

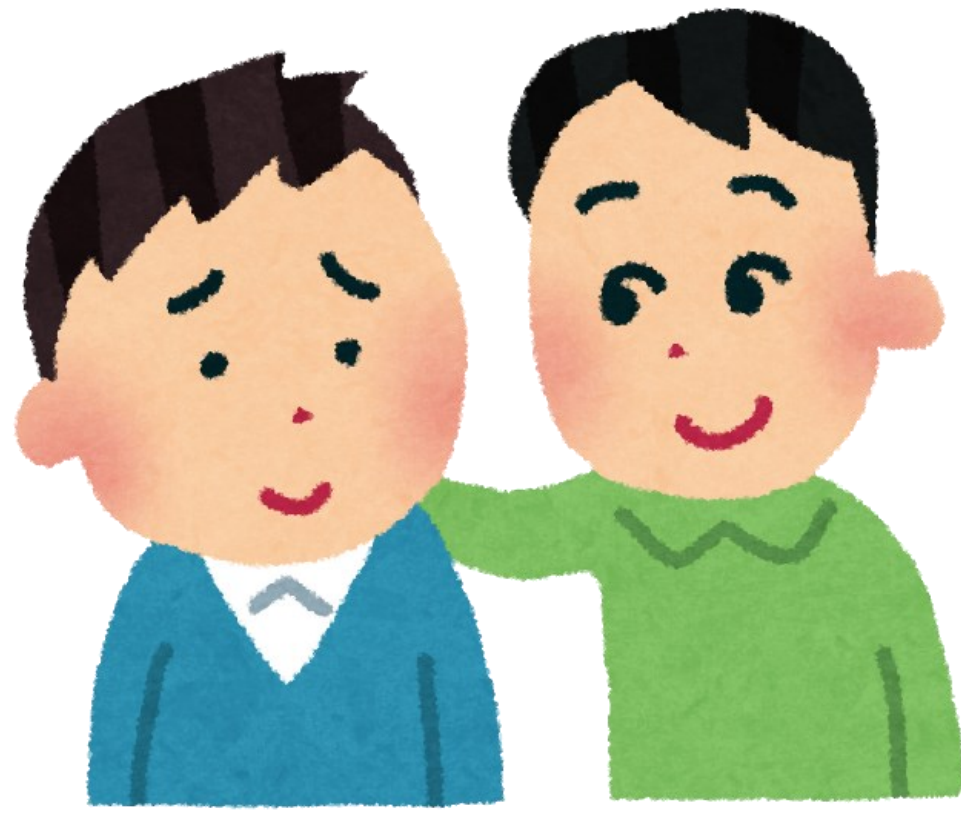
The Association with Social Skills and Self-Monitoring in Japan

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Background



- ◆ In Japanese culture
 - Social interactions are very strongly directed by the social context
 - Japanese people tend not to give clear verbalization of their thoughts or feelings.
 - They are required to understand subtleties in one another's words and behavior in order to act appropriately and meet certain group or social expect actions
- ◆ In order to communicate with others, it is necessary to develop **Social Skills** and **Self-monitoring**

The aim of this study is to show the association with social skills and self-monitoring in Japanese population.

Method

- ◆ Subjects : 203 participants aged from 20's to 70's were recruited.
- ◆ **Social Skills** is an ability to communicate with others, form relationships with others and maintain it.
Social Skills Self-Rating Scale for Adults (SSSA) (Aikawa et al.,2005)
- ◆ **Self-Monitoring** is a tendency to control one's action depending on the result that observed an action of oneself and others.
Cognitive Behavioral Self-Monitoring Scale (CBSMS) (Tsuchida et al.,2007)
- ◆ Ethical considerations : This study was approved by the ethics committee of the University of Tsukuba.

Result & Discussion

- ◆ Participants : 177 (70 men, 107 women, mean age 34.6 ± 15.6)

The correlation with SSSA and CBSMS

	CBSMS			
	total	Behavior monitoring	Circumstance monitoring	Monitoring cognition
SSSA total	. 431**	. 548**	. 238**	. 178*
Construction relationships	. 211**	. 341**	. 118	. 070
Decoding	. 393**	. 468**	. 320**	. 119
Assertion	. 129	. 157*	. 061	. 115
Control of emotion	. 302**	. 277**	. 028	. 289**
Maintenance of relationships	. 518**	. 554**	. 341**	. 209**
Symbolization	. 241**	. 349**	. 169*	. 056

A tendency towards self-monitoring in interactive situations is associated with an effective influence on social skills.



N=177, Spearman's correlation test, *p<.05, **p<.01

Where there is a strong tendency to adapt one's behavior to a particular situation, there is an accompanying high level of skill to interpret the mental states of others (intentions, desires, expectations) and understand the social expectations.

A strong tendency to adapt behavior is associated with social skills that are thoughtful and considerate of others.

Implications

Self-monitoring is an important character trait in an interactive situation as it serves to adjust a person's behavior appropriately to the situation.
For people with difficulty in interpersonal relationships it is important that they have support available to help them develop self-monitoring and social skills.

References

Aikawa,A., & Fujita,M.(2005). An attempt to construct a social skills self-rating scale for adults. The Bulletin of Tokyo Gakugei University,56,87-93.

Tsuchida,T, & Fukushima,O. (2007). The development of the cognitive behavioral self-monitoring scale. Mejiro journal of Psychology,3,85-93.