ($\beta = -.39$) on well-being were all significant ($p < .001$).

Conclusion These results suggest that the overadjustment of junior high school students affects well-being through a process in which "external aspects" influences "internal aspects", and that well-being can be enhanced by promoting VCC.

Keywords:

overadjustment, values clarification and commitment, well-being, junior high school students higher-order factor of "self-inhibition" and "self-doubt."



Relationships Between Overadjustment, Values Clarification and Commitment, and Well-Being in Japanese Junior High School Students

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Introduction

- The "overadjustment" is defined as "a state in which internal adaptation is difficult due to excessive external adaptation" (Kuwayama, 2003).
- People with a high tendency to overadjustment have high social skills and appear to be objectively well-adjusted (Ishizu & Ambo, 2007).
- However overadjustment is related to depression (Ishizu & Ambo, 2009; Kazama, 2015).
- Clarifying value and value-oriented action is thought to lead to positive well-being outcomes (Ishizu et.al, 2020).
- It was suggested that the possibility of reducing depression associated with overadjustment by promoting the clarification of value and commitment in university students (Takeda et.al, 2022).

Objectives

- The purpose of the present study was to clarify the relationships between overadjustment, values clarification and commitment, well-being in Japanese junior high school students.

Materials and Methods

Materials

- Demographic variables (school number, age, and sex)
- Overadjustment Tendency Scale for Early Adolescence (Ishizu & Ambo, 2008)
- Values of Younger Ages Scale (Ishizu et al., 2020)
- Basic Psychological Needs Scale for School Life (Nishimura & Sakurai, 2015)

Methods

- The total of 104 students (48 boys and 56 girls, 12-13 years old) completed the questionnaire.

Results

Exploratory factor analysis

- Overadjustment has four-factors: "Consideration for Others", "Effort to Meet Expectations", "Self-Restraint," and "Sense of Self-Inadequacy," and six items were excluded.

Confirmatory factor analysis on the higher-order factor model

- Overadjustment was composed of "external aspect," such as "consideration for others," "effort to meet expectations," and "desire to be perceived well by others", and "internal aspect," such as "self-restraint" and "sense of self-inadequacy."

Hierarchical multiple regression analysis

	Well-being		
	Step1	Step2	Step3
	B	β	B
Clarification of value and commitment	7.64***	0.71***	7.48***
External aspect			0.75
Internal aspect			0.07
R ²	.50***		.50
Δ R ²	.50***		.01
			B
			5.34***
			2.56***
			-4.06***
			.66***
			.16***

*** p < .001

Conclusion

- Overadjustment of junior high school students may affect well-being through a process in which "external aspects" influences "internal aspects."
- Well-being can be enhanced by promoting clarification of value and commitment.

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発表概要報告書

【大会概要】

2024年2月28日から3月3日にかけてインド・ニューデリーで開催された、8TH ASIAN CBT CONGRESS（第8回アジア認知行動療法会議）に参加した。会議は、「Cognitive Behavioural Therapies Across Illness & Health: Advance, Challenges & Way forward（病気と健康を超えた認知行動療法：進歩、課題、今後の方向性）」をテーマとし、時代のニーズに応えるための知識とアイデア、革新的な解決策について情報共有を行う場であった。

【発表内容の概要】

“Relationships Between Overadjustment, Values Clarification and Commitment, and Well-Being in Japanese Junior High School Students”という演題で、ポスター発表を行った。本研究では、日本人の中学生における、過剰適応と価値の明確化およびコミットメントと、well-beingの関係性を明らかにすることを目的とし、日本人の中学生を対象とした質問紙調査を実施した。探索的因子分析、高次因子モデルに関する確認的因子分析、階層的重回帰分析を行った。その結果、日本人の中学生の過剰適応は、外的側面が内的側面に影響するというプロセスを経て、well-beingに影響を及ぼすと想定できること、価値の明確化およびコミットメントを促進することで、well-beingを高めることができることが示唆された。

【体験記】

ポスター発表は、会場に設置されたモニターに、事前に送付した自身のポスターを表示させて発表するという形式であった。同時時間帯に割り当てられた20~40名ほどが、複数台のモニターを使ってポスターの表示を切り替えながらの発表となった。そのため、自分のポスターを表示させながらの発表時間は限られたものの、過剰適応への支援法として、アクセプタンス&コミットメント・セラピー（ACT）における価値の明確化とコミットメントに着目したという独自性の高い本研究について、発信することができた。

対面での参加であったため、私の研究に興味をもった方、私が興味をもった研究の発表者、聴衆などと、その場で議論することができた。その結果、本研究結果をふまえて今後ユニバーサルデザインの介入研究を行う際の工夫点や、臨床現場でACTの実践する際の注意点などについて、新しい知識を得ることができた。また、他人のポスター発表を見聞きする中で、国境を超えた共通の問題に関する研究だけではなく、多文化社会であるインドに特有の問題に関する研究についても知ることができた。これにより、日本を客観的に捉え、日本文化や日本人の特徴をふまえて支援方法を検討する必要性を再度認識することができた。これは、国際学会に参加したからこそ得られた視点であると考えている。

今後は、本会議に参加して得た知識やアイデアを生かし、これまで以上に積極的に研究活動に取り組んでいきたい。そして、日本の特色を理解したうえで、研究成果や今後の展望に関して、より多くの国内外の研究者や臨床家と深い議論ができるよう、次なる学会発表の場に向けて自己研鑽に励む所存である。

（日本語 1200 字以内）

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