

A Study of Adolescent Crying

— Focusing on interpersonal situations —

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This study investigated mainly two points based on quantitative and qualitative research. The first point involved what factors relate to three interpersonal situations of crying: Crying in front of others, crying secretly but talking about their crying to others later, or crying without being noticed by anyone. The second point involves what effects we feel due to crying.

Study 1 showed that many adolescents cry by themselves. Moreover, the changes brought about by crying were different from interpersonal situations involving crying or sex.

Study 2 examined the significant relationship between interpersonal situations and the “extroversion” factors on a “Big-Five” scale. People who cry in front of others or talk about their crying to others later are more extroverted than those who cry without being noticed.

Study 3 researched the views of 12 cooperators, and many views correlated with interpersonal situations of crying; for example, shame, malaise, degree of importance of the episode inspiring crying or intimacy, etc. In addition, the present study showed that by crying, many adolescents feel catharsis and can form relationships with others.