
ABSTRACT

The relationship between self-trust and mental health of university students from the aspect of dispositional forgiveness as a parameter

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Recently, many university students suffer from mental problems. Self-trust is essential for them to adapt to new environments and maintain their mental health. The purpose of this study was to clarify how self-trust affects mental health from the aspect of “forgiveness of self” as a parameter. A total of 180 Japanese university students answered a self-administered questionnaire assessing self-trust, self-forgiveness, and psychological stress responses. The results of a mediation analysis and indirect examination using a bootstrap method showed that only “negative forgiveness of self” partially mediated the relationship between self-trust and mental health. These findings indicate that self-trust enables people to forgive themselves without worrying about failure, which enables them to maintain a healthy mental state. The results suggest that in addition to self-trust, a person’s tendency to react to negative events that have a risk of making self-trust unstable is strongly related to maintaining their mental health.

Key Words: self-trust, dispositional forgiveness, mental health, university students
