

総説

地域における健康学習と住民の力量形成

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Health Learning in a Community and Empowerment of its People

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Abstract

This paper discusses the basic principles of the method for promoting health learning for people in a community to achieve empowerment and the method of intervention therefor. In the age where diseases are developed as a result of undesirable habits such as in the case of some adult type diseases, better health is built based on people's willingness for empowerment and self-initiated behavioral renovation. For empowerment and behavioral renovation, "health learning," which enables one to design a healthy life on his/her responsibility, is more effective than "traditional one-way health education". The basic principle in health learning is that a teacher and a learner stand on an equal basis and that the learner is willing to learn positively through his/her own experience. It is important to constantly endeavor to improve the quality of learning and aim at perfecting what has been learned. Health learning should basically help to direct the natural process of physical and mental growth for the better, and it is preferable to make intervention while linking various aspects of one's life with one another. One effective mode of health learning is learning by "showing", which means analyzing information obtained from people and feeding it back in an easy-to-understand manner. In conclusion, for promotion of health learning in community, the staff in charge must be enthusiastic, use the techniques of "guidance through interpersonal relation" and "helping a learner to learn" effectively according to individual needs for learning, and improve the "quality" of learning.

要約

成人病などの習慣病の時代では、住民の主体的参加による力量形成と自己決定による行動変容

がなくては健康づくりはできない。教え込み型の「伝統的健康教育」より、自らの責任において健康生活を設計していく力をつけることができる「健康学習」のほうが力量形成、行動変容には効果的である。健康学習は身体、精神形成の自然的成長過程を、望ましい方向に進めるための基本的なところを受け持ち、人間一人ひとりの生活の流れの様々な側面を結びあわせながら介入することが望ましい。また、地域での健康学習方法として、住民から得た情報を、いろいろな形でわかりやすく住民に返すという「SHOW」の学習が大切である。健康学習の推進には、スタッフが情熱を持ち、住民の学習要求に応じて「指導・対話型」「問題・学習援助型」をうまくつかいわけ、学習の「質」を深めることが重要である。医療福祉従事者の専門家としての倫理が今後の大きな課題になることも指摘した。
