

日本に於ける日本人の初対面の人々とのコミュニケーションに関する研究

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Japanese Communication with Strangers in Japan

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抄録

本研究では、日本の人々が同じ文化の人々（日本人）及び異なる文化の人々（外国人）と日本に於いて初めて出会ったときの状態を、感情（不安性）、認知（不確定性）、行動（回避性）の面から調査した。日本人はその文化的な背景から、未知の日本人と未知の外国人とでコミュニケーションの形態が大きく異なると考えられる。調査の結果、不確定性は日本人に対してより外国人に対しての方が高いことが分かった。ところが、不安性と回避性は日本人に対してと外国人に対してとの間に明確な違いが見られなかった。また、日本人に対する場合と外国人に対する場合のそれらの程度の相関を調べると、不安性、不確定性、会話を始めた後の回避性は、日本人に対してと外国人に対してとの間に相関が認められたが、会話を始める前の回避性は、日本人に対してと外国人に対してとの間に相関が認められなかった。

This research is concerned with the feelings (anxiety), cognitions (uncertainty), and behavior (avoidance) of Japanese people in encounters with strangers of the same and different cultures in Japan. Japan was selected because its cultural environment allowed us to clearly see the differences in communication between ingroup strangers and outgroup strangers. The results indicate that uncertainty is higher in Japanese people when meeting strangers from a different culture than when meeting strangers from the same culture. However, anxiety and avoidance are not significantly different in Japanese communication with strangers of the same and a different culture. Furthermore, the data suggest that Japanese anxiety, uncertainty, and avoidance after conversation started in initial encounter with strangers show a similar pattern, regardless whether the stranger belongs to the same or a different cultural background. Nevertheless, Japanese avoidance before communication started does not show the same pattern in encounters with foreign strangers as with strangers from the same culture.

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1. INTRODUCTION

Japanese see their communication style during intercultural encounters as greatly different from the communication style of their foreign counterparts (Kowner, 2002). Many Japanese tend to avoid communication with non-Japanese because they consider it an unpleasant experience. Some scholars have focused on the shyness (*hazukashisa*) Japanese feel when approached by foreigners (Eto, 1977). According to Eto, the shyness is the result of the fear of failure in the communication process with strangers from different cultures. Eto has also associated Japanese homogeneity with communication difficulties. Nevertheless, previous studies have also shown that Japanese people exhibit a high level of communication apprehension within their own culture when communicating with their compatriots (Klopf, 1984; Keaten, Kelly, & Pribyl, 1997). Hence, the problem of communication with foreigners could be only an extension of a general problem of communication.

Although the explanations mentioned above account for part of the communication difficulties manifested by Japanese when interacting with strangers from the same or a different culture, they do not take into account the cognitive (uncertainty), affective (anxiety) and behavioral (avoidance) aspects of Japanese communication. In an attempt to better understand Japanese communication, the present study examines the emotions, thoughts and behavior of Japanese people in their first encounters with strangers from the same or a different culture. Understanding the factors that influence Japanese communication with strangers is critical to the development of favorable interpersonal and intercultural relations.

1.1 *Communication with strangers*

According to Wood (1934) "the condition of being a stranger is determined by the fact that it was the first face-to-face meeting of individuals who have not known one another before" (p.43-44). Communication with strangers is one type of situation that is potentially replete with novelty, unfamiliarity, anxiety, and uncertainty.

1.1.1 *Uncertainty*

There are at least two distinct types of uncertainty:

predictive and explanatory. Predictive uncertainty is the lack of ability to predict others' attitudes, feelings, beliefs, values, and behaviors (Berger & Calabrese, 1975). Explanatory uncertainty refers to the inability to explain the behavior, attitudes, feelings, thoughts and beliefs (e.g., making casual attributions) of strangers. According to Turner (1988), to be motivated to interact with strangers, we need to 'trust' others. We need to feel that they are, to some degree, reliable and predictable. Uncertainty is higher when we communicate with strangers of different groups than when we communicate with strangers of our own groups. High levels of uncertainty lead to increased anxiety. Moreover, an increase in cultural uncertainty will produce an increase in the anxiety and uncertainty experienced when interacting with strangers from other cultures (Gudykunst, 1985; Lee & Boster, 1991; Gudykunst & Shapiro, 1996).

