

教育学研究科・グローバル教育展開オフィス

張 蕾

国際学会：International Society for the Study of Individual Differences (ISSID)

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発表題目：The longitudinal relationship between conscientiousness facets and subjective well-being among Japanese employees: A two-wave study

成果の概要

The International Society for the Study of Individual Differences (ISSID) conference in Vienna last week was an incredibly enriching experience. Vienna University's conference halls buzzed with researchers from around the world, all dedicated to personality and individual differences, engaging in lively discussions.

Even though the poster presentation was scheduled from 6 PM to 9 PM, the enthusiasm never faded, and the session remained packed with eager attendees for the entire three hours.

The poster session was a fantastic opportunity to connect with scholars whose work I've cited countless times. Meeting them felt both surreal and incredibly inspiring. I had a particularly insightful conversation with Professor Fleeson, who had previously offered valuable feedback on my writing. I also discussed ongoing crosscultural collaborative research on personality trait measurement with Professor David.

A highlight was meeting Professor Oshio and members of his lab, with whom I had the pleasure of sharing dinner. Professor Oshio is one of my target professors for postdoctoral collaboration, and this in-depth interaction significantly strengthened our connection and gave me a valuable feel for his lab's atmosphere. The diverse perspectives from researchers of varying cultural and academic backgrounds significantly broadened my understanding.

My presentation, titled "The longitudinal relationship between conscientiousness facets and subjective well-being among Japanese employees: A two-wave study" was a chance to share the culmination of significant effort. It allowed me to delve into the dynamic interplay between conscientiousness facets and well-being over time. I emphasized how our findings showcased the "dual nature" of conscientiousness, highlighting how positive changes in facets like competence and achievement-striving boosted well-being, while increases in dutifulness and cautiousness could surprisingly hinder it. The audience was highly engaged, and I received insightful questions regarding the cultural context of Japanese employees, potential unexamined moderating factors in our model, and the practical implications for workplace interventions. The subsequent discussion was incredibly stimulating, affirming the relevance of our longitudinal approach and the importance of examining personality at the facet level.

Attending ISSID 2025 was far more than just presenting a paper; it was a pivotal moment for my growth as a researcher. This wouldn't have been possible without the consistent support from the Global Education Office, for which I am deeply grateful. Without their backing, I wouldn't have had the opportunity to share my research on such an international stage. The positive feedback and constructive criticism I received on my presentation were invaluable, restoring my confidence in my research direction and providing concrete ideas for strengthening future studies.

This experience has truly opened new avenues for inquiry and fostered invaluable connections.