

Coping with the conflict between expectations and desires for female college students

Focusing on the process when they react to expectation

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The purpose of this study is to clarify the process in which one reacts to expectations and copes with conflict regarding the gap between expectations and desires. In this study, six female college students were subjected to an interview.

An expectation can be recognized as a reaction against the speech and behavior of female college students and those around them. Secondly, feelings can arise for the expectation, and then it can be decided whether to accept the expectation. Finally, it is decided whether one should meet the expectation, and then their action is chosen. Past relationships with people who often have expectations of you, the frequency of such, and the attitude of the person who projects expectations could influence feelings toward the expectation in general.

It was suggested that female college students basically meet their expectations. It was also shown that they defend themselves by building relationships in which opposition does not arise. They thus coped with conflict between expectations and desires by thinking lightly of expectations, disclosing their desire, presenting their real self, controlling contact with the person who projects expectations onto them, compromising, and deciding priority. In performing this coping mechanism, they could meet expectations and express their independent will. The coping mechanism is necessary to maintain a `safe` distance. Female college students can thus acquire a more fulfilled identity by developing such a coping mechanism.