
Abstract

Basic research on the sense of self by remembering one's mother from childhood to pre-adolescence using the three questions of Naikan

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Remembering the relationship with one's mother is an important part of Naikan therapy. In this study, I asked university students to remember and talk about their mothers using the following three questions of Naikan: What have I received? What have I given back? What troubles have I caused? I then analyzed the participants' subjective experiences and examined the strengthening process of their sense of self, which is an essential experience of Naikan therapy. The research method was designed with reference to Ishihara (2015). It involved two individual interviews with ten university students (five men and five women with no experience of Naikan), who were asked to remember their mothers using the three questions of Naikan. A questionnaire and an interview survey were also used. A qualitative analysis of the basic data obtained from the survey identified ten categories and twenty sub-categories. The survey results revealed that participants experienced a "chumship experience" due to the developmental cognitive changes associated with the transition in the ages they were remembering in the first and second interviews (from childhood to pre-adolescence). There may be a mechanism at work that strengthens one's sense of self, which develops while influencing and being influenced by remembering one's mother through the three questions of Naikan.

Keywords: remembering one's mother, three questions of Naikan, childhood to pre-adolescence, chumship experience, sense of self