1.1.2 *Anxiety*

Anxiety is the affective (emotional) equivalent of uncertainty (Gudykunst & Nishida, 2001). Anxiety has been defined as a "generalized or unspecified sense of disequilibrium" (Turner, 1988, p.61). Anxiety is based on the anticipation of negative consequences (Stephan & Stephan, 1985). Turner (1988) contends that if anxiety is too high, individuals are not motivated to communicate with others; instead, they try to avoid them. We experience an increase in our anxiety level when we communicate with strangers. Stephan and Stephan (1985) argue that when individuals communicate with members of other groups (encounters with strangers of different cultures), they often experience higher levels of anxiety than when communicating with members of their own group (encounters with strangers of the same culture).

1.1.3 *Avoidance*

Avoidance is one of the behavioral consequences of high anxiety (Stephan&Stephan, 1985). We avoid strangers because it allows us to manage our anxiety. When we experience anxiety and we are unable to avoid strangers, we tend to terminate the interaction as soon as possible (Gudykunst, 2002). Avoidance is the behavior that prevents communication by eluding the encounter or communication with the stranger. Within this study, two kinds of avoidance are considered: avoidance of encounter

and avoidance of communication. Avoidance of encounter is characterized by evading contact with strangers, thereby ensuring that there is no opportunity for an initial conversation. In order not to be approached by a stranger, the person avoids encountering them. The transmission of messages through nonverbal communication, such as standing or sitting away from other people, avoiding eye contact, and standing with arms folded, signals to others that a person is not interested in communication; all these messages tend to reduce communication initiation attempts from others. Similarly, verbal communication is substantially reduced when a person wishes to withdraw from communication. Avoidance of communication occurs when the encounter could not be avoided and some communication has taken place. The person avoids sharing information with a stranger, attempting to finish the conversation as soon as possible.

To date, there are not enough data on how Japanese people think, feel or behave during their first encounters with strangers in Japan. The purpose of the present study, therefore, is to study uncertainty (cognitions), anxiety (feelings), and avoidance (behavior) in Japanese communication with strangers of the same and different cultures. To examine if the strangers' cultural background has an effect on Japanese anxiety, uncertainty and avoidance, the following hypotheses are proposed for study:

Hypothesis 1: Japanese anxiety is higher in initial encounters with foreign strangers than in initial encounters with strangers of the same culture.

Hypothesis 2: Japanese uncertainty is higher in initial encounters with foreign strangers than in initial encounters with strangers of the same culture.

Hypothesis 3: Japanese avoidance of encounter and communication is higher in initial encounters with foreign strangers than in initial encounter with strangers of the same culture.

Hypothesis 4: Anxiety, uncertainty, and avoidance in Japanese communication with strangers from the same culture are positively associated with anxiety, uncertainty, and avoidance in Japanese communication with strangers from different cultures.

2. METHOD

To test the four hypotheses, data were collected in Japan describing communication during initial interactions between strangers from both the same culture (Japanese-Japanese) and from different cultures (Japanese and foreign).

2.1 Respondents

The respondents were 114 Japanese college students who answered questions about communication with other Japanese university students and with an international student during initial encounters. The respondents were asked to refer the answers to encounters with strangers that took place within 4 months counting from the date the questionnaire was answered. This period was established to guarantee that respondents answer the items referring to encounters with strangers that took place recently. This is important to assure that the respondents remembered their feelings, thoughts, and actions during those encounters.

