

Meaning of diary writing

Making a model to understand diary writing

FURUSAWA Aya

Graduate School of Science for Human Services, Ritsumeikan University

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Recently the word "self-counseling" has been heard. This word means self-insight; however, researchers have expressed differing opinions about it. Beyond these differing opinions we can, however, identify common features of self-counseling. One feature is writing, and another is that what is written is shown to nobody. These two features are common to personal diaries.

A number of studies have recognized that there is meaning to writing personal diaries. The majority of these are, however, quantitative rather than qualitative studies. For this reason, I aim to make a model to understand diaries using a grounded theory approach.

In the study 18 to 30-year-old individuals are defined as young persons. Eleven people participated in interviews. As a result, five groups were generated as the meaning of writing a diary. Young people today tend to talk with friends without negative feelings because they do not want to cause anxiety. Therefore, diaries are very important to them as a place where they can be the way they are.