論文

Is the style of help seeking predicted with self-transcendent tendency?

Katsuhiko ISHIKAWA

Introduction

When an individual has a problem and is unable to solve it on his or her own, seeking help from others as needed is an important coping strategy. This phenomenon is called help-seeking behavior（DePaulo, 1983）.

It is not easy to ask for help from others. It has been pointed out that receiving help from others is in itself a threat to his/her self-esteem（Fisher, et al., 1982）and lead to a negative evaluation by others（Graham, et al., 1990）.

For example, mothers with children have the following anxiety for help-seeking（水野, 2017）. Reasons why mothers are reluctant to consult with familiar others and professional opportunities have been elucidated. For familiar others, those were shown "anxiety for mother and children（e.g. be blamed with child caring）" and "anxiety for interpersonal relationships（e.g. The staff in charge do not understand mothers' affair and anxiety）". For profession, reluctance was "vague reluctance stem from an unknown about professional services（e.g. It's useless anyway）" and "specific concerns（e.g. I don't feel confident in my ability to communicate well）." And the anxiety related to consulting professionals in mothers with elementary school children（水野, 2017）and in mothers with junior-high school children（水野, 2017）was identified.

What factors promote help-seeking? The more serious or severe the problems of various experience, the more they consult with their partner, their mother, their mother-in-law, their friends or professional organization or service（Pavuluri et al., 1996）. It becomes easy for parties to seek help when someone to consult with understands a state of them or their care target（Honda & Arai, 2010）. Help-seeker needs to be let trust the people around them. It is necessary for help-seeker to be let trust by potential helper.

Alternatively, what trait promote people to initiate seeking help? Most studies to explore the factor or intervention promoting seeking help focused on what should be given to people who suffer from the difficulties on help-seeking rather than on what they can do. Isn't there anything help-seeker can do? Are help-seeker involved completely helpless?

This study investigated what traits promote help seeking, in other words, what is help seeking competency?

Nagai（2013）found three types of help seeking styles: avoidant, dependent and independent style. It is not enough to be able to request help to make people competent, but help-seeking should be conducted in such a way as to increase the social and psychological adaptability of those around help-seeker and help-seeker him/her-self. Nagai（2013）reported that only independent style of help seeking was positively related to self-esteem, and independent style of help seeking was positively related to reassurance seeking. Nagai（2013）suggested that dependent help seeking was related to psychological maladaptation. And dependent style of help seeking was not related to the severity of problem, in which dependent help seeking prevent help-seeker from the acquisition of self-solving skills.

This study investigated whether basic psychological stance, self-transcendent, is related to the independent style of help seeking. Self-transcendent was defined by Cloninger

(2015), such as "the extent to which individuals conceive themselves as integral parts of the universe as a whole." Maslow (1971) said "Transcendence refers to the highest and most inclusive or holistic levels of human consciousness, behaving and relating, as ends rather than means, to oneself, to significant others, to human beings in general, to other species, to nature, and to the cosmos." "Self-actualization is indeed a lofty (and worthy) goal of development and should not be cast aside in favor of the shiny new need, but self-transcendence is truly the next level of development; it is other-focused instead of self-focused and concerns higher goals than those that are self-serving." (Ackerman, 2021). The description by Ackerman (2021) suggested that help-seeking get easy when help-seeker has traits contained in self-transcendence because self-transcendence is defined as the elimination of the distinction between self and others. Nakamura (1998) summed up Maslow's concept of self-transcendence into twenty-three points and state a certain point: "Transcendent beings recognize each other, and even when they meet for the first time, they seem to immediately become close and reached a mutual understanding. They can communicate not only verbally but also nonverbally."

We hypothesized that self-transcendence is positively correlated with independent help-seeking style and negatively correlated with avoidant style of help-seeking. Difficulties in seeking help are related to an excessive separation of self and others and to the trap of self-responsibility.

Method

Participants and Procedure

Participants were all undergraduate students: 14 first-year students, 17 second-year students, 16 third-year students and 16 fourth-year students. They were asked to answer the questionnaire during the class. They were instructed that answering was free for stop anytime, and response data were held and managed by only researcher, and there was no possibility that data were published with personal information. Informed consent was considered to have been established with the response.

Items

Self-transcendent scale (STS): we used the items developed by Nakamura (1998). Nakamura (1998) developed a one-factor structured self-transcendent scale (STS) consisted of 19 items. STS tried measuring individual differences in a tendency to embody self-transcendent. STS showed moderate internal consistency $a=.84$, so some degree of measurement reliability was certificated. The average STS score differed among gender and age clusters; female>male and 60s>50s-30s>20s>10s. Additionally, the group of employed showed higher STS score than the group of unemployed. And STS score was positively correlated with the score of psychological sense of happiness.