There were 57 (50%) males and 57 (50%) females in the sample. 76 respondents (67%) were undergraduate students, and 38 (33%) were graduate students. The average age of the sample was 21.4 (S.D.= 3.04).

2.2 Materials

Respondents answered questions regarding their initial communication with a stranger of the same sex that they recently met at their University. The questionnaire had three parts: background information, communication with an international student, and communication with another Japanese student.

The questionnaire was constructed in English and translated to Japanese. Several bilingual Japanese/English speakers verified the translation with discussion.

2.3 Measurement

2.3.1 Anxiety

Anxiety was measured using 10 items adapted from Stephan and Stephan (1985), which were used by Gudykunst and Nishida (2001). The items took the general form: "I felt ___ when I met this person for the first time." The adjectives used were calm^{*}, frustrated, confused, worried, anxious, relaxed^{*}, irritated, impatient, comfortable^{*}, and awkward. The responses ranged from

1=strongly disagree to 7=strongly agree. The higher the score, the greater the anxiety. The items marked (*) were reversed for scoring. The combination of the 10 items yielded a reliable scale (Japanese- International students $\alpha = 0.86$, Japanese-Japanese $\alpha = 0.83$). For Japanese version of the items, refer to the appendix of the paper.

2.3.2 *Uncertainty.*

Uncertainty was assessed by modifying Gudykunst and Nishida's (1986) low and high-context measure of attributional confidence, which incorporates Clatterbuck's (1979) Attributional confidence scale. Low-context attributional confidence is based on low-context communication (Hall, 1976; e.g., direct, precise). The low-context attributional confidence items were presented as follows: "When I met him/her for the first time, I was confident in my ability to predict this person's ____". The predictions were about the person's behavior, attitude, feelings, values, willingness to communicate, feelings about himself/herself, what he/she meant when they communicated. High-context attributional confidence is based on uncertainty reduction during high-context communication (Hall, 1976; e.g., indirect, ambiguous). The high-context attributional confidence items were presented as follows: "When I met him/her for the first time, I was confident that ____". "He/she would make allowances for me when we communicated", "He/she could understand my feelings when we communicated"; and "He/she would like me".

The response scale was the same as it was for anxiety. The higher the score, the higher the uncertainty. The combination of the 10 items yielded a reliable scale (Japanese- International students $\alpha = 0.88$, Japanese-Japanese $\alpha = 0.91$). For Japanese version of the items, refer to the appendix of the paper.

2.3.3 *Avoidance.*

Avoidance of encounter and avoidance of communication were measured by items chosen for the purpose of this research. The items describe behavior during initial encounter with strangers.

Four items measure avoidance of encounter. The items describe the behavior of the respondents during first encounters with strangers, before the conversation started. The items were presented as follows: "When I

saw this person, but before I had a conversation with him or her ____." "I maintained a great distance (3)", "I showed that I was interested in talking to him/her (2)", "I approached him/her as usual (1)", "I took the initiative to talk with him or her (0)". The respondents were asked to choose one of the four items. Each item involves a value attributed discretionary by the researcher according to the degree of avoidance implied in the behavior. The values ranged from 0 to 3 and are showed in brackets after each item. The higher the score, the greater the avoidance of encounter.

Six items measure avoidance of communication. The items describe the behavior of the respondents during initial encounters with strangers and after having had a conversation with them.

The items were presented as follows: "After having had a conversation with that person at my university ____." "I was open to sharing my personal experiences with him/her", "I asked questions about his/her personal experiences", "I created circumstances to get together with him/her again in the future", "I was invited to attend parties that he or she organized", "I invited him or her to participate in social activities with my group of friends", "I tried to finish the conversation as soon as possible"(*). The item marked (*) contained reversed scoring. The responses were for yes or no. Yes, implied the absence of avoidance of communication and it was attributed with the value of zero. No, implied the presence of avoidance of communication and it was attributed with the value of one. The value of each item was added together to create a total value for avoidance of communication, which ranged from 0 to 6. The higher the score, the greater the avoidance of communication. The combination of the six items yielded a scale adequate for research purposes (Japanese- International students $\alpha = .50$, Japanese-Japanese $\alpha = .57$). For Japanese version of the items, refer to the appendix of the paper.

