

母親の理想・現実自己との差異および養育態度と娘の自尊感情および自己形成との関連について

The Relationship Between the Mother's Self-Discrepancies and Parental Attitudes and the Daughter's Self-Esteem and Self-Identity

李 翠芳 LEE, Chooi Fong

● 国際基督教大学大学院アーツ・サイエンス研究科
Graduate School of Arts and Sciences, International Christian University

直井 望 NAOI, Nozomi

● 国際基督教大学
International Christian University

Keywords 理想・現実自己の差異, 養育態度, 自尊感情, 自己形成
self-discrepancies, parental attitude, self-esteem, self-identity

ABSTRACT

本研究は母親の理想・現実自己との差異が養育態度、娘の自尊感情と自己形成との関連について、女子大学生とその母親を対象に検討した。母親には「性格」、「外見」、「人間関係」、「ライフスタイル」と「能力」の5領域について理想自己を5つ挙げてもらい、それぞれについて現実自己との差異を7段階で評価してもらった。また、養育態度尺度の質問紙に回答した。娘は自尊感情・自己形成の質問紙に回答した。母娘ペア52組の回答を分析した結果、「性格」の領域は養育態度の「責任回避的」と有意な正の相関を示した。「性格」と「能力」の領域は娘の自尊感情と有意な負の相関を示していた。また、重回帰分析を行ったところ、「性格」の領域は養育態度の「責任回避的」と娘の自尊感情を予測した。以上のことから母親の理想・現実自己との差異は、養育態度を害し、「責任回避的」や娘の自尊感情を低下する可能性があるではないかと考えられた。

This study investigated the relationship between the mother's self-discrepancies, parental attitudes, and her daughter's self-esteem and self-identity. The participants targeted were the female undergraduates and their mothers. The mother participants responded to the Selves Questionnaire. They were asked to list up to five ideal selves in five different traits: "personality," "appearance," "relationship," "lifestyle," and "abilities." And then rate to what extent their actual self is, compared to their ideal self on a 7-point scale. Next, the mother participants responded to a questionnaire about parental attitudes. Besides, the daughter participants responded to the questionnaires on self-esteem and self-identity. The data analysis was conducted on the final sample of 52 pairs of mother-daughter. The correlation analysis revealed that the

mother's self-discrepancies in personality significantly correlated with parental avoidance. Moreover, the mother's self-discrepancies in personality and abilities significantly negatively correlated with the daughter's self-esteem. In addition, the regression analysis revealed that the mother's self-discrepancies in personality domain predicted parental avoidance and the daughter's self-esteem. These results suggest that the mother's self-discrepancies may influence the parental attitude, resulting in parental avoidance and lower self-esteem of the daughter.

1. Introduction

This study examined the effects of the discrepancies between the mother's ideal and actual selves on their parental attitudes and their daughter's self-esteem and self-identity. The influence of parents' attitudes on children's development has been examined in many countries, including Japan. For example, much research was conducted on the impact of parental caregiving attitudes on children's development and how they may affect children's behavior, and psychological growth, such as self-esteem and self-identity (Baumrind, 1966/1991; Bowlby, 1988; Kashiwagi, 2008; Kasuga & Utsunomiya, 2011; Matsuzaka, 2002; Shima, 2014; Yamamoto & Kimide, 2017). According to the research, among caregivers, mothers, in particular, have been reported to be the primary caregivers, and their influence is more significant than that of fathers (Kashiwagi, 2008; Kohler & Mencarini, 2016; Ohinata, 2020; Okamoto & Fukase, 2013; Toda, 2012). Furthermore, previous studies have reported that the influence of mothers on daughters is more substantial than that of other dyads (Boyd, 1989; Fujita & Okamoto, 2009; Onayli & Erdur-Baker, 2013). Mothers' influence on their daughters' psychological development is more significant than that of mothers on their sons and fathers on their daughters (Akagi, 2018, Boyd, 1989, Fujita & Okamoto, 2009, Muramatsu, 1994). The significance of this study was to pair the mother-daughter sample together and analyze the associations within the variables. This study

employed the self-discrepancies theory to analyze the mother's self-discrepancies and the effects on parental attitudes, the daughter's self-esteem, and self-identity.

In psychological studies, the ideal self can be defined as part of an individual's self-concept representing their desires, hopes, aspirations, or goals (Boyatzis & Akriyou, 2006; Higgins, 1987; Rogers, 1959). According to Rogers (1959), the ideal self is a term used to denote the self-concept for which the individual would place the highest value. Moreover, the ideal self functions as a self-guide and navigates the individual's further action, motivation, and behavior for a satisfying and fulfilling life. Furthermore, research has examined the discrepancies between the actual and ideal self in adolescents and parenthood on their psychological outcomes, such as self-esteem, self-identity, self-concept, mental health, and well-being (Endo, 1992; Higgins, 1987; Matsuoka, 2006; Mizuma, 1998; Moretti & Wiebe, 1999; Stachowski et al., 2020; Strauman, 1992).

Essentially, previous research defined those discrepancies between the actual and ideal motherhood self were associated with anxiety, depression, and poor coping skills (Polasky & Holahan, 1998). Women who fail to live up to their ideals experience guilt and anxiety (Kashiwagi, 2008; Kashiwagi & Wakamatsu, 1994; Liss et al., 2012). Moreover, women who experience discrepancies between "who am I" and "as a mother" are related to child abuse or neglect of their children or overprotective parenting (Okamoto & Fukase, 2006, p. 149-150). In addition,

adolescents with a lower perception of having received maternal care, such as being abused or neglected, will behave aggressively (Kang & Yamazaki, 2013). Neglectful parenting attitudes harm children's motivation and self-achievement (Kang & Yamazaki, 2013). Besides, overprotective parenting leads to lower self-esteem in adolescents (Shima, 2014).

Consequently, empirical studies have demonstrated that mothers' self-discrepancies impact their psychological emotions and affect their parental attitudes. However, there is still a lack of research on the impact of the mother's self-discrepancies on parental attitudes and the influence on the daughter's self-esteem and self-identity. Therefore, this study examined how the mother's self-discrepancies between their actual and ideal self could impact parental attitudes and the daughter's self-esteem and self-identity. This study expected that the discrepancies between the mother's actual and ideal self will harm their parental attitudes and the daughter's self-esteem and self-identity.

1.1. Mother's Self-Discrepancies and Parental Attitudes

When women go through the transitions of marriage, pregnancy, and motherhood, they simultaneously explore their identities as women, wives, and mothers (Okamoto & Fukase, 2013, p.140-143; Meeussen & Laar, 2018). Kashiwagi and Wakamatsu (1994) investigated the psychological growth of men and women (after their firstborn child) regarding personality and social behavior. They found that women scored higher than men in all the tested variables (flexibility, self-control, faith/religion/tradition, gain knowledge, life-worth, existence, and self-strength). Moreover, they showed that women experience more psychological changes during the motherhood transition than men, thus, concluding

that women experience personal psychological changes in a wide range of areas as they develop to become a mother. Thus, the psychological changes in the mothers could impact their emotions and behavior expressed while acting as a mother.

