

Title:

The structure of over-adaptation in Japanese college students

Authors:

Konoka Takeda¹, Misa Sasaki², Taisuke Katsuragawa³

¹ Graduate School of Human Sciences, Waseda University, Japan, 1631takekono@toki.waseda.jp

² Graduate School of Human Sciences, Waseda University, Japan, w.m-0568@ruri.waseda.jp

³ Faculty of Human Sciences, Waseda University, Japan, katsuragawa@waseda.jp

Abstract:

Adaptation is a state of harmony between "external adaptation," that is, adaptation to the social and cultural environment, and "internal adaptation," adaptation to psychological stability and satisfaction (Kitamura, 1965). An over-adaptive state is defined as "a state in which internal adaptation is difficult due to excessive external adaptation" (Kuwayama, 2003). A common understanding has been reached that over-adaptation consists of the relationship between the two aspects of external and internal adaptation (Mashiko, 2013a). Previous studies on over-adaptation have the problem that the structure of over-adaptation is not unified. For example, among the five factors on the Over-Adaptation Tendency Scale for Early Adolescence created by Ishizu (2006), some studies include "self-inhibition" in the "external aspect" (Mashiko, 2010; Kazama, 2015), while others include "self-inhibition" in the "internal aspect" (Ishizu & Ambo, 2008; Ishizu & Ambo, 2009; Asai, 2014). There are differences in the indicators of the "external aspect" and "internal aspect" among studies. Some studies also use another variable, "sense of authenticity" (Mashiko, 2010; Mashiko, 2013b), which is "the degree of one's sense of being to one's core self" (Ito & Kodama, 2005), as an indicator of the "internal aspect." The contents of the "external aspect" and the "internal aspect" differ among studies, and comparisons among studies on the structure of over-adaptation are not easy, which is a problem that has hindered the development of research on over-adaptation. Therefore, the purpose of the present study was to clarify the structure of over-adaptation.

A questionnaire survey was administered to Japanese undergraduate and graduate students from September to November 2022 using Google Forms, and 257 valid responses were obtained. The items used in the questionnaire were a face item asking about grade, age, and sex; the Over-Adaptation Tendency Scale for Early Adolescence (Ishizu, 2006) was used to measure over-adaptation; and the Sense of Authenticity Scale (Ito & Kodama, 2005) was used to measure sense of authenticity.

As a result of factor analysis of each scale, a 27-item, five-factor structure was confirmed for the Over-Adaptation Tendency Scale for Early Adolescence, with six items deleted. One item waperpf t-tests on the scores of women and men showed no significant differences between the sexes in any of the variables. Structural equation modeling was conducted on two hypothesized models of the structure of over-adaptation. The goodness-of-fit for Model 1, which assumed "internal aspect" as a higher-order factor for "self-inhibition" and "self-doubt" was $\chi^2(4) = .577, p = .966, GFI = .999, AGFI = .997, CFI$

= 1.000, RMSEA = .000, AIC = 22.577. The goodness-of-fit for Model 2, which assumed "internal aspect" as a higher-order factor for "self-doubt" was $\chi^2(5) = 18.329, p = .003, GFI = .972, AGFI = .917, CFI = .946, RMSEA = .102, AIC = 38.329$. Thus, Model 1 was adopted.

Based on the results of the t-test, it can be said that over-adaptation among college students is a concept that can be captured without classifying it according to sex. Based on the results of the structural equation modeling, future studies on over-adaptation can be developed on the assumption that over-adaptation has an "external aspect" as a higher-order factor of "solicitude for others," "living up to one's expectation," and a "desire to be perceived as a good person;" as well as an "internal aspect" as a higher-order factor of "self-inhibition" and "self-doubt."

The Structure of Over-adaptation in Japanese College Students

Konoka Takeda¹, Misa Sasaki¹, Taisuke Katsuragawa²

¹Graduate School of Human Sciences, Waseda University

²Faculty of Human Sciences, Waseda University

Introduction

Background

- Growing concern about depression and maladaptive behaviors among adolescents in Japan
- Over-adaptive state: a state in which internal adaptation (adaptation to psychological stability and satisfaction) is difficult due to excessive external adaptation (adaptation to the social and cultural environment) (Kuwayama, 2003)

Previous research

- While people with a high tendency to over-adaptation have high social skills and appear to be objectively well-adjusted (Ishizu & Yasuho, 2007), there is an association between over-adaptation and depression (Ishizu & Yasuho, 2009; Kazama, 2015).
- Over-adaptation consists of the relationship between the two aspects of external and internal adaptation (Mashiko, 2013a).