3. RESULTS

Table 1 contains the means and standard deviations for the variables in Japanese communication with foreign strangers (Japanese-foreign) and with strangers of the same culture (Japanese-Japanese).

A 2-tailed *t*-test was used to assess the differences between anxiety, uncertainty, and avoidance of

Table 1 Means and standard deviations

| Variables | Japanese-foreign | | Japanese-Japanese | |
|----------------------------|------------------|------|-------------------|------|
| | M | S.D. | M | S.D. |
| Anxiety | 3.13 | 1.09 | 2.94 | .94 |
| Uncertainty | 4.85 | .98 | 4.30 | 1.09 |
| Avoidance of encounter | 1.08 | .64 | 1.02 | .71 |
| Avoidance of Communication | 3.43 | 1.22 | 3.19 | 1.36 |

encounter and avoidance of communication in Japanese communication with strangers of the same and different cultures.

Anxiety ($M=3.13$, $SD=1.09$), avoidance of encounter ($M=1.08$, $SD=.64$) and avoidance of communication ($M=3.43$, $SD=1.22$) in communication between strangers from different cultures was not found to be significantly higher than anxiety ($M=2.94$, $SD=.94$) [$t=1.97$, $D.F.=110$, $p<.1$], avoidance of encounter ($M=1.02$, $SD=.71$) [$t=0.74$, $D.F.=110$, $p>.4$], and avoidance of communication ($M=3.19$, $SD=1.36$) [$t=1.63$, $D.F.=108$, $p>.1$], in communication between strangers of the same culture. No support was found for Hypothesis 1 and 3.

In contrast, uncertainty in communication between strangers from different cultures (Japanese-foreign) ($M=4.85$, $SD=0.98$) was found to be significantly higher, compared to uncertainty in communication between strangers of the same culture (Japanese-Japanese) ($M=4.30$, $SD=1.09$) [$t=5.73$, $D.F.=110$, $p<.001$]. This result supports Hypothesis 2.

Table 2 Correlations among the variables across cultures

| Variables | R | Sig. | N |
|----------------------------|-----|----------|-----|
| Anxiety | .54 | $P<.001$ | 111 |
| Uncertainty | .52 | $P<.001$ | 111 |
| Avoidance of encounter | .13 | $P<.10$ | 111 |
| Avoidance of communication | .30 | $P<.001$ | 109 |

Correlation analysis was used to assess the association among Japanese anxiety, uncertainty, and avoidance in encounters with Japanese strangers and with foreign strangers. The correlations among Japanese

anxiety, uncertainty, and avoidance in communication with foreign and Japanese strangers are presented in Table 2. The correlation of anxiety in Japanese-Japanese and Japanese-foreign communication was .54. The correlation of uncertainty in Japanese-Japanese and Japanese-foreign communication was .52. The correlation of avoidance in Japanese-Japanese and Japanese-foreign communication was .13 for avoidance of encounter and .30 for avoidance of communication. The correlations support Hypothesis 4 except for the case of avoidance of encounter.

4. DISCUSSION

The purpose of this study was to examine Japanese people's feelings (anxiety), cognitions (uncertainty), behavior before the conversation started (avoidance of encounter), and behavior after conversation started (avoidance of communication) in communication with strangers from the same culture and different cultures in Japan. The correlation analysis of the variables suggested that anxiety, uncertainty, and avoidance of communication were moderately and positively associated in Japanese communication with strangers from both the same and different cultures. Anxiety and uncertainty were more strongly associated than avoidance of communication. However, Japanese avoidance before communication started in encounters with foreign strangers was found not to be associated with Japanese avoidance before communication started in encounters with Japanese strangers.