In this study, to reduce the burden of answering for respondents, 5 items that showed high factor loading in Nakamura (1998) were selected: "I can feel that my birth in this world has a great meaning," "I feel that there is a "god-like" being in my heart that transcends humanity," "I have the feeling that I am being kept alive by some great invisible force," "I feel that I am living each day as hard as I can" and "I want to do what I can contribute to the progress and happiness of mankind as a whole." Responses were obtained using a five-point scale from "1 not applicable" to "5 applicable."

Help seeking scale (HSS): we used the items developed by Nagai (2013) that discriminately measured individual differences of help-seeking styles: dependent style, avoidant style and independent style. Any style scale

showed high internal consistency (a=.79-.93). As results of criterion-relevant validity verification, convergent validity was demonstrated (the score of avoidant style was negatively correlated with emotional dependency and instrumental dependency while the score of dependent and independent styles was positively correlated with two emotional dependency and instrumental dependency). We selected 3 items among items of each scale of help-seeking style in order of factor loadings. Responses were obtained using a five-point scale from "1 not applicable" to "5 applicable."

Analysis

First, the factor structure of STS and HSS was confirmed. Next, to check how STS conditions the style of HSS, we conducted multiple regression analysis with HSS as the response variable and STS as the explanatory variable.

Result

Factor analysis

Self-transcendent scale (STS)

To decide number of factor structure, diagonal SMC, MAP, parallel analysis and SMC parallel analysis were performed. All analyses suggested a one-factor solution. Factor analysis (maximum likelihood method with Promax rotation) was performed (Table1). Model fit indexes show the goodness of the solution (CFI=.947, RMSEA=.115). Internal consistency was good: a=.778, ω=.785.

Help-seeking styles (HSS)

To decide number of factor structure, diagonal SMC, MAP, parallel analysis and SMC parallel analysis were performed. All analyses suggested a three-factor solution. Factor analysis (principle component analysis with Promax rotation) was performed (Table2). The component structure was identical to the original scale (Nagai, 2013), so that the names of each component were named same as Nagai (2013): the first component: dependent style; the second component: avoidant style; the third component: independent style. Internal consistencies were good: dependent style: a=.915, ω=.947 ; avoidant style: a=.821, ω=.903 ; independent style: a=.903, ω=.947.

Comparisons with grade and gender

Self-transcendent scale (STS)

The averages of STS did not differ with grade ($F(3, 59)$=0.588, p=.625, η^2_p=.029 [.000, .108]) (Figure1). The averages of STS did not differ with gender ($t(61)$=1.324, p=.463, d=-0.207 [-0.758, 0.344]) (Figure2).

Help-seeking styles (HSS)

In all three styles of help-seeking, the average scores did not differ among grade; dependent style: $F(3, 162)$=.276, p=.843, η^2_p=.015 [.000, .070]; avoidant style: $F(3, 162)$=1.036, p=.378, η^2_p=.054 [.000, .159]; independent style: $F(3, 162)$=0.086, p=.967, η^2_p=.005 [.000, .010] (Figure3). In all three styles of help-seeking, the average scores did not differ among gen-

Table 1　Factor pattern of STS

| Item	Factor 1	h2
I can feel that my birth in this world has a great meaning.	.81	.65
I feel that there is a "god-like" being in my heart that transcends humanity.	.68	.47
I have the feeling that I am being kept alive by some great invisible force.	.59	.35
I feel that I am living each day as hard as I can.	.59	.35
I want to do what I can to contribute to the progress and happiness of mankind as a whole.	.57	.32
Factor Contribution	2.139	

