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ONLINE ISSN: 1349-6174 PRINT ISSN: 1348-8406

The Japanese Journal of Personality

Vol. 17 (2008), No. 1 (2008) pp.95-97

[PDF (194K)] [References]

Discrepancy between Support Expectation and Reception, Self-esteem, Depression, and Emotional Reliance

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(Received: 2007/05/16) (Accepted 2008/02/14)

The purpose of this study was to examine the relationship among the following four variables: discrepancy between expectation and reception of support, emotional reliance, self-esteem, and depression. Longitudinal data from 44 university students were collected, with the first questionnaire measuring, among others, self-esteem, depression, expectation of support from a significant other, and emotional reliance, and the second two months later measuring self-esteem, depression, and reception of support from the same person. Results showed that the discrepancy between expectation and reception of support predicted lower self-esteem and higher depression, as reported by Nakamura & Ura (2000). Furthermore, the relationship between the discrepancy and low self-esteem was most apparent for those high on emotional reliance.

Keywords: social support, longitudinal study, emotional reliance, depression, self-esteem

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To cite this article:

Akiko Kameyama, Shinji Sakamoto and Takashi Oka, *The Japanese Journal of Personality*, Vol. **17**, p.95 (2008) .

doi:10.2132/personality.17.95 JOI JST.JSTAGE/personality/17.95

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