These results indicate that Japanese feelings (anxiety), cognitions (uncertainty), and behavior after communication started (avoidance of communication) did show the same pattern of variation in encounters with foreign and Japanese strangers. Nevertheless, Japanese behavior before communication started (avoidance of encounter) did not show the same pattern in encounters with Japanese and foreign strangers. Therefore, before conversation started, the cultural background of the stranger could be considered a factor influencing Japanese people's behavior during initial interactions. This result should be further examined in future research.

Furthermore the data indicated that the degree of tension or stress (anxiety) Japanese people felt when meeting a foreign stranger for the first time was not significantly higher than the anxiety they felt when

meeting a stranger from the same culture. Similarly, behavior before engaging in conversation (avoidance of encounter) and behavior after conversation started (avoidance of communication) in encounters with foreign strangers was not significantly different from the avoidance shown in encounters with Japanese strangers. The data suggested that Japanese people experience a similar level of anxiety and behaved likewise regardless of whether they were meeting foreign strangers or strangers from the same culture. However, lack of confidence in the ability to predict or explain strangers' behavior (uncertainty) appeared to be more problematic in initial encounters with foreign strangers than in initial encounters with strangers from the same culture. Lack of information about the foreign strangers' background made it difficult for Japanese people to predict or explain foreigners' beliefs, attitudes, or behavior. On the contrary, Japanese people felt more confident in their ability to anticipate or explain the behavior of other members of their own culture in a given situation. This result might be explained by the fact that Japan is a homogeneous culture, where the behavior of its members is established and predictable. This finding suggests that strangers' cultural background could be considered an important factor influencing Japanese people's ability to predict strangers' behavior.

In summary, the results of this study showed that meeting strangers was a difficult experience for Japanese people regardless of the cultural background of the stranger. Nevertheless, in encounters with strangers from the same culture, Japanese people felt that they could more easily predict or explain the behavior of strangers than in encounters with foreign strangers. Finally, the data demonstrated that anxiety, uncertainty, and avoidance of communication did show the same pattern in encounters with foreign strangers as with Japanese strangers. However, on the contrary, Japanese behavior before conversation started did not show the same pattern in encounters with foreign strangers and Japanese strangers.

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Appendix

外国人留学生とのコミュニケーションについて

大学構内で、同性の外国人留学生と話をしたことがある人に対するも質問。

あなたが、その外国人留学生を大学構内で初めて目にした時の行動を思い出して下さい。そしてその時とった行動を以下から一つ選んで、番号に○をつけて下さい。

1. 学内でその外国人留学生を初めて見かけたとき、その人からできるだけ離れるようにした。
2. 学内でその外国人留学生を初めて見かけたとき、その人に普通に接近した。
3. 学内でその外国人留学生を初めて見かけたとき、その人と話したいそぶりを見せた。
4. 学内でその外国人留学生を初めて見かけたとき、その人に話しかけた。

あなたが、その外国人留学生と初めて話を始めた時のことを思い出して下さい。そして以下の行動をとったかどうかを、「はい」なら1、「いいえ」なら2で答えて下さい。

- | | | | |
|---|---|---|---|
| 1 学内でその外国人留学生と初めて話を始めた時、その人に自分のことを気軽に話した。 | … | 1 | 2 |
| 2 学内でその外国人留学生と初めて話を始めた時、その人のことをいろいろ質問した。 | … | 1 | 2 |
| 3 学内でその外国人留学生と初めて話を始めた時、その人とまた会う約束をした。 | … | 1 | 2 |
| 4 学内でその外国人留学生と初めて話を始めた時、その人からその人の友人が集まるパーティーに招待された。 | … | 1 | 2 |
| 5 学内でその外国人留学生と初めて話を始めた時、その人を自分の友達のいる活動に参加するよう誘った。 | … | 1 | 2 |
| 6 学内でその外国人留学生と初めて話を始めた時、その人との話を早めに切り上げようとした。 | … | 1 | 2 |

