

大学生における援助要請傾向と貢献感の関連：
貢献感尺度の作成を含めて

メタデータ	言語: jpn 出版者: 公開日: 2015-02-10 キーワード (Ja): キーワード (En): 作成者: 橋本, 剛 メールアドレス: 所属:
URL	https://doi.org/10.14945/00008089

Relationship between help-seeking and
sense of contribution among undergraduates:
Development of the sense of contribution scale.

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In general, the reciprocity norm is considered to be a facilitating factor of helping behavior and social support. However, contrary to this expectation, the reciprocity norm may prevent help-seeking, because excessive help-seeking combined with insufficient contribution to others could be interpreted as a violation of the reciprocity norm. Therefore people who feel they have a low sense of contribution (the subjective feeling of one's contribution to others' well-being) might be reluctant to seek help. Two studies were conducted on undergraduates to examine the relationships between sense of contribution and help-seeking intentions. It was hypothesized that the reciprocity norm amplifies the effects in these relationships.

In study 1, the sense of contribution scale (SCS) comprised of 14 items was developed, and internal consistency and criterion validity were confirmed. The SCS correlated positively with extroversion, agreeableness, general trust, altruistic behaviors, social skills, life satisfaction, and self-esteem. In study 2, as predicted, the SCS was correlated positively with help-seeking tendency toward both family and friends. However, amplifying effects of the reciprocity norm were partially supported in the case of the relationship between the SCS and help-seeking toward family, but was not supported in the case of the relationship between the SCS and help-seeking toward friends.

[KEY WORDS]

reciprocity, reciprocity norm, help-seeking, sense of contribution