

## 身近な他者からの援助要請の推奨に対する感情反応

メタデータ	言語: ja 出版者: 静岡大学人文社会科学部 公開日: 2022-08-23 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	<a href="https://doi.org/10.14945/00029096">https://doi.org/10.14945/00029096</a>

## Affective responses toward help-seeking recommendations by acquaintance

HASHIMOTO Takeshi

People are often reluctant to seek help from professional counselors. To facilitate the use of counseling, help-seeking recommendation from an acquaintance may be effective. However, such recommendations might be interpreted negatively as misplaced kindness. Thus, this article examined the affective responses to recommendations of help-seeking from acquaintances. In study 1, Japanese undergraduates completed a questionnaire that included four types of recommendation scenarios with a combination of two recommenders (teacher or classmate) and two assumed helpers (recommender oneself or counselor). For each scenario, participants rated their affective response toward recommendation for seeking help. The affect scale includes three positive affect items (e.g., thankful) and five negative affect items (e.g., annoying). Results indicated that three-way interaction (recommender, assumed helper, and affect type) had a significant effect. Recommendations for help-seeking with recommender oneself induced higher positive and lower negative affect than recommendations for counseling, regardless of the recommender. Study 2 was conducted to replicate the above findings among adults. Participants completed an online questionnaire that included four types of recommendation scenarios with a combination of two types of acquaintances (either coworker or friend) as recommender and assumed helpers (recommender oneself or counselor). Results indicated a significant interaction between assumed helpers and affect type. Positive affect was higher and negative affect was lower when the assumed helper was an acquaintance rather than a counselor. This result is consistent with the findings of study 1. In sum, the recommendation to seek help from a counselor evoked neither positive nor negative affect; however, the recommendation to seek help from an acquaintance themselves evoked higher positive affect and lower negative affect. Negative impact of recommendation for help-seeking with a counselor on close relationships was discussed.