Furthermore, in order to establish their identity as mothers, women must integrate their ideal self, which is how they should act as mothers, with their actual selves. It has been reported that women often feel guilty or blame themselves for their shortcomings as mothers when they fail to live up to their ideal selves (Kashiwagi, 2008; Meeussen & Laar, 2018; Ohinata, 2020).

According to Higgins (1987), when the actual and ideal self does not match, one feels psychological discomfort, i.e., sadness or dissatisfaction. Thus, like the mothers' ideal self, which acts in a way to motivate them to achieve the maternal image they wish to embody. A discrepancy occurs between the actual and ideal self may result in conflict (Liss et al., 2012; Meeussen & Laar, 2018). Thus, the first purpose of this study was to investigate the effects of the self-discrepancies between mothers' "as she is" (actual self) and "what she values" (ideal self) on their parental attitudes.

Parental attitudes have the most significant effect on acquiring the foundation of children's development because children spend most of their time with their parents (Matsuzaka, 2002). Many studies investigated how parental attitudes contribute to child growth. In between, research defined that the mother is in the center's position when considering childrearing (Kashiwagi, 2008; Okamoto & Fukase, 2013; Toda, 2012). Hence, most studies of parental attitudes initially focused on mothers (Matsuzaka, 2002; Kashiwagi, 2008).

Okamoto & Fukase (2013, p. 149-150) discussed that when the social problems such as physical, mental, and sexual abuse and neglect of children increased from 1990 to 2011 in Japan, studies

defined one of the possible causes as the burden of childcare placed mainly on mothers. Watanabe (2000) pointed out that when mothers' emotional wounds and conflicts in parenting remain deeply suppressed in their hearts without being understood by anyone, they unintentionally and unconsciously transmitted it to their children in casual daily interactions.

According to Okamoto (2006), women who experience incongruence (discrepancy) between "who am I" and "as a mother" will affect their parental attitudes. Okamoto (2006) defined those immature mothers (adolescent mothers) or mothers who have an estranged marital relationship with their husbands eventually experiencing psychological imbalance, confused between reality and "as a mother." Thus, they are more likely to carry out inappropriate parental attitudes and being abusive (physically and psychologically) toward their children or behave in a way that neglects their children's needs. Besides, mothers who are busy with their careers and experience conflict with their identity, confused between "who I am" and "as a mother," feel guilty for not spending enough time with their children. Those mothers showed overprotective parental acceptance and were child-centered (Okamoto & Fukase, 2013, p. 150-151). Thus, prior research suggested that the discrepancy between the mother's actual and ideal selves leads to inappropriate nurturing attitudes.

1.2. Mother-Daughter Relationship and Daughter's Self-Esteem and Self-Identity

Many studies have examined the impact of the parent-child relationship and children's psychological development. Noma et al. (2013) examined the effects of the mother-daughter relationship on self-esteem and depression in female adolescents. The study revealed that female students rely more on their mothers than male students. According to Noma et al. (2013), female

students' emotions for their mothers correlate with their self-esteem. Moreover, female students who possess an intimate relationship with their mothers had a higher level of self-esteem.

Fujita and Okamoto (2009) investigated the correlation between mother-daughter relationships and identity formation in female adolescents. The study employed the mother-daughter relationship scale developed by Misago and colleagues in 2006. The scale contained two variables: codependency and bonding. The bonding factor included items that measure the closeness of the bond between the mother and her daughter, for instance, "I am happy to talk to my mother," "I want to see my mother," and "I feel calm when my mother is around." Besides, the items for codependency factor included items like "I feel like my mother controls me," "I feel like my mother wants to be involved in the relationships with my friends." The study's result revealed a negative correlation between the identity score and the mother-daughter relationship in the codependency factor. However, there was a positive correlation between the identity score and the bonding factor. The study concluded that the mother substantially influenced the daughter's identity formation.

In addition, Onayli and Erdur-Baker (2013) examined the mother-daughter relationship with the self-esteem of adult daughters. The study employed The Mother-Adult Daughter Questionnaire developed by Rastogi in 1995 and The Rosenberg Self-Esteem Scale (Rosenberg, 1965). The sample was collected from 426 female university students. Multiple regression analysis was conducted to determine which variables of the mother-daughter relationship (connectedness, interdependency, and trust in the hierarchy) predicted the daughter's self-esteem. The results revealed that connectedness positively and interdependency negatively correlated with the daughter's self-esteem. Connectedness refers to a genuine relationship (a

thought connected naturally), more or less like a bonding factor.

Consequently, the above studies demonstrated that the relationship between the mother-daughter is exceptional, and the mother substantially impacts the daughter's self-esteem and identity formation. However, these previous studies examined the association between the mother-daughter relationship and psychological development from the daughter's perspective and did not include maternal factors. Therefore, this study primarily analyzed the data by pairing the mother-daughter samples to determine the association within all variables. Hence, the second purpose for this study was to examine the impact of the mother's self-discrepancies on the daughter's self-esteem and self-identity.

1.3. The Self-Discrepancies Theory

According to Rogers (1951), the actual self refers to the present self, the attributes that an individual possesses, and the ideal self is the image of self that the person desires to be. The notion is that the ideal self is the core mechanism for self-regulation and intrinsic motivation (Boyatzis & Akriyou, 2006). It manifests as an individual's vision or an image of what the individual wants to be and hopes to accomplish in life. In other words, the ideal self functions as a self-guide and leads individuals toward happiness and fulfillment (Higgins, 1987; Rogers, 1961).

People with conflicting or incompatible beliefs are likely to experience discomforts (Heider, 1958; Higgins, 1989; Markus & Nurius, 1986; Roger, 1959). In other words, self-inconsistency or self-conflict produces emotional problems and distress and affects their behavior. (Markus & Nurius, 1986; Strauman & Higgins, 1988; Rogers, 1961).

Higgins' (1987) introduced the self-discrepancies theory and explored the relationship between aspects of the self and their effects on the psyche.

For instance, when people are emotionally overwhelmed by tragedies or severe setbacks, such as their child's death, loss of employment, or divorce, they would likely suffer from depression or anxiety. However, the same tragic experience does not always produce the same intensity of emotions in everyone. When people have goals, such as wanting to enter a prestigious university or desiring a stable marriage, they often represent these goals as part of their identity.

As mentioned, the ideal self represents the individuals' goals, hopes, and aspirations and functions as self-guides (Boyatzis & Akriyou, 2006; Higgins, 1987). Thus, individuals may compare themselves to their desired or ideal self, which holds all their hopes or wishes. Consequently, the ability to match those ideal self standards is related to happiness and joy (Rogers, 1959).

