

Effect of writing about target behavior in narrative structuring for achieving target behavior

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Although writing about traumatic events has been shown to produce a variety of health benefits, little is known about how writing produces those benefits. This study assumed that participants who wrote about their target behavior integrating thoughts and feelings in narrative structuring might become accustomed to their target behavior. A sample of four undergraduates wrote about their best possible selves; BPS in narrative structuring. Then, participants decided the target behavior which they wanted to practice on a day-to-day basis to realize their BPS. In the first three weeks, participants wrote that they were practicing their target behavior and reported how many days they were able to succeed on blogs once each week. Over the next three weeks, they only reported how many days they could achieve their target behavior on their blog once each week. Over the last three weeks participants who succeeded in achieving their target behavior four times per week finished this experiment, being regarded as having become accustomed to the target behavior. The other participants wrote that they were practicing their target behavior and reported how many days they could achieve it on their blog once each week. The result of this experiment was that participants who wrote their target behavior integrating thoughts and feelings in narrative structuring achieved their target behavior. The results indicated that writing about people's target behavior integrating thoughts and feelings in narrative structuring enhanced their ability to become accustomed to their target behavior.