Problems

- The structure of over-adaptation is not unified.
- The "external aspect" and the "internal aspect" have different meanings.

Purpose

- To clarify the structure of over-adaptation

Methods

Participants

- Japanese undergraduate and graduate students (257 valid responses (163 females, 94 males))
- Age 18-25 years (mean 20.7 years, SD = 1.397)

Procedure

- Questionnaire survey using Google Forms
- September - November 2022

Questionnaire

- Face items (grade, age, sex)
- Over-Adaptation Tendency Scale for Early Adolescence (Ishizu, 2006) 5 factors, 33 item ("solicitude for others (e.g., I often do something for others even if I am in a little trouble)," "living up to one's expectation (e.g., I worry that I will lose my value and try hard)," "desire to be perceived as a good person (e.g., I want to be liked by others)," "self-inhibition (e.g., I don't let out what I think)," and "self-doubt (e.g., I worry only about my not-so-good points)
- Sense of Authenticity Scale (Ito & Kodama, 2005) 1 factor, 7 items

Results

Factor Analysis

Over-Adaptation Tendency Scale for Early Adolescence

- Number of factors was set to five, maximum likelihood method, Promax rotation
- Six items with factor loadings less than .05 were deleted
- A 27-item, five-factor structure was confirmed

Sense of Authenticity Scale

- Number of factors was set to one, maximum likelihood method
- One item with factor loadings less than .05 was deleted
- A six-item, one-factor structure was confirmed

t-test

- No significant differences between the sexes in any of the variables (Table 1)

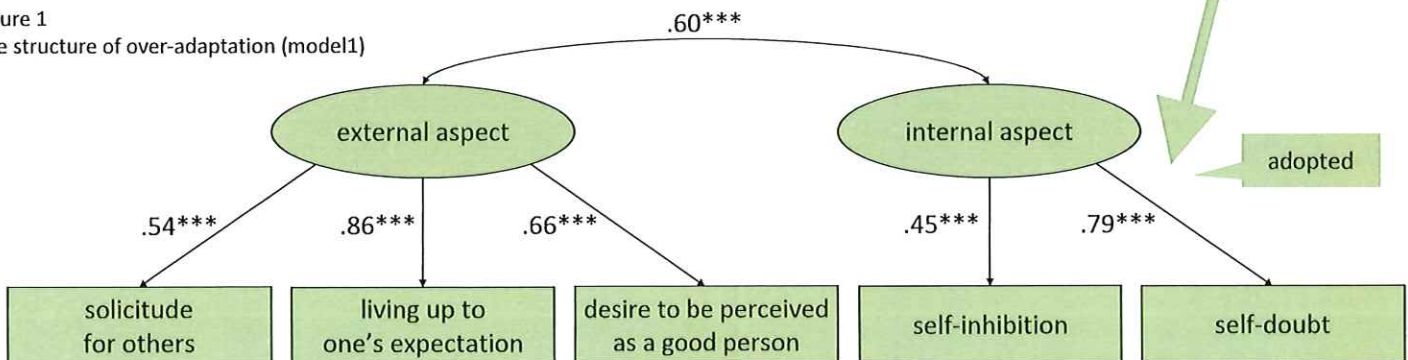
Table 1

Mean, SD, and t-test

	Total (n = 257) M (SD)	Females (n = 163) M (SD)	Males (n = 94) M (SD)	t
Over-Adaptation Tendency Scale for Early Adolescence				
solicitude for others	3.85 (.66)	3.86 (.64)	3.84 (.68)	t (255) = .22 (n.s.)
living up to one's expectation	3.45 (1.00)	3.52 (1.00)	3.32 (1.00)	t (255) = 1.55 (n.s.)
desire to be perceived as a good person	4.06 (.77)	4.08 (.78)	4.04 (.77)	t (255) = .40 (n.s.)
self-inhibition	3.18 (.90)	3.23 (.88)	3.09 (.93)	t (255) = 1.21 (n.s.)
self-doubt	3.11 (1.05)	3.14 (1.05)	3.07 (1.05)	t (255) = .55 (n.s.)
Sense of Authenticity				
	3.22 (.88)	3.15 (.93)	3.34 (.79)	t (219) = 1.72 (n.s.)