According to Higgins (1987), the discrepancies between the actual self and the ideal self are related to negative psychological situations associated with mental discomfort. This mental discomfort can then impact the person's emotions and behavior. Strauman (1992) applied the self-discrepancies theory to psychological disorders of emotion. The study defined that individual reporting symptoms of depression had more significant discrepancies from their ideal selves. Consequently, the magnitude of self-discrepancies is related to the experience of adverse effects such that the greater the contrast, the more significant the negative impact (Higgins, 1987/1989; McDaniel & Grice, 2008; Strauman, 1992).

The measurement of self-discrepancies (the discrepancies between the actual and ideal self) often adopted the ideas from the Selves Questionnaire developed and used by Higgins (1989). The questionnaire will ask the participants to list the attributes of each of the different self-states. Using such questionnaires, many studies

conducted have revealed that self-discrepancies negatively impact self-esteem (Endo, 1992; Matsuoka, 2006) and positively self-identity (Mizuma, 1998). On the other hand, Sunada (1979), Nemoto and Nakazawa (1990) defined self-discrepancies as related to identity confusion; for example, individuals might have confidence in their achievements but feel insecure or unconfident to present in front of others (Nemoto & Nakazawa, 1990).

Mizuma (1998) investigated the relationship between self-discrepancies, self-identity, and self-esteem among undergraduates. The participants were asked to list up to 10 traits in five categories (adjective quoted) to measure their self-discrepancies. The five categories quoted in the scale are personality, appearance, lifestyle, relationship, and abilities. The results revealed that self-discrepancies negatively correlated with self-esteem and positively correlated with self-identity in achievement (future exploration) and motivation factors (present exploration). The study concluded that the discrepancies between the actual and ideal self are associated with an adverse psychological situation that could harm self-esteem. However, the discrepancies may have the function boost, foster the individual to work hard toward their achievement, which revealed a positive correlation with the self-identity in present and future exploration.

As mentioned above, previous studies have examined the psychological development and the discrepancies between the actual and ideal self by using the self-questionnaire that contains various domains such as personality, appearance, relationship, lifestyle, and abilities, among undergraduates (Endo, 1992; Matsuoka, 2006; Mizuma, 1998). Therefore, this study adopted the previous research model concepts to investigate the relationship between the mother's self-discrepancies on parental attitudes and their

influence on her daughter's self-esteem and self-identity.

In addition, previous studies have examined the discrepancies between the actual and ideal selves by analyzing scores that sum up the differences in several domains, such as personality, appearance, lifestyle, relationship, and abilities, but did not examine the effect of each domain respectively. Therefore, this study intended to identify the effects of the five domains (personality, appearance, relationship, lifestyle, and abilities) examined by Mizuma (1998) on parenting attitudes and the psychological development of daughters.

1.4. The Hypotheses

The empirical evidence has demonstrated that motherhood discrepancies related to inconsistency parental attitudes, i.e., abuse, neglect, or failure to respond to their children's needs. Inconsistency or inappropriate parental attitudes result in low self-esteem in children. Moreover, the mother-daughter relationship is exceptional, and the mother significantly influences the daughter's psychological growth. Thus, the present study builds on the existing literature by considering that the mother's self-discrepancies negatively impact parental attitudes, the daughter's self-esteem, and self-identity. In the sum of the previous research's empirical evidence, the current study hypothesized that:

1. Mother's self-discrepancies (MSD) is related to inappropriate parental attitudes.
2. Mother's self-discrepancies (MSD) negatively correlate with the daughter's self-esteem (DSE).
3. Mother's self-discrepancies (MSD) negatively correlate with the daughter's self-identity (DID).
4. The daughter's self-esteem (DSE) positively correlates with her self-identity (DID).

2. Method

2.1. Participants

One hundred and twelve female undergraduates and 55 of their mothers responded to the survey. All the participants were Japanese. The response rate of the undergraduates' mothers was 49.1%. Three mothers failed to complete the questionnaire and were therefore excluded from analyses. The final sample was comprised of 52 female undergraduates (age $M=19.8$) and their mothers. The age of the mothers ranged from 40 to 49 (48%) and 50-60 (52%). More than half of the mother participants were employed, part-time (37%), full-time (34.8%), homemaker (15.2%), and others (13%). Most of the mothers obtained a bachelor's or master's degree (78.3%), high school degree (10.9%), and others (10.8%).

2.2. Procedure

This study design involved female undergraduates and their mothers completing the questionnaires so that sample data from mothers and daughters could be paired and the results analyzed. We recruited female undergraduates through the university's online classes and requested them to ask their mothers to cooperate with the survey. The survey was conducted through an online system. All the questionnaires were in Japanese. Before the survey was conducted, 10 psychology students (senior and graduate students) were asked to cooperate in advance to check the questionnaire for grammatical errors in Japanese.

2.3. Materials

The survey questionnaires covered areas A) for the mother participants: Selves Questionnaire (to measure the mother's self-discrepancies) and Parental Attitudes Scale, B) for the daughter participants: Self-Esteem Scale and Identity Status Scale. All the participants, including the mothers

and the daughters, filled out a questionnaire with checkboxes for Japanese citizenship status and age. In addition, the daughter participants were to enter their student ID numbers, and the mother participants were to write their daughters' student ID numbers on the questionnaire.

2.3.1. Selves Questionnaire

The Selves Questionnaire developed by Higgins (1987, 1989) was in written form, and in which, the participants were allowed to write and describe their thoughts. Many other scholars in Japan, such as Matsuoka (2006) and Mizuma (1998), employed this questionnaire to measure adolescents' self-discrepancies. Therefore, this study adopted the questionnaire from the previous studies, mainly from Matsuoka (2006), for a Japanese version of the Selves Questionnaire. In addition, the Selves-Questionnaire was revised and modified to meet the objective of this study. The previous study defined the form of the ideal self as a deep-seated personality (Boyatzis & Akriyou, 2006). In this case, personality could be the essential element that determines individuals' self-discrepancies. Therefore, the Selves Questionnaire in this study includes categories that relate to individuals' personality, such as appearance, relationship, lifestyle, and abilities, which were also employed in Matsuoka (2006).

The mother participants were asked (1) to write five traits of their ideal self in each category: personality, appearance, relationship, lifestyle, and abilities. For example, the instruction was as follows: please write 5 of your ideal self's personality, appearance, relationship, lifestyle, and abilities that you wish to become. Then, (2) rate to what extent your actual self is toward each of your ideal self's personality, appearance, relationship, lifestyle, and abilities on a 7-point scale. One denoted "applies to me very well," seven denoted "does not apply to me at all."

