Examination of rumination and meaning making in stressful events: 
The influence of subjective evaluation of events and personal characteristics

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This study examined the factors that influence meaning making and rumination related to stressful events. Six hypothetical scenarios were used, all of which were contextualized stressful events. Participants (N = 779) completed a questionnaire about one of the six scenarios, which assessed the possibility of preventing the event, the probability of the event occurring, the perceived threat of the event, the frequency of rumination, and meaning making. They completed a scale that assessed self-rumination and self-reflection as a way of thinking, and a scale that assessed executive function. Executive function and self-rumination were negatively correlated. Furthermore, self-rumination positively correlated with the frequency of rumination on the event. The perceived threat was high when the probability of the event occurring was low and the possibility of preventing the event was high. Although the perceived threat of the event inhibited meaning making, this was promoted by mediating the frequency of rumination. Self-reflection also directly promoted meaning making. Therefore, this study highlighted a number of factors that affect rumination and meaning making.

Keywords: meaning making, rumination, stressful events, executive function.

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