●daydreamとは

・Cambridge Dictionary: a series of pleasant thoughts about something you would prefer to be doing or something you would like to achieve in the future

・Oxford Learner's Dictionary: pleasant thoughts that make you forget about the present

・Longman Dictionary: to think about something pleasant, especially when this makes you forget what you should be doing

・The American Heritage Dictionary: A dreamlike musing or fantasy while awake, especially of the fulfillment of wishes or hopes.　　cf) musing 物思いにふけること

●Understanding Human Natureより

The fantasies of children and grownups, sometimes called daydreams, are always concerned with the future, the "castles in the air" are the goal of their activity, built up in fictional form as models for real activity.

子供や大人の空想—ときどき白昼夢と呼ばれるが—は、常に未来に関わっており、その「空中楼閣」は彼らの活動の目標であり、現実の活動のモデルとして、仮想上の形として作り出される。

●IPAA　p.218　　(Chapter 8 Psychology of Use- Cognitive Process – Fantasyより)

In daydreams of children and of adults, fantasy takes precisely that concrete direction which is supposed to serve the overcoming of a felt weakness. Disconnected to a certain extent from common sense, daydreams tend in the direction of the goal of superiority. This is easily understood as an attempt to compensate, to maintain the psychological equilibrium, which, however, is never accomplished in this way. The process is somewhat similar to that which the child takes in creating his style of life. Where he feels the difficulty, fantasy helps to give him an illusory view of the enhancement of his self-esteem, usually spurring him on at the same time. Certainly there are plenty of cases, however, where this latter incitement is lacking, where the fantasy, so to speak, is the compensation. Obviously such a situation is to be regarded as antisocial, even though it may be devoid of any activity or of any aggression against the environment.

Whenever the ambition of a person finds reality intolerable, he flees to the magic of fantasy. We do not want to forget, however, that when fantasy is rightly coupled with social interest, the really great achievements are to be expected, for fantasy, by rousing expectant feelings and emotions, has the same effect as increasing the gas pressure in a machine that is running: The performance is increased.

Night dreams, like daydreams, are phenomena accompanied by the desire to anticipate and appear when man is occupied with paving a path into the future and with walking it securely. The striking difference is that daydreams can still be understood while this is rarely the case with night dreams. For the present, it should be mentioned merely that in night dreams we again find the power line of an individual who wants to have a firm hold on the future, who is facing a problem, and who is attempting its solution.

子どもや大人の白昼夢においては、空想は正確に、felt weaknessの克服に役立つと思われる具体的な方向性をとる。白昼夢は、ある程度コモンセンスから切り離されており、優越目標の方向へと向かう傾向がある。これは、補償の試み、心理学的な平衡を保とうとする試みだと容易に理解できるが、このような方法では、それは決して達成されない。そのプロセスは、子供がライフスタイルを創っていくプロセスといくらか似ている。彼が困難を感じるところでは、空想は、彼に自己評価向上という幻想的景色を与えるのに役立つと同時に、通常は彼を駆り立てる。しかし、この後者の駆り立てを欠く場合も確かに多くあり、そこでは、いわば空想（自体）が補償なのである。もちろん、そのような状況は、(実際の）活動や環境への攻撃性を欠いていたとしても、反社会的と見なされるべきであろう。

　ある人の野望ambitionが現実に耐えきれないときはいつでも、その人は空想の魔法へと逃げ込む。しかし、空想が共同体感覚と正しく結びついているときには、本当に大きな功績が期待できることも忘れずにいたいものだ。というのは、空想は、期待感を高めることによって、稼働中の機械内のガス圧を高めるのと同じ効果をもち、すなわちパフォーマンスを向上させるからだ。

　夜の夢は、白昼夢と同様に、先を予見したいという欲求を伴い、将来の道を準備して安全に歩むこと、頭が一杯のときに現れる。大きな違いは、白昼夢はまだ理解できるが、夜の夢はめったに理解できないという点である。ここでは、夜の夢の中に、未来をしっかりつかみたい人、問題に直面し、その解決を試みている人のパワーラインpower lineを再び見出すことができる、ということだけを述べておきたい。

●IPAA　p.390 　(Chapter 16 Understanding and Treating the Problem Child – Specific Behavior Disorders - Daydreamingより)

5. DAYDREAMING AND ISOLATION7 There is a type of child who is reserved, impervious to knowledge, discipline, or correction, who lives in a world of his own fantasy and at no time displays a striving for superiority. With enough experience, however, it is possible to perceive that this is also a form of striving, even though an absurd one. Such a child has no faith in his ability to achieve success by the usual means, and as a result avoids all means and opportunities for improvement. He isolates himself and gives the impression of a hardened character. This hardness, however, does not include his whole personality; behind it one usually finds an extraordinarily sensitive, trembling spirit which needs this outer callousness to protect itself from hurt. One finds that he daydreams constantly and creates fantasies in which he always appears great or superior. Children who daydream a lot cannot adjust themselves to reality and are unable to make themselves useful. Children sometimes choose the middle road; they retain their daydreaming while making a partial adjustment to reality. Others make no adjustment at all and withdraw more and more from the world into a private world of their own creation; while still others want to have nothing to do with products of the imagination and occupy themselves only with reality, stories of travel, hunting, or history.

白昼夢と孤立

控えめで、知識や規律や矯正を受け付けず、自分自身の空想の世界に生き、優越性の追求をみせることがないタイプの子供がいる。しかし、十分な経験があれば、馬鹿げたものではあっても、これもまた目標追及の形なのだと察知することができる。そのような子供は、自分は通常の方法で成功を収められる、と信じておらず、その結果、改善のためのあらゆる手段や機会を避けている。自分自身を孤立させ、硬直した性格のような印象を与える。しかし、この硬直さは彼の全人格を含んでいるわけではない。その背後には通常、極めて敏感で震えている精神があり、それが傷から身を守るために、外側の冷酷さを必要としているのである。彼は白昼夢を絶えず見て、自分がいつも偉大、あるいは上に見えるような空想をしている。白昼夢をよく見る子供は、自分自身を現実に適応させることが出来ず、人の役に立つよう行動することができない。子どもたちはときどき、中間の道を選ぶ。すなわち白昼夢を維持しながら、部分的に現実に適応するのである。全く適応をせず、この世界から自分自身の創った私的な世界へとどんどん入っていく子供もいる。また一方で、想像の産物と関わるのは嫌で、現実や、旅・狩り・歴史の話だけに没頭する者もいる。