Table 2　Factor pattern of HSS

	Factor			h2
	1	2	3	
Talk to us about even the most trivial of problems.	**.95**	.04	−.03	.88
If you have a problem, talk to them about it, even if it's notvery serious.	**.91**	−.12	.01	.91
Talk to others about problems, even if they don't seem like abig deal when you think about it.	**.90**	.04	−.01	.78
We do not talk to others about our problems, even if wecannot solve them ourselves.	.17	**.99**	.11	.87
Even if the problem is so serious that I cannot solve it by myself,I do not discuss it with others.	−.14	**.82**	−.06	.79
I keep my problems to myself until the end.	−.10	**.73**	−.07	.61
Do trial and error on your own before asking for help, and askfor help when you get stuck.	−.03	.06	**.95**	.90
Even if it's a little difficult, face your problems on your own, andif you still can't solve them, ask for help.	.10	.07	**.95**	.88
Try things on your own first, then ask for help.	−.13	−.15	**.84**	.77
	2.918	2.586	2.575	
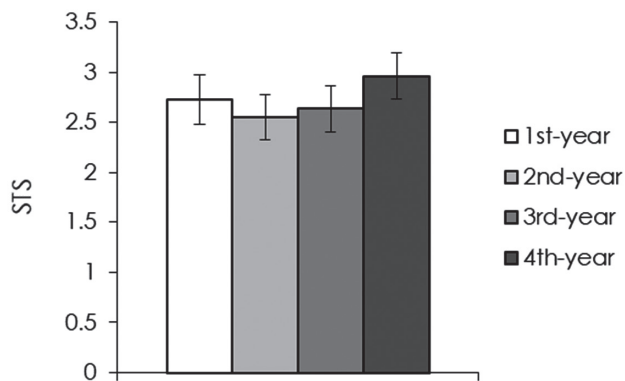
Figure 1　Comparison of STS average with grade
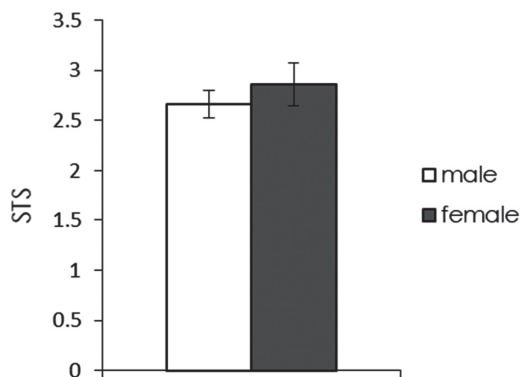
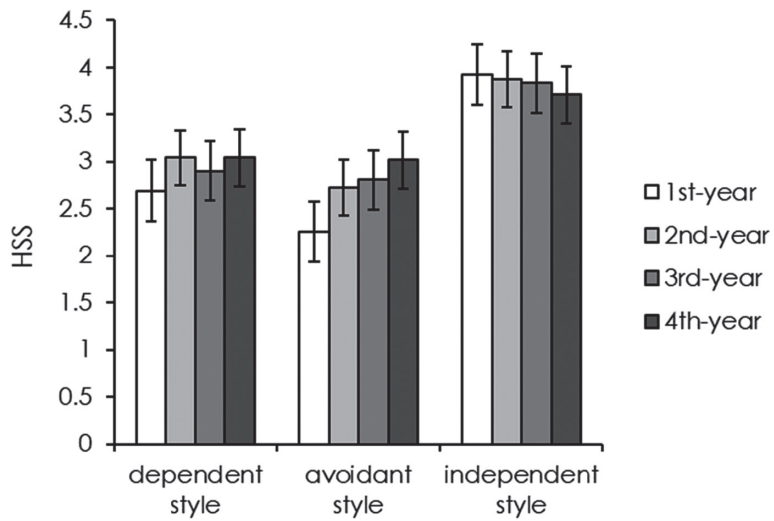Figure 2　Comparison of STS average with gender

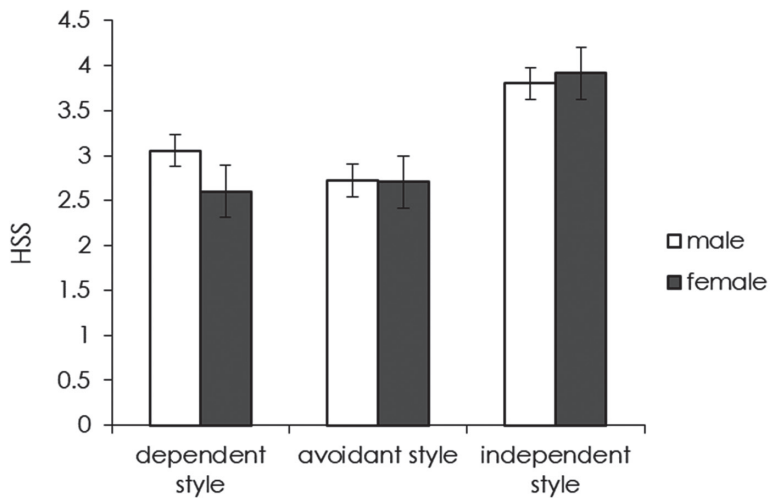Figure 3　Comparisons of help-seeking style component average among grade

