

# PRELIMINARY RESULTS OF THE JAPANESE ADAPTATION TO THE STRATEGIC APPROACH TO COPING SCALE

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A new powerful way of conceptualizing coping behavior in stressful life events is the *Strategic Approach to Coping Scale* (SACS by Hobfoll, Dunahoo & Monnier, 1994; Hobfoll, 1998). This instrument emerged from a theory based multi-axial model of coping consisting of three axes: active-passive, prosocial-anti-social and direct-indirect. The model moves beyond the traditional individualistic perspective because it (1) takes into account that many stressors have an interpersonal component, (2) individual coping efforts can have consequences on the social climate, and (3) a coping action often requires the interaction with others (Hobfoll, 1998). Furthermore, differential findings in gender specific tasks are expected.

The SACS has been adapted to the Japanese language and this study presents cross-sectional data from a validation study on the dispositional form of the Japanese SACS-D. The aim of the study was to validate the Japanese adaptation and to improve the multi-axial model for Japanese samples including its hypothesis on gender-related differences. The study refers to data from a sample of students and provides information regarding psychometric quality of the scale such as internal consistency and discriminant validity.

## RESEARCH QUESTION

- Do the Japanese scale data support those of the original U.S. version?
- Are there gender differences in the German sample?
- Are there potential cultural distinctions?

## SAMPLE

The sample consisted of 79 highschool students. Participants were enrolled in school classes and received no credit for participation.

50% female students  
 40% male students mean age 16 years (± 1 year)

## Structure of the American and Japanese versions of the Strategic Approach to Coping Scale. Results of principle component analysis with varimax rotation and eigenvalue > 1

SACS-D - Dunahoo et al. (1998)			Japanese SACS-D			
I	II	III	I	II	III	IV
active-antisocial	active-prosocial	active-passive	active-antisocial	passive	prosocial	directness
aggressive action	social joining	assertive action	instinctive action	avoidance	support seeking	indirect action
antisocial action	support seeking	avoidance	aggressive action		considerate action	
instinctive action	cautious action		antisocial action			
			assertive action			
26.5% of variance	21.6% of variance	18.5% of variance	38.3% of variance	17.0% of variance	15.2% of variance	10.3% of variance
total % of variance: 66.6%			total % of variance: 80.5%			

A Japanese version of the SACS was created that corresponds in most parts to the American version. The Japanese scale showed a satisfactory internal consistency. The reliability is for all but one subscale of reasonable magnitude, ranging from .60 to .84. The interrelations between the subscales of the Japanese version (JSACS-D) were low to moderate and can be taken as indicators for discriminant validity. The structure of the American and Japanese version of the SACS are comparable as principal component analysis showed. Cluster analyses revealed gender related coping clusters.

## Identified clusters within the multi-axial model of coping for

