Why Do Conflicts Arise Between Women? :
Focus on How "Mounting" Occur and How to Deal With Them.

MORI Yuko

Conflict between women is often becoming the subject of movies and novels, and is a topic of great interest to people. On the other hand, on the other hand, there have been few psychological studies of conflict between women. In this study, we focus on "mounting" as a behavior that tends to provoke conflict between women and aim to improve mental health by understanding the actual situation of mounting and devising methods to cope with it. Mounting has traditionally referred to order-confirmation behavior in animals, but in recent years, it has also come to be used for human behavior and refers to behavior in which a person boasts to the other person that he or she is superior to them (Kenbo et al., 2021). The paper examining mounting (Mori & Ishimaru, 2021) became a hot topic on social networking services and was covered in newspapers and magazines, making it a phenomenon that has been attracting attention in recent years. Based on the above, the following two research questions are raised: 1) What is the actual situation of mounting between women? 2) How can we deal with distress caused by mounting? In response to these research questions, the first aim was to provide a basis for study of mounting by clarifying women's behavior and the characteristics of their preferences in a female-to-female setting. Secondly, the aim was to understand the actual situation of mounting among women and to devise ways of dealing with them.

In order to provide a basis for examining mounting, the Part 2 (Chapters 5-7) examined women's behavior and the characteristics of their preferences in female-only situations. First, in Chapter 5, a questionnaire survey using the scene assumption method was conducted on the characteristics of the behavior of adolescent females in female-only social situations. As a result, there was a necessity for to discuss communication between women separately from communication between men and women, as there are different characteristics in female-only social situations from those in social situations where men are also present. Therefore, in Part 2, Chapter 6, we focused on communication between women and examined the relationship of prejudice from women towards other women and egalitarian orientation. As a result, it was partly confirmed that women direct prejudice towards each other, and it was suggested that this could lead to conflict between women. In Chapter 7, we conducted a questionnaire survey asking women to rate their prejudices towards other women, then clarified the factors influencing these prejudices and their evaluation of each other. However, the results showed that the evaluation of good and bad in everyday conflicts between women was rarely clear, and it was considered necessary to examine conflicts based on more euphemistic language and behavior.

Based on the above findings, Part 3 (Chapters 8-11) focused on mounting, which is a conflict based on euphemistic language and behavior between women, aimed to clarify the actual situation and to devise a method of dealing with it. First, in Chapter 8, to further elaborate the mounting

concept, episodes of mounting were collected from books and dramas and conducted qualitatively analysis to clarify the structure of mounting between women. As the collected mounting episodes were euphemistic, it was considered that the establishment of mounting might be influenced by the way the women who felt that they were being mounted received the episodes.

Therefore, in Chapter 9, a scale measuring women's sexual desire, which was related to how mounting is perceived, was developed and its reliability and validity were examined. Furthermore, in Chapter 10, based on the episodes collected in Chapter 8, a scale measuring sensitivity to mounting, which is the degree to which one perceives the other's words and actions as mounting, was created, then the factors influencing sensitivity to mounting were examined. As a result, it was considered that women who were mentally unhealthy and had difficulty in grasping their own thoughts and feelings were likely to perceive many words and actions as mounting, and that interventions with the aid of cognitive-behavioral therapy might be effective.

Therefore, in Chapter 11, an intervention study was conducted with the aid of cognitive-behavioral therapy thought records and the findings of a self-help group, with the aim of reducing mounting distress. The results suggested that the intervention did not change sensitivity to mounting but may reduce annoyance in dealing with Women who are mounting towards them.

In summary, for the first research question, the participants were able to answer that mounting between women may form an agglutinative three-cube structure and be repeated within it; for the second research question, they were able to answer that recording their experiences of feeling mounting and discussing mounting with other women may be useful. The following four issues need to be addressed in the future. (1) The definition of mounting remains ambiguous and needs to be elaborated, (2) Attention needs to be paid not only to women who receive mounting but also to women who mount, (3) Comprehensive examination is needed, including the social structure behind conflicts among women, and (4) Comparison with mounting between men is needed.