Figure 4　Comparisons of help-seeking style component average among gender

Table 3　Bivariate correlation matrix

	1	2	3
1　STS	1.00		
2　dependent type	.43**	1.00	
3　avoidant type	− .18	− .35**	1.00
4　independent type	.07	− .06	− .09

**p<.01, *p<.05, +p<.10

Table 4 Regression analyses: response variable=each style of help-seeking

		Dependent style	Avoidance style	Independent style	VIF
1st-year	STS	.48*	.07	.15	1.02
	Gender	− .65**	.12	.47+	1.02
	R^2	.58**	.02	.26+	
2nd-year	STS	.39	.02	.27	1.09
	Gender	−.11	−.04	−.06	1.09
	R^2	.14	.00	.07	
3rd-year	STS	.29	−.52+	−.20	1.08
	Gender	.14	−.02	.11	1.08
	R^2	.13	.28*	.04	
4th-year	STS	.52**	−.21	.26+	1.02
	Gender	−.02	−.17	−.16	1.02
	R^2	.28**	.06+	.11**	

**p<.01,. *p<.05,. +p<.10

der; dependent style: $F(1, 168)=1.754$, $p=.187$, $\eta^2_p=.030$ [.000, .157]; avoidant style: $F(1, 168)=0.002$, $p=.968$, $\eta^2_p=.000$ [.000, .009]; independent style: $F(1, 168)=0.114$, $p=.736$, $\eta^2_p=.002$ [.000, .078] (Figure4).

Regression Analysis
The correlation matrix was shown in Table3.

We performed regression analyses to investigate how STS had affected each help-seeking style. Each help-seeking style was entered into the regression model as dependent variables and, STS and gender were entered as independent variables. And, modelings were performed by grade level.

STS was positively related to dependent style in 1st-year and 4th-year sample (Table4). And STS was negatively related to avoidance style in 3rd-year sample, in addition, positively related to the independent style in 4th-year sample.

Discussion
In this study, we examined how self-transcendence tendency defined the style of help seeking. The results of the analysis suggested that

the relationship between them differed among participants' grade.

Self-transcendence was related positively to dependent style of help-seeking in 1st and 4th-year sample, and positively related to the independent style in 4th-year sample while negatively related to avoidance style in 3rd-year sample. The results suggested that self-transcendence showed effects on help-seeking style with increasing both dependency and independency, and reducing the avoidance of help-seeking. It would be necessary to explore the adjustment variable from self-transcendence to independent style of help-seeking compared to dependent style of help-seeking in the future.

It is difficult for help-seeker to solve the difficulty of requesting assistance itself by their own. Additionally, previous studies have shown that interventions such as information provision and destigmatization can enhance intentions for seeking help, but not behavior for seeking help (Gulliver, et al, 2012). Needless to say, the research for more effective intervention methods is urgent.

However, what is important is not to make

help-seeker passive or to enable them to request assistance on their own, but to elucidate the competencies that enable them to request assistance on their own and to elucidate techniques to gently encourage them for seeking help.

This study suggested that self-transcendence promote independent help seeking behavior in 4th-year sample. Self-transcendence might be one of the help-seeking competencies. The list of help-seeking competencies should be explored.

Reference

Ackerman, C. 2021. What is self-transcendence? Definition and 6 examples. Positive psychology.com https://positivepsychology.com/self-transcendence/

Cloninger, R. 2015. What is the temperament and character inventory? The Center for Well-Being. Retrieved from http://psychobiology.wustl.edu/what-is-the-tci/

Gulliver, A., Griffiths, K. M., Christensen, H. and Brewer, J. L. 2012. A systematic review of help-seeking interventions for depression, anxiety and general psychological distress. BMC Psychiatry, 12:81, doi:10.1186/1471-244X-12-81

Maslow, A. H. 1971. *The farther reaches of human nature*. New York, NY, US: Arkana/Penguin Books.

水野治久. 2017.「援助要請と被援助志向性の心理学：困っていても助けを求められない人の理解と援助」. 金子書房.

Nakamura, M. 1998. A study on self-transcendence and subjective well-being：A trial of constructing the tendency for self-transcendence scale. 愛媛大学教育学部紀要教育科学, **45**(1), 59-45.

Nagai, S. 2013. The development of a Scale for Measuring Help-Seeking Styles. *JAPANESE JOURNAL OF EDUCATIONAL PSYCHOLOGY*, **61**, 44-55.

Pavuluri, M. N and Luk, S. L. 1996. Help-Seeking for Behavior Problems by Parents of Preschool Children: A Community Study. Journal of the American Academy of Child & Adolescent Psychiatry, **35**(2), 215-222.