

A MAGÁNY, AZ ÖNFELTÁRULKOZÁS ÉS A KOMMUNIKÁCIÓS SZORONGÁS kapcsolatának pszichológiai vizsgálata

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The relationships between loneliness, self-disclosure, and communication anxiety were addressed in this study. 69 female and 43 male students (aged 19-29 years) were administered the UCLA Loneliness Scale, the Revised Self-Disclosure Scale, and the Communication Anxiety Scale. Generally, as expected, measures of loneliness proved to be significantly and negatively associated to different dimensions of self-disclosure practically regardless of the specific target person. The only exception to the rule was found to be the relationship between RSDS subscale 'Amount' of self-disclosure in communications with romantic partner, that failed to prove statistically significant. This finding was interpreted as a proof of the fact, that in the context of romantic relationships the level of self-disclosure has less to do with degree of satisfaction with the relationship, than any other dimension of self-disclosure measured by RSDS ('Intended Disclosure', 'Positive-Negative', 'Control of Depth', and 'Honesty-Accuracy'). As a general rule, associations between RSDS subscales were found to be strongly positive, with few exceptions that are debated in the paper. Associations between RSDS subscale 'Intended Disclosure', interpreted as a measure of the person's sense of control over his disclosures, with measures of communication anxiety were further investigated, starting from the hypothesis that the lack of a sense of control over self-disclosing statements could lead to communication anxiety, and through that to loneliness. According to expectations, again strong associations were put into evidence.

Keywords: loneliness, self-disclosure, communication anxiety, social abilities