2.3.2. Parental Attitudes Scale

In order to achieve the purpose of this study, we employed the parental attitude scale developed by Suzuki in 1985 (cited from Horiyou et al., 1994). This scale consists of three variables, acceptance, authority, and avoidance. *Acceptance* refers to the mother's receptiveness level and how child-centered the mother is in her parenting. *Authority* refers to the mother's governance level or the management level of family rules over her children. Moreover, *avoidance* reflects the extent to which the mother cannot respond to or control her children consistently (for instance, the mother tends to react according to her mood, push or loosen the set rules, or become compliant with the child). This scale measures 5-Likert points, five denoted "applies to me very well," and one denoted "does not apply to me at all."

2.3.3. Self-Esteem Scale

Regarding measuring the daughter's self-esteem, the standard format questionnaire designed by Rosenberg (1965) and translated into Japanese (Yamamoto et al., 1986, as cited in Horiyou et al., 1994), was employed. According to Rosenberg (1965), self-esteem is about how individuals respect and value themselves; whether "I feel excellent about myself" or "I feel fine about myself," it addresses the different self-evaluation levels. This scale measures 5-Likert points, five denoted "applies to me very well," and one denoted "does not apply to me at all."

2.3.4. Identity Status Scale

The Identity Status Scale, developed by Kato (1983), consists of three variables: present exploration (awareness and effort of goals), future exploration (motivation and achievement), and past crisis (doubts and hesitation in making decisions), was employed. This scale contains 12 items and is measured in 6-Likert points; one denoted "does not

apply to me at all," and six denoted "applies to me very well." Using Kato's identity status scale, this study expects to clarify the contribution of mothers to their daughters' identity formation in terms of achievement awareness, motivation, and decision-making.

3. Results

This study aimed to define the relationship between the mother's self-discrepancies on parental attitudes and the daughter's self-esteem and self-identity. Therefore, Pearson correlation was conducted to report the association within all the variables. Regression analysis was employed to define the variable of the mother's self-discrepancies that predicted the daughter's self-esteem and self-identity. Before the data analysis, the mothers' data and the daughters' data were paired according to the daughters' student ID numbers. The correlation and regression analysis were run by SPSS (version 28), and results are as follows:

3.1. Mother's Self-discrepancies Scores

In the Selves Questionnaire, the mother participants were asked to describe their ideal selves in written form. Then, they were asked to rate the degree to which the actual self fits the ideal self. Furthermore, the discrepancies scores were calculated by subtracting the score of the degree to which the actual self fits the ideal self from a perfect score of seven points. The total score of the mother's self-discrepancies was calculated. The mean score is 65.31 ($SD=22.85$). Pearson correlation revealed that the mother's self-discrepancies significantly correlated with parental avoidance, $r=.324$, $p=.019$, indicating that the more the mother participants' self-discrepancies, the more the parental avoidance. However, the mother's self-discrepancies were not significantly

related to parental acceptance, $r=-.141$, $p=.318$, and authority, $r=-.028$, $p=.846$ (see Table 1).

Furthermore, the Pearson correlation result revealed that the mother’s self-discrepancies marginally significantly negatively correlated with the daughter’s self-esteem, $r=-.266$, $p=.057$. The mother’s self-discrepancies also significantly negatively correlated with the daughter’s self-identity in the present exploration, $r=-.376$, $p=.006$, and the future exploration, $r=-.417$, $p=.002$. There was no significant correlation between the mother’s self-discrepancies and the daughter’s self-identity in the past crisis domain (see Table 2).

In the following sections, the data analysis conducted was to determine the relationship between each domain (personality, appearance, relationship, lifestyle, and abilities) of the mother’s self-discrepancies, parental attitudes, and the daughter’s self-esteem and self-identity. Moreover,

the data analysis was conducted to identify the domain that predicted parental attitudes, the daughter’s self-esteem, and self-identity.

3.2. Descriptive Statistics

Table 3 shows the mean scores, standard deviations, and Cronbach’s alpha for all the variables. The results revealed that the mother’s self-discrepancies in abilities score were the highest, $M=22.85$ ($SD=6.55$), and the next higher was the appearance, $M=22.33$ ($SD=6.58$). Besides, for parental attitudes, the acceptance score tends to be higher, $M=41.17$ ($SD=4.70$) than authority, $M=21.73$ ($SD=6.66$), and avoidance, $M=23.60$ ($SD=6.56$). As for the daughters’ self-esteem, $M=34.75$ ($SD=6.60$), self-identity in present exploration, $M=16.04$ ($SD=4.10$), future exploration, $M=16.62$ ($SD=3.08$), and the past crisis, $M=17.38$ ($SD=17.38$). This survey consisted of 12 items; the reliability statistic revealed $\alpha=.573$.

Table 1
The Correlation Between the Mother’s Self-Discrepancies (MSD) and Parental Attitudes

	Acceptance	Authority	Avoidance
MSD	-0.141	-0.028	.324*
<i>p</i> -Value	0.318	0.846	0.019
<i>N</i>	52	52	52

* Correlation is significant at the 0.05 level (2-tailed).

Table 2
The Correlation Between the Mother’s Self-Discrepancies and the Daughter’s Self-Esteem and Self-Identity

	Self Esteem	Self-Identity		
		Present	Future	Past
MSD	-0.266	-.376**	-.417**	-0.142
<i>p</i> -value	0.057	0.006	0.002	0.316
<i>N</i>	52	52	52	52

Table 3*The Mean Score (M), Standard Deviation (SD), and Cronbach's Alpha (α) for All the Variables*

	<i>N</i>	<i>M</i>	<i>SD</i>	<i>α</i>
Acceptance	52	41.17	4.70	0.57
Authority	52	21.73	6.66	0.62
Avoidance	52	23.6	6.56	0.55
Personality	52	18.13	6.20	0.53
Appearance	52	22.33	6.58	0.56
Relationship	52	15.83	5.51	0.50
Lifestyle	52	14.92	4.54	0.50
Abilities	52	22.85	6.55	0.50
Self Esteem	52	34.75	6.60	0.60
Present exploration	52	16.04	4.10	0.57
Future exploration	52	16.62	3.08	0.58
Past crisis	52	17.38	4.09	0.53

3.3. The Correlations Between the Mother's Self-Discrepancies Variables

Pearson's correlation analysis was employed to examine the relationships within all the mother's self-discrepancies variables. Table 4 shows MSD in personality significantly positively correlated with all the other variables, appearance ($r=.349$, $p=.011$), relationship ($r=.540$, $p<.001$), lifestyle ($r=.320$, $p=.021$), and abilities ($r=.655$, $p<.001$). In addition, MSD in abilities showed a statistically significant positively correlated with all the other variables, appearance ($r=.498$, $p<.001$), relationship ($r=.517$, $p<.001$), and lifestyle ($r=.411$, $p=.002$). Furthermore, MSD in appearance had a marginal

weak correlation with MSD in relationship ($r=.264$, $p=.058$), and a significantly weak correlation with lifestyle ($r=.316$, $p=.023$).

