



Social Support in College Life

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It's been about a couple of months since a new school year started. Many students have probably been experiencing at least some life changes, which may make you feel stressed or tired. One of the important life changes is among social network or social support. Social support or social connectedness seems to be important for mental wellness across cultures.

When you hear the term "social support," what would you imagine? Some people may say friends, and others may say teachers and parents. Thinking about your social support and making some efforts to improve the social support system may help you feel better or succeed in your campus life. Here, I will introduce different types of social support, Emotional support, Informational support, Instrumental support, and Companion support (ACA, 2012).

An Emotional Supporter will provide you such things as empathy, caring, understanding, acceptance, and concern. These emotional supports will help you feel confident and valued. This kind of help may be also obtainable from your college mates or community people as well as people living far from Tsukuba through phone conversation or email communication.

An Informational Supporter will assist you with knowledge and information, for example, connect you appropriate resources and teach necessary skills. In order to get this kind of assistance, you may want to go see your professors or senior students (先輩) or may want to visit some of the various on-campus services, including Academic Service Offices (支援室), Division of Student Affairs (学生生活課), General Consultation Office (総合相談窓口), Health Center (保健管理センター) and International Student Center (留学生センター).

An Instrumental Supporter will provide you concrete assistance to do things or get things done,

especially stressful tasks. You may ask someone for help, including such people as tutors, classmates, lab mates, and club or committee friends. Helping each other or collaborating in a group work or asking help for your parents, for example, when moving into a new apartment or dormitory will be an instrumental support.

A Companion Supporter will give you feelings of connectedness by enjoying something together specifically recreational activities. Possible activities include having fun with your friends, eating out or going shopping with your friends, and go drinking if you are legally an adult.

By referring the above four categories, you could make a list of your social support. When you feel stressed out, lonely, overwhelmed, sad, helpless, try to think about your social connection or support. You may realize you have more resources than you were aware of, which may make you feel better. If you find that you may not have enough social support in a specific category, just go find one! When you are not sure where to go, come visit Student Plaza 3F (総合相談窓口) or Student Counseling Services in the Health Center (保健管理センター-学生相談室)! Counselors will help you explore your resources.

参考文献

American Counseling Association. Retrieved from <http://www.counseling.org> on April 11, 2012.

新学期が始まって2か月半が過ぎましたが、みなさんいかがお過ごしですか？人間関係など生活環境の変化を感じている人も多いと思います。

今回はソーシャルサポートのお話です。一口にソーシャルサポートといってもいくつか種類があるとされています。この機会にみなさんのソーシャルサポートについて振り返ってみませんか？

英語の苦手な方も、ぜひチャレンジしてみてくださいね。



ひとりで悩まず ^{ほけかん}保健管理センターへ

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