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

<table>
<thead>
<tr>
<th>SSSA total</th>
<th>CBSMS total</th>
<th>Behavior monitoring</th>
<th>Circumstance monitoring</th>
<th>Monitoring cognition</th>
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<tr>
<td>431**</td>
<td>548**</td>
<td>238**</td>
<td>178*</td>
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<tr>
<td>Construction relationships</td>
<td>211**</td>
<td>341**</td>
<td>118</td>
<td>070</td>
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<td>Decoding</td>
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<td>Assertion</td>
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<td>157*</td>
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<td>Control of emotion</td>
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<td>277**</td>
<td>028</td>
<td>289**</td>
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<tr>
<td>Maintenance of relationships</td>
<td>518**</td>
<td>554**</td>
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<td>Symbolization</td>
<td>241**</td>
<td>349**</td>
<td>169*</td>
<td>056**</td>
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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