3.4. The Correlation Between the Mother's Self-Discrepancies Variables and Parental Attitudes

Pearson's correlation analysis was employed to determine the correlation coefficients between MSD variables and parental attitudes. In Table 5, the results revealed that MSD in personality significantly positively correlated with parental avoidance ($r=.368$, $p=.007$), no significant correlations with authority ($r=.085$, $p=.548$), and

Table 4*The Correlations for the Mother's Self-Discrepancies Variables*

	Personality	Appearance	Relationship	Lifestyle	Abilities
Personality	-				
Appearance	.349*	-			
<i>p</i> -value	0.011				
Relationship	.540**	0.264	-		
<i>p</i> -value	<.001	0.058			
Lifestyle	.320*	.316*	.605**	-	
<i>p</i> -value	0.021	0.023	<.001		
Abilities	.655**	.498**	.517**	.411**	-
<i>p</i> -value	<.001	<.001	<.001	0.002	

* Correlation is significant at the 0.05 level (2-tailed).

** Correlation is significant at the 0.01 level (2-tailed).

acceptance ($r=.107, p=.449$). However, there were no significant correlation between MSD in appearance, relationship, lifestyle, and abilities with parental avoidance. Moreover, there were no significant correlation between all the MSD variables and parental acceptance and authority. A scatter plot (Figure 1) for parental avoidance by MSD in personality shows a positive linear trend, which reveals that parental avoidance increases along with MSD in personality increases.

3.5. The Correlation Between the Mother's Self-Discrepancies Variables and the Daughter's Self-Esteem and Self-Identity Variables

Pearson correlation analysis was conducted to

define the relationship between MSD, DSE, and DID. Table 6 shows the MSD in personality ($r=-.290, p=.037$) and abilities ($r=-.275, p=.048$) significantly negatively correlated with DSE. Moreover, MSD in personality significantly correlated with DID in the present exploration ($r=-.280, p=.045$). MSD in abilities significantly correlated with DID in future exploration ($r=-.304, p=.028$). A scatter plot was created to define the relationship; Figure 2 shows a negative linear for DSE by MSD in personality. The result revealed that DSE decreases when MSD in personality increases. However, there was no significant correlation between MSD in appearance, relationship, and lifestyle with DSE and DID variables.

Table 5
The Correlations Between the Mother's Self-Discrepancies and Parental Attitudes

	N	Personality	Appearance	Relationship	Lifestyle	Abilities
Acceptance	52	-0.107	-0.023	0.131	0.108	0.058
<i>p</i> -value		0.449	0.873	0.355	0.445	0.682
Authority	52	-0.085	-0.086	-0.083	-0.088	-0.007
<i>p</i> -value		0.548	0.544	0.558	0.537	0.959
Avoidance	52	.368**	-0.025	0.157	0.143	0.197
<i>p</i> -value		0.007	0.863	0.268	0.312	0.162

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

Figure 1
Scatter Plot of Parental Avoidance by the Mother's Self-Discrepancies in Personality

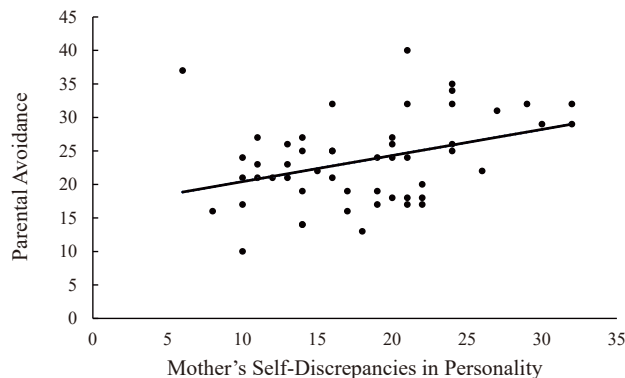


Table 6

The Correlations Between the Mother's Self-Discrepancies Variables and the Daughter's Self-Esteem and Self-Identity

	DSE		DID					
	<i>r</i>	<i>p</i>	Present		Future		Past	
			<i>r</i>	<i>p</i>	<i>r</i>	<i>p</i>	<i>r</i>	<i>p</i>
Personality	-.290*	0.037	-.280*	0.045	-0.268	0.054	0.045	0.751
Appearance	-0.048	0.734	-0.182	0.196	-0.265	0.057	0.057	0.687
Relationship	-0.104	0.462	-0.091	0.521	-0.026	0.855	0.210	0.136
Lifestyle	0.157	0.267	0.038	0.789	0.120	0.398	0.207	0.142
Abilities	-.275*	0.048	-0.154	0.276	-.304*	0.028	0.139	0.325

* $p < .05$.

Figure 2

Scatter Plot of Self Esteem by Mother's Self-Discrepancies in Personality



3.6. Daughter's Self-Esteem and Self-Identity

Table 7 shows the correlation between DSE and DID variables. The results revealed that DSE significantly positively correlated with DID in the present exploration ($r = .709$, $p < .001$), future exploration ($r = .543$, $p < .001$), and past variable ($r = .325$, $p = .019$). Moreover, the result revealed

that DSE strongly positively correlated with DID in the present and future exploration. Furthermore, DID in the present variable was significantly associated with the future variable ($r = .490$, $p < .001$), and past crisis ($r = .498$, $p < .001$). In addition, DID in future exploration significantly correlated with past crisis ($r = .339$, $p = .014$).

Table 7

The Correlations Between the Daughter's Self-Esteem (DSE) and Self-Identity Variables

	1	2	3	4
1. DSE	--			
2. Present	.709**	--		
3. Future	.543**	.490**	--	
4. Past	.325*	.498**	.339*	--

Note. * $p < .05$, ** $p < .01$, two-tailed. $N = 52$.

3.7. Regression Analysis

Furthermore, a forward stepwise linear regression was conducted to identify possible predictors of parental avoidance and DSE from the MSD variables (personality, appearance, relationship, lifestyle, and abilities). The analysis model was statistically significant $R=.368$, $R^2=.135$, $F(1, 50)=7.832$, $p=.007$, $B=.390$, $\text{Std. Error}=.139$, $\beta=.368$. The result revealed that the MSD in

personality statistically significantly predicted parental avoidance, $p=.007$ (see Table 8).

On the other hand, the regression analysis model for the daughter's self-esteem by the mother's self-discrepancies variables was statistically significant, $R=.290$, $R^2=.084$, $F(1, 50)=4.593$, $p=.037$. MSD in personality statistically significantly to the prediction of DSE, $B=-.309$, $\beta=-.29$, $p=.037$ (see Table 9).