その外国人留学生と初めて話を始めた時のことを思い出して下さい。そして以下の質問にお答え下さい。

回答は質問事項に一致する程度でお答え下さい。「一致しない」と強く感じたなら1を、「一致する」と強く感じたなら7に丸をつけるという具合に、1から7までの間で一致する程度を答えて下さい。

全く感じなかった

強く感じた

- | | | | | | | | | | |
|----|-----------------------------------|---|---|---|---|---|---|---|---|
| 1 | 学内でその外国人留学生と初めて出会ったとき、平静さを感じた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2 | 学内でその外国人留学生と初めて出会ったとき、欲求不満を感じた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3 | 学内でその外国人留学生と初めて出会ったとき、混乱を感じた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4 | 学内でその外国人留学生と初めて出会ったとき、気後れを感じた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5 | 学内でその外国人留学生と初めて出会ったとき、不安を感じた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6 | 学内でその外国人留学生と初めて出会ったとき、和らぎを感じた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7 | 学内でその外国人留学生と初めて出会ったとき、いらいらを感じた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 学内でその外国人留学生と初めて出会ったとき、気楽さを感じた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9 | 学内でその外国人留学生と初めて出会ったとき、落ち着いたさを感じた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10 | 学内でその外国人留学生と初めて出会ったとき、気まずさを感じた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

| | 全く自信がなかった | | | | | | | 非常に自信があった |
|---|-----------|---|---|---|---|---|---|-----------|
| その外国人留学生と初めて話を始めた時のことを思い出して下さい。そして以下の質問にお答え下さい。 | | | | | | | | |
| 回答は質問事項に一致する程度でお答え下さい。「一致しない」と強く感じたなら1を、「一致する」と強く感じたなら7に丸をつけるという具合に、1から7までの間で一致する程度を答えて下さい。 | | | | | | | | |
| 1 学内でその外国人留学生と初めて出会ったとき、その人の行動を予想できる自信があった。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2 学内でその外国人留学生と初めて出会ったとき、その人の態度を予想できる自信があった。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3 学内でその外国人留学生と初めて出会ったとき、その人の感情を予想できる自信があった。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4 学内でその外国人留学生と初めて出会ったとき、その人の価値観を予想できる自信があった。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5 学内でその外国人留学生と初めて出会ったとき、その人が私と話したいかを態度や表情から認識できると自信を持っていた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6 学内でその外国人留学生と初めて出会ったとき、その人が感じていることを理解できると自信を持っていた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7 学内でその外国人留学生と初めて出会ったとき、会話においてその人の言いたいことを理解できると自信を持っていた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 学内でその外国人留学生と初めて出会ったとき、会話においてその人が私を受け入れてくれると自信を持っていた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9 学内でその外国人留学生と初めて出会ったとき、会話においてその人が私の感情を理解してくれると自信を持っていた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10 学内でその外国人留学生と初めて出会ったとき、その人が私を好きになってくれると自信を持っていた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

日本人学生とのコミュニケーションについて

大学構内で、同性の日本人学生と話をしたことがある人に対するも質問。

あなたが、その日本人学生を大学構内で初めて目にした時の行動を思い出して下さい。そしてその時とった行動を以下から一つ選んで、番号に○をつけて下さい。

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2. 学内でその日本人学生を初めて見かけたとき、その人に普通に接近した。
3. 学内でその日本人学生を初めて見かけたとき、その人と話したいそぶりを見せた。
4. 学内でその日本人学生を初めて見かけたとき、その人に話しかけた。

