

氏名	野村 健太 ^{のむら けんた}
所属	人間健康科学研究科 人間健康科学専攻
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学位論文題名	Developing a Group Program for Older Males to Participate in Social Activities in Japan: A Mixed-Methods Study (日本人男性高齢者の社会活動への参加を促す集団プログラムの開発；混合研究法)
	主査 教授 小林 法一
	委員 准教授 谷村 厚子
	委員 准教授 石橋 裕

【論文の内容の要旨】

In Japan, older males tend to be more isolated than older females. Intervention programs to address social isolation are mainly developed as programs that strengthen social participation. This study analyzes the effect of social participation in a program that encourages participation in social activities as an approach to counteract the social isolation of elderly males in Japan. The design of this study was an open-label, before-and-after trial for a single group using the convergent design of the mixed-methods study. There were 20 participants with an average age and standard deviation of 73.1 ± 4.9 years. This program was a group delivery approach and consisted of 120 minutes activities once a week for a total of 12 sessions. Each session consisted of lectures, exercises or experiences, and homework was given. As the theory for strengthening the motivation of the subjects who engage in social activities, we used “the nine important aspects of occupational engagement” in the model of human occupation (MOHO), which is the theory of occupational therapy. By the outcome evaluation using quantitative data, this program significantly improved the independence of life and interest in society, and recognized a significant effect, but did not improve satisfaction with social activities. The results of the difference test between

the two groups, those with improved satisfaction with social activities and those with no improved it, were that the 10 subjects with improved satisfaction with social activities had significantly lower satisfaction with social activities and social participation in the initial evaluation of the program. Additionally, through a process assessment with qualitative data, this program provided the participants with the experience of enhancing their commitment to social activities and was properly implemented. While it has been identified that this program may have had a considerable effect by integrating quantitative and qualitative data, it is necessary to improve the program to further promote change in the subjects' social behavior.