Table 8
The Regression Analysis of Parental Avoidance by the Mother's Self-Discrepancies Variables

Coefficients						
Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	16.531	2.665		6.203	<.001
	Personality	0.39	0.139	0.368	2.799	0.007

a Dependent Variable: Avoidance

Excluded Variables						
Model		Beta In	t	Sig.	Partial	Collinearity
					Correlation	Statistics Tolerance
1	Appearance	-.174b	-1.249	0.218	-0.176	0.878
	Relationship	-.060b	-0.379	0.706	-0.054	0.708
	Lifestyle	.028b	0.201	0.842	0.029	0.897
	Abilities	-.077b	-0.441	0.661	-0.063	0.571

a Dependent Variable: Avoidance

b Predictors in the Model: (Constant), Personality

Table 9
The Regression Analysis of the Daughter's Self-Esteem by the Mother's Self-Discrepancies Variables

Coefficients						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	40.356	2.761		14.615	<.001
	Personality	-0.309	0.144	-0.29	-2.143	0.037

a Dependent Variable: Self Esteem

Excluded Variables						
Model		Beta In	t	Sig.	Partial	Collinearity
					Correlation	Statistics Tolerance
1	Appearance	.060b	0.415	0.68	0.059	0.878
	Relationship	.074b	0.458	0.649	0.065	0.708
	Lifestyle	.278b	2.007	0.05	0.276	0.897
	Abilities	-.149b	-0.828	0.411	-0.118	0.571

a Dependent Variable: Self Esteem

b Predictors in the Model: (Constant), Personality

4. Discussion

The present study investigated the effects of the mother's self-discrepancies between the actual and the ideal self on parental attitudes, and their daughter's self-esteem and self-identity. The open-ended form of the Selves Questionnaire enables the mother participants with free-response statements that express the level of awareness and interest in a way that is based on an intrinsic perspective, and that is highly relevant to their place in life and consciousness. It can also provide appropriate data for this study.

This study hypothesized that the mother's self-discrepancies is related to inappropriate parental attitudes, negatively correlate with the daughter's self-esteem and self-identity. First, the data analysis was conducted for the total score of the mother's self-discrepancies and its relationship with parental attitudes and the daughter's self-esteem and self-identity. The results revealed that the mother's self-discrepancies were related to parental avoidance. Moreover, the mother's self-discrepancies negatively correlate with the daughter's self-esteem and self-identity in the present and future exploration. Consequently, assume the discrepancies in the mothers resulted in psychological discomfort that impacted their parental attitudes, and those consequences negatively affected the daughter's psychological outcome.

Next, the data analysis was conducted for each domain of the mother's self-discrepancies and its relationship with parental attitudes and the daughter's self-esteem and self-identity. The reliability statistic revealed relatively acceptable internal consistency (internal consistency was within $0.5 \leq \alpha \leq 0.6$), which may be due to the relatively small sample size of this study and the small number of items in the scales.

However, the correlation analysis revealed that the mother's self-discrepancies variables in

personality, appearance, abilities, lifestyle, and relationship were significantly correlated within variables. Mother's discrepancies in personality may have an essential role that impacts other variables. The regression analysis may provide a further description.

According to personality studies, personalities influence our thoughts, behavior, and attitudes. Ultimately, an individual's character determines the outcome of who they are; it affects many domains from their relationships to how they live, e.g., appearance, lifestyle, and abilities (Kendra, 2020). Moreover, the form of the ideal self has a deep-seated personality (Boyatzis & Akriyou, 2006). In other words, discrepancies in personality domain may reflect the ideal self's discrepancies more than other domains. Furthermore, those discrepancies relate to an avoidance action in the individual; instead of moving forward or working toward it, the individual moves away from it to avoid threatening aspects of the present or future (Boyatzis & Akriyou, 2006).

The Pearson correlation shows that the mother's self-discrepancies in personality significantly correlate with parental avoidance. Moreover, the regression analysis revealed that the mother's self-discrepancies in personality significantly predicted parental avoidance. Parental avoidance refers to inconsistent parental attitudes that the mother has toward the child; it reflects the extent to which the mother cannot respond to or control their child consistently (Matsuzaka, 2002; Okamoto & Fukase, 2013). It is coherent with the previous study that self-discrepancies relate to avoidance behavior, in which the individual, instead of moving forward, the individual moves away from it to avoid fear, rejection, or disapproval.

On top of this, according to Belsky et al. (1995), mothering was more consistently predicted by personality and mood or hassles than fathering. Moreover, a mother's personality directly affects

her parenting. In addition, personality discrepancies may refer to emotional disorders. According to the study of personality disorder, Cuncic (2022) indicated that personality disorder is related to the emotional disorder and avoidance behavior, such as showing a pattern of avoidance due to fear of rejection or disapproval. In other words, it is characterized by extreme shyness and sensitivity to criticism from others (Lampe & Malhi, 2022). On the other hand, Van den Broeck et al. (2012) defined *personality disorder* as related to anxiety, associations with depression, and self-discrepancies. Thus, these findings suggest that the discrepancies between the mother's actual and ideal self represent the absence of positive outcomes associated with negative emotions; one will experience conflicts related to feeling confused or uncertain. Moreover, those discrepancies lead to inconsistent parental attitudes (Liss et al., 2012; Meeussen & Laar, 2018; Okamoto & Fukase, 2013).

Furthermore, this study predicted that the mother's self-discrepancies negatively correlate with the daughter's self-esteem and self-identity. The Pearson correlation shows that the mother's self-discrepancies in personality and abilities significantly negatively correlate with the daughter's self-esteem. On the other hand, the mother's self-discrepancies in personality significantly negatively correlate with the daughter's self-identity in present exploration. Moreover, the mother's self-discrepancies in abilities significantly negatively correlate with the daughter's self-identity in future exploration. The mother's self-discrepancies in appearance show a significant marginal correlation with the future exploration. The finding may reflect that the mother is a role model for the daughter and affects the daughter in many ways (Muramatsu, 1994). The daughter may see their mother as a model for their present and future reference.

In addition, regression analysis showed that the mother's self-discrepancies in personality significantly predicted the daughter's self-esteem. Maternal affinity or negative emotional expression style influences self-esteem in female college students (Morishita & Fukui, 2014). Self-discrepancies affect psychological situations, including emotions. Thus, the mother's self-discrepancies in personality could have negatively influenced their transient mood, hassles, and emotional expression, which mediated the impact on the daughter's self-esteem. Further study may include an emotional trait scale to define the relationship between the mother's self-discrepancies and emotional expressivity. Overall, this study results show that maternal personality may consider the most theoretically substantial cause of parenting attitudes.

Lastly, the Pearson correlation also show that the daughter's self-esteem significantly positively correlates with her self-identity. According to previous research, self-worth is essential and an internal frame reference for identity formation; for instance, how a person's values create concepts and details for identity construction (Campbell, 1990; Epstein, 1973; Erikson, 1994; Stets & Burke, 2014). Positive self-evaluation promotes positive self-identity formation (Cherry, 2022; Tatsumi, 2004).

