

correlated with the affect of 'boredom'. A factor analysis of life satisfaction and affect measures revealed a single unitary construct of happiness. It was concluded that happiness is a single dimension which has three partially independent components: life satisfaction, positive affects and negative affects.

A Consideration of Social Anxiety through a Cognitive Construct Model — The Relationship between Self-Consciousness, Self-Evaluation, and Social Anxiety —

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The present study was carried out to examine the interactive relationships between some cognitive variables and social anxiety. Negative self-evaluation, public self-consciousness, and motivation for avoiding rejection were used as the cognitive variables. Two hundred and thirteen university students were asked to rate themselves about these cognitive variables and social anxiety.

Analysis of variance (ANOVA) was used to test the interactive relationships between the cognitive variables and social anxiety. The results showed that negative self-evaluation and public self-consciousness had an affect on social anxiety when considered separately, but they did not affect social anxiety when considered together as an interactive relationship.

The Relationship between the Mourning Process of Home Caregivers and Their Perceived Social Support

Shigemi HIRAYAMA, Yoshihiro KANEMITSU and Takako SHINDO

This study examined the relationship between the mourning process of home caregivers and their perceived social support. The subjects were 92 home caregivers who had suffered bereavement within the past one half to 3 years. The quality and quantity of their perceived social support was analysed from the viewpoints of the kinds and length of time of that support. A shortened Japanese version of the Profile of Mood States was used to measure the appearance of grief affects and the period of recovery. We also examined the types of support provided and the influential factors which decide support perception and the degree of grief suffered by the home caregiver.

The following results were obtained : (1) increased emotional and informational support decreased negative moods such as confusion and depression-dejection, as well as increasing the caregivers vigor. (2) Caregivers received the most emotional, instrumental and informational support from family members, with lesser amounts from those outside the family. (3) A critical factor in perceived support and the amounts of grief was the decision to give care at home. That is, the caregiver got greater satisfaction from giving care in the home because of the emotional support and other economic factors.

The Necessity for Continually Educating People about Death because of Changes in the Caregiving Process for the Terminally Ill in Japan

Keiko SEKIDO

It is true that medical progress has prolonged man's average life span. But it is also true that this progress has given rise to major dilemmas such as brain death and organ transplants. However much medicine advances, so long as man is mortal, he is obliged to face such problems as the infirmities of old