

原著

在宅高齢者の生活実態とモラールに影響を及ぼす諸要因の検討

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Study of Factors Affecting the Activities of Daily Life and the Morale of Elderly People

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Abstract

The actual state of elderly people who stay in their own homes was investigated focusing on physical conditions, health awareness and activities of daily life and social relationship, including family relations. The sense of Meaningful Life (ikigai) was also investigated by PGC moral scale, and the important factors were analysed. The results show that 70% of the advanced elderly who live in their own homes feel healthy. However, the ratio who lacked confidence in their health increased in those over 80 years old. The mental state of health is related to the degree of social companionship with peers and relationships within the families, especially with respect to isolation from society or family. A direction for community health activities was suggested.

要約

本研究は、在宅高齢者の生活実態を健康状態、健康意識、日常生活機能、家族を含めた社会関係の側面から検討した。また、生きがい感を PGC モラール尺度をもとに検討し、それらに影響する諸要因について分析した。結果、在宅の後期高齢者の70%以上は元気であると回答していたが、80歳を越えると健康に自信を失う者の割合が増えた。また、心理的健康は社会で仲間と活動に参加できている程度や、家族関係の良否、殊に社会的孤立や家族内孤立がかなり影響していることが明らかになった。今後の地域保健活動の方向性が示唆された。