あなたが、その日本人学生と初めて話を始めた時のことを思い出して下さい。そして以下の行動をとったかどうかを、「はい」なら1、「いいえ」なら2で答えて下さい。

あなたが、その外国人留学生と初めて話を始めた時のことを思い出して下さい。そして以下の行動をとったかどうかを、「はい」なら1、「いいえ」なら2で答えて下さい。

| | | はい | いいえ |
|--|---|----|-----|
| 1 学内でその日本人学生と初めて話を始めた時、その人に自分のことを気軽に話した。 | … | 1 | 2 |
| 2 学内でその日本人学生と初めて話を始めた時、その人のことをいろいろ質問した。 | … | 1 | 2 |
| 3 学内でその日本人学生と初めて話を始めた時、その人とまた会う約束をした。 | … | 1 | 2 |
| 4 学内でその日本人学生と初めて話を始めた時、その人からその人の友人が集まるパーティーに招待された。 | … | 1 | 2 |
| 5 学内でその日本人学生と初めて話を始めた時、その人を自分の友達のある活動に参加するよう誘った。 | … | 1 | 2 |
| 6 学内でその日本人学生と初めて話を始めた時、その人との話を早めに切り上げようとした。 | … | 1 | 2 |

その日本人学生と初めて話を始めた時のことを思い出して下さい。そして以下の質問にお答え下さい。

回答は質問事項に一致する程度でお答え下さい。「一致しない」と強く感じたなら1を、「一致する」と強く感じたなら7に丸をつけるという具合に、1から7までの間で一致する程度を答えて下さい。

全く感じなかった

強く感じた

- | | | | | | | | | | |
|----|---------------------------------|---|---|---|---|---|---|---|---|
| 1 | 学内でその日本人学生と初めて出会ったとき、平静さを感じた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2 | 学内でその日本人学生と初めて出会ったと、欲求不満を感じた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3 | 学内でその日本人学生と初めて出会ったと、混乱を感じた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4 | 学内でその日本人学生と初めて出会ったと、気後れを感じた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5 | 学内でその日本人学生と初めて出会ったと、不安を感じた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6 | 学内でその日本人学生と初めて出会ったと、和らぎを感じた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7 | 学内でその日本人学生と初めて出会ったと、いらいらを感じた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 学内でその日本人学生と初めて出会ったと、気楽さを感じた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9 | 学内でその日本人学生と初めて出会ったと、落ち着かなさを感じた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10 | 学内でその日本人学生と初めて出会ったと、気まずさを感じた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

その日本人学生と初めて話を始めた時のことを思い出して下さい。そして以下の質問にお答え下さい。

回答は質問事項に一致する程度でお答え下さい。「一致しない」と強く感じたなら1を、「一致する」と強く感じたなら7に丸をつけるという具合に、1から7までの間で一致する程度を答えて下さい。

全く自信がなかった

非常に自信があった

- | | | | | | | | | | |
|----|---|---|---|---|---|---|---|---|---|
| 1 | 学内でその日本人学生と初めて出会ったとき、その人の行動を予想できる自信があった。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2 | 学内でその日本人学生と初めて出会ったとき、その人の態度を予想できる自信があった。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3 | 学内でその日本人学生と初めて出会ったとき、その人の感情を予想できる自信があった。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4 | 学内でその日本人学生と初めて出会ったとき、その人の価値観を予想できる自信があった。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5 | 学内でその日本人学生と初めて出会ったとき、その人が私と話したいかを態度や表情から認識できると自信を持っていた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6 | 学内でその日本人学生と初めて出会ったとき、その人が感じていることを理解できると自信を持っていた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7 | 学内でその日本人学生と初めて出会ったとき、会話においてその人の言いたいことを理解できると自信を持っていた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 学内でその日本人学生と初めて出会ったとき、会話においてその人が私を受け入れてくれると自信を持っていた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9 | 学内でその日本人学生と初めて出会ったとき、会話においてその人が私の感情を理解してくれると自信を持っていた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10 | 学内でその日本人学生と初めて出会ったとき、その人が私を好きになってくれると自信を持っていた。 | … | 1 | 2 | 3 | 4 | 5 | 6 | 7 |