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専門分野・キーワード

- 社会心理学 ●集団間葛藤
- 差別・スティグマ ●公衆衛生
- 災害復興 ●リスクコミュニケーション

／ 教育・研究内容

私の研究関心は、社会集団に基づく集団間葛藤や差別についてです。私たちは、自分の住んでいた地域、職業、性別、年齢など、さまざまな集団や属性を持っていて、それに基づく心理や行動をとっています。それは、個人のアイデンティティや価値観にも反映され、メンタルヘルスの保護要因にもなるものですが、他者とのトラブルや差別の原因になることもあります。私は、そうした社会集団に基づくトラブルや差別といった問題がどのような条件で発生して、どのように緩和できるのかについて興味を持ってきました。とりわけ、大学院を卒業した後は、福島県に拠点を移し、東日本大震災や福島第一原発、2020年以降は新型コロナウイルス感染症の流行といった公衆衛生的危機との関連に着目してきました。

たとえば、原発事故により発生した大規模な避難は、被災地における地域コミュニティの崩壊を導くと同時に、避難先における被災者差別を生む事態となりました。地域コミュニティに関わる被災者のアイデンティティは、避難先における社会的交流やレジリエンスに影響する要因となっていましたが、地域コミュニティの崩壊によりメンタルヘルスの悪化を導いていました。また、原発事故に関連した誤った認知や、避難者を受け入れることによる受け入れ先の地域住民の負担が、被災者に対する態度に影響していることも伺えました。

また、社会心理学の視点から、災害や感染症の流行といった公衆衛生的危機が人々の心や社会にどのような影響を与えるのかを研究する中で、研究知見の社会への活かし方や研究倫理についても深く考えるようになり、そうした研究の社会的役割や研究方法についても興味があります。

ゼミなどにおきましても、社会心理学の知見を活かし、社会問題や日常の疑問を研究のテーマとして捉える力を養うことを大切にしたいです。学生の皆さんには、「なぜこうした現象が起こるのか?」「どうすればより良い社会をつくることができるのか?」という疑問を持ってほしいと考えています。研究と教育の両面で、現象をただ説明するだけでなく、それをもとに社会をより良くするための視点を持ち続けることを大切にしています。

とはいえ、まずは研究が楽しいことが一番ですが。

／ 代表的な著書・論文等

【著書】

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【論文】

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Areas of Expertise / Keywords

My research interests center on intergroup conflict and discrimination based on social group membership. We all belong to various groups and social categories—such as the community, occupation, gender, and age—which influence mental and physical actions. These group affiliations shape our identity and values and can serve as protective factors for mental health. However, they can also be sources of conflict and discrimination. I am particularly interested in understanding the conditions under which such intergroup conflicts and discriminatory behaviors arise and how they can be mitigated. I relocated to Fukushima and began examining these issues in the context of public health crises, such as the Great East Japan Earthquake, the Fukushima Daiichi Nuclear Power Plant accident, and the COVID-19 pandemic since 2020.

For example, the evacuation triggered by the nuclear accident not only led to the collapse of local communities in the affected areas but also resulted in discrimination against evacuees in their host communities. The evacuees' identity, shaped by their connection to their original communities, played a significant role in their social interactions and resilience in the relocation areas. However, the disintegration of local communities also contributed to worsening mental health conditions. Additionally, misperceptions related to the nuclear accident and concerns about the burden placed on host communities by accepting evacuees influenced attitudes toward those displaced by the disaster.

I have also come to deeply reflect on how research findings can be applied to society and the ethical considerations involved in conducting research. This has further sparked my interest in the social role of research and research methodologies.

In my seminars and educational activities, I emphasize the importance of applying insights from social psychology to explore societal issues and everyday questions as research topics. I encourage students to ask fundamental questions like: “*Why do these phenomena occur?*” and “*How can we create a better society?*” In both research and education, I believe it is essential not only to explain phenomena but also to maintain a perspective that contributes to building a better society based on these findings.

Still, what matters most is that research remains enjoyable and engaging.

Main Publications

Books

Kobayashi, T., & Maeda, M. (2024). Sutoresu to rezirience. In Japanese Society of Sleep Research (Ed.), *Encyclopedia of Somnology* (pp. 210-211). Maruzen Publishing.

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