

外国語要約

学位論文題目 Effects of gratitude, indebtedness, and *sumanai* on psychological well-being and its mechanisms

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The purpose of this study was to investigate the effects of gratitude, indebtedness, and *sumanai* on psychological well-being (PWB) and its mechanisms.

In Part I (Study1-4), the effects of gratitude, indebtedness, and *sumanai* on interpersonal orientation (IO) and PWB were investigated. Results from Study1 with 115 female university students confirmed the distinct meanings of gratitude, indebtedness, and *sumanai* in terms of their dissimilar correlations with other feelings. The results also revealed that when the benefactor's expectation for repayment was manipulated, gratitude and *sumanai*, but not indebtedness, decreased with increasing benefactor expectations.

In Study2, 204 female university students responded to a questionnaire. Results indicated that IO mediated the relationship between indebtedness and PWB. Gratitude had a direct positive effect on PWB. Moreover, results of factor analyzing the responses to the items on indebtedness extracted two factors: "Obligation to repay", "Psychological burden of debt".

Because the variables such as the tendency to feel gratitude, indebtedness, and *sumanai* are socially valued attributes in Japanese society, social desirability was controlled in Study3. 179 female university students responded to a questionnaire. Results indicated that IO mediated the relationship between the obligation to repay, which is a component of indebtedness, and PWB. Also, IO mediated the relationship between the psychological burden of debt, which is a component of indebtedness, and PWB. In contrast, IO did not mediate the relationship between gratitude and PWB. Gratitude had significant direct paths to IO and PWB. The contribution of gratitude to well-being and IO are consistent with the extant literature, pointing to gratitude's ability to build and maintain social relationships. *Sumanai* had a significant positive correlation with IO but did not have a significant positive correlation with PWB.

Based on these results, in study4, we explored why indebtedness had a positive effect on IO. We hypothesized that consciousness of reciprocal interpersonal relationship would moderate the relationship between indebtedness and IO. 199 female university students responded to a questionnaire. Results indicated that consciousness of reciprocity, which is a component of consciousness of reciprocal interpersonal relationships, moderated the relationship between the obligation to repay and IO.

In Part II (A preliminary study and Study5), we hypothesized that a process occurs in which *sumanai* is transformed to gratitude through positive reframing and then gratitude leads to PWB. To clarify some part of this hypothesized process, we investigated the process of transformation from *sumanai* to gratitude via positive reframing in everyday situations.

In a preliminary study, a questionnaire was conducted to clarify what kind of positive reframing would reduce *sumanai* and increase gratitude in everyday life. We found “Feelings of being supported” and “Giving positive meanings to the other’s intentions”.

Based on these results, in Study5, we developed the positive reframing scale and examined the relationship between positive reframing and both *sumanai* and gratitude. Results indicated that positive reframing negatively correlated with *sumanai* and positively correlated with gratitude. Thus, it was suggested that the process in which *sumanai* is transformed to gratitude through positive reframing might occur in everyday situations.

Results from these five studies suggest that indebtedness and *sumanai* might have positive functions. Moreover, these results contribute to clarifying the mechanisms relating gratitude, Indebtedness, and *sumanai* to PWB. Finally, limitations of the current study and future directions are discussed.