
Abstract

The relationship between over-adaptive tendencies and emotions in dreams among college students

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The purpose of this study was to examine the relationship between over-adaptive tendencies and emotions in dreams. A questionnaire survey was conducted on 229 college students. The questions included aspects of dreaming, dream descriptions, dream emotion ratings, and over-adaptive tendencies. Four groups were extracted and analyzed by cluster analysis: the over-adaptive group, the other-oriented group, the self-suppressed group, and the non-over-adaptive group, and an analysis of variance was conducted. The results showed that the over-adaptive group experienced an overall dream emotion and negative and positive emotions more strongly, especially joy/happiness, anxiety/fear, satisfaction, and confusion/shock. In dreams, individuals did not need to make conscious efforts to care for others or to adapt to the external world, and this related to their tendency to be more aware of their own emotions and to the compensatory function of dreams. Furthermore, the association between over-adaptive tendencies and thin psychological boundaries was thought to influence the intensity of emotions that are more likely to be experienced passively. In psychotherapy, it is useful to treat dreams with a focus on emotions.

Keywords: emotions in dreams, over-adaptation, emotional suppression, compensation