5. Conclusion

In conclusion, this study suggests that the mother's self-discrepancies are related to psychological discomforts, affecting parental attitudes and their daughter's adverse psychological outcome. Thus, mothers with high levels of self-discrepancies may benefit from additional support (e.g., positive regard) to reduce the risk of negative psychological consequences in their offspring. However, increasing the study's sample size may

provide more reliable results. Furthermore, this study could give a piece of knowledge, understanding how the mother's self-discrepancies could be the source that relates to mediate the impact on their parenting. Positive regard for the mothers may improve mothering and reduce the children's adverse outcome risk.

6. Limitation

The limitation of this study was the small sample size and the low response rate of the undergraduates' mothers. We did not directly reach out to the mother participants but through their daughters. Although an internet survey is convenient, and the respondents can answer the questions on their schedule, it did not increase the expected response rate. A more significant sample size proposition would allow for a better evaluation of the result. Furthermore, future studies may include mothers' employment status and the expressivity trait scale.

References

- Akagi, M. (2018). *Oyakokankei ga musume no aidentitikeisei to seishinteki kenkou ni ataeru eikyou: Oyakokankei shakudo no sakusei wo toshite*. [The influence of mother-daughter relations on daughters' identity and mental health]. *The Japanese Journal of Development Psychology*, 29(3), 114-124.
- Baumrind, D. (1966). Effects of authoritative parental control on child behavior. *Child Development*, 37(4), 887-907.
- Baumrind, D. (1991). The influence of parenting style on adolescent competence and substance use. *Journal of Early Adolescence*, 11, 56-95.
- Belsky, J., Crnic, K., & Woodworth, S. (1995). Personality and parenting: Exploring the mediating role of transient mood and daily hassles. *Journal of Personality*, 63(4), 905-929.
- Bowlby, J. (1988). *A secure base: Parent-child attachment and healthy human development*. Basic Books.
- Boyatzis, R. E., & Akrivou, K. (2006). "The ideal self as the driver of intentional change." *Journal of Management Development*, 25, 624-642.
- Boyd, J. C. (1989). Mothers and daughters: A discussion of theory and research. *Journal of Marriage and the Family*, 51, 291-301.
- Campbell, J. D. (1990). Self-esteem and clarity of the self-concept. *Journal of Personality and Social Psychology*, 59, 538-549.
- Cherry, K. (2022, November 7). *What is self-esteem? Your sense of your personal worth or value*. Verywellmind. <https://www.verywellmind.com/what-is-self-esteem-2795868>
- Cuncic, A. (2022, November 10). *Avoidant personality disorder: Symptoms and treatment*. Verywellmind. <https://www.verywellmind.com/avoidant-personality-disorder-4172959>
- Endo, Y. (1992). *Jikohyoukakijun toshite no fu no risoujiko* [Negative ideal self as a standard of self-esteem]. *The Japanese Journal of Psychology*, 63, 214-217.
- Epstein, S. (1973). The self-concept revisited: Or a theory of a theory. *American Psychologist*, 28(5), 404-416.
- Erikson, E. H. (1994). *Identity and the life cycle*. New York: W. W. Norton.
- Fujita, M., & Okamoto, Y. (2009). *Seinenki ni okeru hahamusume kankei to aidentiti to no kanrei* [The relationship between mother-daughter relationship and identity in adolescence]. *Hiroshimadaigakudaigakuin shinri rinshou kyoiku kenkyu senda kiyou* [Bulletin of Training and Research Center for Clinical Psychology Graduate School of Education, Hiroshima University].
- Higgins, E. T. (1987). Self-discrepancy: A theory related self and affect. *Psychological Review*, 94, 319-340.
- Higgins, E. T. (1989). Self-discrepancy theory: What patterns of self-beliefs cause people to suffer? *Advances in Experimental Social Psychology*, 22, 93-136.
- Horiyou, M., Yamamoto, M., & Matsui, Y. (1994). *Shinri shakudo fairu* [Psychological Scale File]. Kakiuchi.
- Kang, S., & Yamazaki, Y. (2013). *Kodomo no ninchi suru oya no yoiku taido to iyoku to no kanren ni tsuite* [The relation between child's motivation and child's cognition of the parents' attitudes towards bringing up the child]. *Ningen hattatsu kagaku-bu kiyou* [Bulletin of Faculty of Human Development Science], 8, 9-22.
- Kasuga, H., & Utsunomiya, H. (2011). *Oyakara no kitai ga daigakusei no jisonkajou ni ataeru eikyou - kodomo no kitai ni taisuru hannou youshiki ni chumokushite* - [The effect of parental expectation on university student's self-esteem: Focusing on children's reaction]. *Ritsumeikan daigaku daigakuin bungaku kenkyu* [Graduate School of Letters, Ritsumekan University College of Letters,