Figure 1

The structure of over-adaptation (model1)



$\chi^2(4) = .577, p = .966, GFI = .999, AGFI = .997, CFI = 1.000, RMSEA = .000, AIC = 22.577$

Note. *** $p < .001$

Structural equation modeling

Hypothesis model 1 (Figure 1)

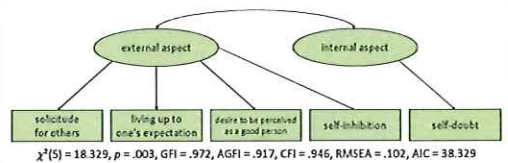
- "Internal aspect" as a higher-order factor for "self-inhibition" and "self-doubt"
- $\chi^2(4) = .577, p = .966, GFI = .999, AGFI = .997, CFI = 1.000, RMSEA = .000, AIC = 22.577$

Hypothesis model 2 (Figure 2)

- "Internal aspect" as a higher-order factor for "self-doubt"
 - $\chi^2(5) = 18.329, p = .003, GFI = .972, AGFI = .917, CFI = .946, RMSEA = .102, AIC = 38.329$
- model 1

Figure 2

The structure of over-adaptation (model2)



$\chi^2(5) = 18.329, p = .003, GFI = .972, AGFI = .917, CFI = .946, RMSEA = .102, AIC = 38.329$

Discussion

- Based on the results of the t-test, it can be said that over-adaptation among college students is a concept that can be captured without classifying it according to sex.
- Based on the results of the structural equation modeling, future studies on over-adaptation can be developed on the assumption that over-adaptation has an "external aspect" as a higher-order factor of "solicitude for others," "living up to one's expectation," and a "desire to be perceived as a good person;" as well as an "internal aspect" as a higher-order factor of "self-inhibition" and "self-doubt."

Future prospect

- We plan to submit a study examining the order of the over-adaptation process and the relationship between over-adaptation, values clarification and commitment, and depression using longitudinal data in Japanese collage students, to an academic journal.

発表概要報告書

【大会概要】

2023年6月1日から6月4日にかけて韓国・ソウルで開催された、10th World Congress of Cognitive and Behavioral Therapies（第10回世界認知行動療法会議）に参加した。会議は、「Global CBT Dissemination, Accessibility, and New Technology（世界的なCBTの普及、アクセシビリティ、新技術）」をテーマとし、多様な社会的・文化的背景を持つクライアントのニーズに応えるCBTの開発と実践の方法、最先端技術等の利用時の課題について扱った。CBTの将来について議論する場であり世界中のCBT専門家とつながる機会であった。

【発表内容の概要】

“The structure of over-adaptation in Japanese college students”という演題で、ポスター発表を行った。本研究では、研究によって「外的側面」と「内的側面」の指し示す内容が異なるという先行研究の課題をふまえ、過剰適応の構造を明らかにすることを目的とし、日本人の大学生を対象とした質問紙調査を実施した。各尺度について因子分析、性差についてt検定、過剰適応の構造に関する2つの仮説モデルについて共分散構造分析を行なった。その結果、大学生における過剰適応は、性別によって分類せずとも捉えられる概念であること、過剰適応は、「他者配慮」「期待に沿う努力」「人からよく思われたい欲求」の高次因子としての「外的側面」と「自己抑制」「自己不全感」の高次因子としての「内的側面」から構成されることが示唆された。

【体験記】

ポスター発表は、指定のボードにポスターを貼り付け、時間内に自由に発表するという形式であった。広い会場内で自分の研究に興味をもってもらい、聴衆に視覚的に伝えやすくするために、図や表を効果的に用いてポスターを作成するほか、紙のハンドアウトやQRコードから読み取れるPDFのハンドアウトを提供するなどして工夫した。世界各国からの参加者に対して研究成果を発信し、その後の研究の進捗や展望などについて議論することができた。

印象的だったのは、過剰適応をルール支配行動として捉えることもできるという意見である。CBTの初学者である私にとっては新しい視点で、CBTの専門家が集う学会に参加したからこそ得られた着眼点である。また、過剰適応に関する海外の研究は少ないものの、韓国人の参加者が過剰適応という概念を容易に理解している様子がみられた。日本人を対象とした研究を行う場合は、文化差をふまえて考察する必要があると理解した。さらに、他人のポスター発表を聞き、疑問に思った点を質問することができた。しかし、研究内容を適切に読み取る能力や、自分の研究領域とは異なる領域に関する知識が不足しており、活発に議論するに至らなかった場面もあった。

今回、初めて国際学会に参加し、研究を行う者としての自覚が芽生え、研究成果を公表する意義と恩恵を理理解し、研究活動への動機づけが刺激された。今後は、幅広くかつ専門的な知識を身につけ、自ら進んで研究に取り組み、国内外の研究者や臨床家とつながり築きながら、CBTの普及やそれにとまなうクライアントの心身の健康に貢献していきたい。

（日本語 1200 字以内）

採用された方についてはウェブページ等で内容が公開される場合があります。