

コロナ禍初期における大学生の心理社会的ストレス  
に関する探索的検討：  
社会規範としての援助要請スタイルの効果も含めて

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Psychosocial stress processes during the early stage of the  
COVID-19 pandemic among undergraduate students:  
Effect of help-seeking styles as social norms

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This study examined psychosocial stress processes among undergraduate students in Japan during the early stage of the COVID-19 pandemic, due to the various changes and restrictions on their lives at university and in society. The effects of preferred (social norms) help-seeking styles on stress processes were also examined. After a preliminary study to develop a new scale for measuring COVID-19 stressors, an online survey was conducted in June 2020. A total of 135 undergraduates completed the online questionnaire. Daily stressors, such as academic burdens and restrictions on daily life, correlated positively with depression as a stress response, but life events such as the cancellation of academic ceremonies did not. Neither coping strategies nor social support showed any direct or interactive effects on stress responses. Interpersonal stressors correlated positively with stress responses. Regarding social norms for help-seeking styles, most participants evaluated avoidance style as undesirable and autonomy style as desirable; however, the evaluation of a dependent style was mixed. Individual differences in the evaluation of the dependent help-seeking style amplified the impact of the COVID-19 stressor on stress responses.