- Ritsumeikan University], 22, 45-55.
- Kashiwagi, K. (2008). *Kodomo ga sotatsu jouken. Kazokushinrigaku kara kangaeru* [Conditions for raising children - A view from family psychology]. Iwanami.
- Kashiwagi, K., & Wakamatsu, M. (1994). *Oya to naru koto ni yoru jinkakuhatsutsu' seigaihatatsu no shitenn kara oya wo kenkyu suru kokoromi* [Becoming a parent and personality development: A lifespan developmental view]. *Hatatsu shinrigaku kenkyu* [The Japanese Journal of Developmental Psychology], 5, 72-83.
- Kato, A. (1983). A study of identity statuses and their structure in university students. *The Japanese Journal of Educational Psychology*, 31, 292-302.
- Kohler, H-P., & Mencarini, L. (2016). The parenthood happiness puzzle: An Introduction to the special issue. *Eur. J. Population*, 32, 327-338.
- Lampe, L., & Malhi, G. S. (2022). Avoidant personality disorder: current insights. *Psychology Research and Behavior Management*, 11, 55-66.
- Liss, M., Schiffrin, H. H., & Rizzo, K. (2012). Maternal guilt and shame: The role of self-discrepancy and fear of negative evaluation. *Psychological Science*. 5. https://scholar.umw.edu/psychological_science/5
- Marcus, H., & Nurius, P. (1986). Possible selves. *American Psychologist*, 41, 954-969.
- McDaniel, B. L., & Grice, J. W. (2008). Predicting psychological well-being from self-discrepancies. A comparison of idiographic and nomothetic measures. *Self and Identity*, 7 (3), 243-261.
- Matsuoka, M. (2006). *Risojiko no seigai hatatsu – henka no imi to chousetsukatei wo toraeru* [Ideal self across the life span: Roles and regulation process]. *Kyoiukushinrigakukenyu* [Japanese Journal of Education Psychology], 54, 45-54.
- Matsuzaka, M. (2002). *Oya no youiku taido saikou* [Rethinking parent attitudes]. *Nihonfukuin shugi shingakukai* [Academic Journal Evangelical Theology], 33.
- Meeussen, L., & Laar, C. V. (2018). Feeling pressure to be a perfect mother relates to parental burnout and career ambitions. *Frontiers in Psychology*, 9, 2113.
- Mizuma, R. (1998). *Risojiko to jikohyoka oyobi jikokeisei ishiki no kanren nit suite* [A study of relationship between an ideal self and self-esteem, and consciousness to self-formation]. *Kyoiukushinrigakukenyu* [Japanese Journal of Educational Psychology], 46, 131-141.
- Moretti, M. M., & Wiebe, V. J. (1999). Self-discrepancy in adolescence: Own and parental standpoints on the self. *Merrill-Palmer Quarterly*, 45.
- Morishita, M., & Fukui, E. (2014). *Hahaoya no jodo hyogen sutairu ga joshi daigakusei no jodo hyogen sutairu to jison kanjo ya jiritsu kokoro ni ataeru eikyo: Boshi no shinrai kankei o baikai to shite* [The relation between maternal emotional expressivity and her daughter's expressions, self-esteem, autonomy among women's university students: In terms of their confidential relationship]. *Hattatsu kyoiku-gaku kenkyū: Kyotojoshidaigaku daigakuin hattatsu kyoikugakukenyūka hakushikokikatei kenkyu kiyo* [Journal of Development Educational], 8, 21-301.
- Muramatsu, M. (1994). *Joshigakusei no raifuko-sukan no keisei – oyano eikyō wo chushin ni -* [A view of the life course of female's students- focusing on influence from parents]. *The Annual Review of Sociology*, 7, 85-96.
- Nemoto, K., & Nakazawa, C. (1990). The relationship of time anxiety to ego identity, achievement motive and self-image. *Bulletin of the Faculty of Education, Chiba University*, Part I, 38, 47-54.
- Noma, A., Ushio, M., Yokose, Y., & Sakai, M. (2013). *Joshidaigakusei ni okeru hahamuseumo no kankei ga musume no jisonkanjo to yu-utsu ni ataeru eikyō* [The effect of mother-daughter relationship to self-esteem and depression]. *Tokushima University, Journal of Human Science*, 21, 35-47.
- Ohinata, M. (2020). *Mounayamanai! Jikokotei no shiawase kosotate*. Kawade shobo shisha.
- Okamoto, Y. (2006). *Hatatsurinshoushinrigaku kara mita oyani narenai oya no rikai to enjou* [Understanding and support of "parents who cannot be parents" from the perspective of developmental clinical psychology]. *Bosei eisei* [Japanese journal of maternal health], 46, 480-483.
- Okamoto, Y., & Fukase, Y. (2013). *Seigaihatatsu Shinrigaku*. [Lifespan Developmental Psychology]. Minervashobo.
- Onayli, S., & Erdur-Baker, O. (2013). Mother-daughter relationship and daughter's self esteem. *Procedia-Social and Behavioral Sciences*, 84, 327-331.
- Polasky, L. J., & Holahan, C. K. (1998). Maternal self-discrepancies, interrole conflict, and negative affect among married professional women with children. *Journal of Family Psychology*, 12(3), 388-401. <https://doi.org/10.1037/0893-3200.12.3.388>
- Rogers, C. R. (1951). *Client-centered therapy: Its current practice, implications, and theory*. London: Constable.
- Rogers, C. R. (1959). A theory of therapy, personality and interpersonal relationships as developed in the client centered framework. In (ed.) S. Koch, *Psychology: A study of a science. Vol. 3: Formulations of the person and the social context*.

New York: McGraw Hill.

- Rogers, C. R. (1961) *On becoming a Person: A therapist's view of psychotherapy*. Houghton Mifflin, Boston.
- Rosenberg, M. (1965). *Society and the adolescent self-image*. Princeton, New Jersey: Princeton University Press.
- Shima, Y. (2014). *Hahaoya no youikutaido no ninnchi ha shakaiteki tekio ni dono youni hanei sareru no ka: naitekisagyou moderu no baicai kouka* [Adolescents' internal working models of attachment as a mediator between their social adjustment and parental child-rearing attitudes]. *Hatatsushinrigakukenkyu* [The Japanese Journal of Developmental Psychology], 25(3), 260-267.
- Stachowski, A., & Kulas, J. T. (2020). Personality and well-being: The role of discrepancies in individual and societal comparison. *European Journal of Applied Positive Psychology*, 4(4), 2397-7116.
- Stets, J. E., & Burke, P. J. (2014). Self-esteem and identities. *Sociological Perspectives*, 57, 409-433.
- Strauman, T. J. (1992). Self-guides, autobiographical memory, and anxiety and dysphoria: toward a cognitive model of vulnerability to emotional distress. *Journal of abnormal psychology*, 101, 87-95.
- Strauman, T. J., & Higgins, E. T. (1988). Self-discrepancies as predictors of vulnerability to distinct syndromes of chronic emotional distress. *Journal of psychology*, 56, 685-707.
- Sunada, R. (1979). *Jikozo to no kankei kara mita jigadouichisei* [Ego Identity in Relation to Self-Image]. *Kyoiku Shinrigaku Kenkyu*. [Japanese Journal of Educational Psychology], 27(3), 215-220.
- Tatsumi, Y. (2004). *Aidentity no keisei katei to jiko no imi kachi no tankyu* [Identity development and exploring the meaning and the worth of the self]. *Seiroyoushi no koudokagaku* [Behavioral sciences of life, aging, sickness, and death], 67-74, 2004.
- Toda, Y. (2012). The Japanese motherhood myth and its effects on women and family in contemporary Japan. *Journal of Sugiyama Jyogakuen University*, 43, 59-68.
- Van den Broeck, K., Claes, L., Pieters, G., & Raes, F. (2012). Memory specificity in borderline personality disorder: associations with depression and self-discrepancy. *Journal of behavior therapy and experimental psychiatry*, 43 Suppl 1, S51-S59.
- Watanabe, H. (2000). *Boshi rinsho to sedai-kan dentatsu* [Maternal-child clinical care and intergenerational transmission]. *Kaneko shupan* [Kaneko Publisher].
- Yamamoto, M., & Kimite, Y. (2017). *Oya no youikutaido*

ga daigakusei no hyouka keinen oyobi tekiokan ni oyobosu eikyou no kenntou [Effects of parental attitudes on college students' evaluation concerns and adaptation. *Hiroshima daigaku daigakuin shinririnshou kyoiku kenkyu senta* [Bulletin of Hiroshima University Graduate School of Clinical Psychology Education and Research].