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主 論 文 の 要 旨

論文題目 **Social Support Seeking: The Influence of Culture and Childhood Experience**
 (社会的支援の要請：文化や幼少時の経験による影響)

氏 名 鄭 少鳳

論 文 内 容 の 要 旨

Social support is considered effective for coping with stress and beneficial to psychological and physical health. The empirical research on what influences social support seeking, however, is limited. In eight studies, the work within this dissertation examined how culture and childhood experience influence individuals' willingness to ask general others for support separately and what predicts distant and close support seeking of international students.

The first part of this dissertation investigated the effect of culture on support seeking. Chapter 2 presents the results from four cross-cultural studies in which European Canadians/Americans reported higher empathic concern and a higher frequency of support seeking, compared with the Japanese participants. The results of Studies 1 and 2 showed that empathic concern mediated the cultural differences in support seeking. Studies 3 and 4 expanded on this and showed that expectation of others' prosocial willingness explained the link between empathic concern and support seeking and repressive suffering construal explained the cultural difference in empathic concern. The findings suggest that, compared with Westerners, East Asians with lower empathic concern are likely to have a lower expectation of others' prosocial willingness, which, in turn, prevents them from seeking support.

The second part of this dissertation investigated gene \times childhood interactions on general trust and support seeking (Chapter 3). The results showed that childhood adversity only significantly predicted general trust of the participants carrying the AA homozygotes of OXTR rs53576 (Study 5), whereas perceived parental attention only significantly predicted supports seeking of those carrying the GG homozygotes of OPRM1 (Study 6). These findings support the differential susceptibility hypothesis and suggest that the effect of perceived parental attention on support seeking is modified by OPRM1 polymorphism.

The third part of this dissertation investigated social support seeking of international students (Chapter 4). Using a sample of Chinese international students in Japan, the results of Study 7 showed that home culture orientation predicted more distant support seeking, whereas host culture orientation predicted more close support seeking. Importantly, distant emotional support seeking partly explained the negative effect of home culture orientation and psychological adaptation. Using a sample of Chinese international students in U.S., Study 8 replicated and expanded on these findings showing that motivation to maintain networks in home country partly explained the positive link between home culture orientation and distant emotional support seeking. These findings suggest that international students' preference for distant/close support networks is influenced by their orientation toward the corresponding culture.

Lastly, Chapter 5 summarized the main findings of all 8 studies and discussed the limitations of this work and future directions of research on support seeking.