

Notes on the Stresses of Personal Relationships as Experienced by University Students

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The purpose of this study was to examine the influence of diary-like expressive writing about stresses in personal relationships on psychological stress and subjective well-being.

For this study, 27 university students were asked to take notes about daily interpersonal stress or objective everyday activities at home for three weeks.

As a result, psychological stress significantly decreased post-study, in comparison with before the study. However, a significant difference in particular was not seen in addition to this.

The problems that were described included differences between the groups involved in the writing activity, lack of interpersonal stress measurement, lack of habituation, and the need for content analysis.