
ABSTRACT

The effects of alexithymia on over-adaptation because of perceived stress and fear of negative evaluation

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The purpose of this study is to provide initial suggestions for the process regarding how alexithymia tendency is related to internal and external aspects of over-adaptation by examining hypothetical models focused on perceived stress and fear of negative evaluation (FNE). Previous studies have shown that alexithymia leads to over-adaptation, but it was not clear what kind of process it was. In order to solve this problem we conducted a questionnaire survey of 264 Japanese university students. Path analysis by structural equation modeling showed that the higher alexithymia tendency, the more stress and FNE, which led to lower internal and higher external adaptations except for self-inhibition. Taken together, these results showed that perceived stress and FNE have a major influence on the over-adaptation of alexithymia, and suggest that approaches targeting particularly stress and FNE reduction might be salient psychological interventions in this domain.

Key Words: alexithymia, over-adaptation, perceived stress, FNE
