

原著

臨床実習における作業療法学部学生の心理的 ストレス反応の変化と性格との関連性

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Relationship between Personality and Change of Psychological Stress Response in Occupational Therapy Department Students during Clinical Practice

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Abstract

The purposes of this study were to determine the degree of stress experienced by students in the occupational therapy department during the course of clinical practice, whether the degree of stress changed according to the students' experiences, and whether the intensity of the stress response had any relation with their personalities. The psychological stress response scale (PSRS) was used for measurement of psychological stress response. Tests were conducted four times: before the beginning of clinical practice, and after the end of each term. In order to assess the student personalities, the YATABE/GUILFORD test and the Tokyo University egogram were used. These tests were performed throughout the school year, with no relationship to the clinical practice schedule. The highest PSRS scores were obtained before the beginning of clinical practice. Although stress declined as clinical practice continued, PSRS scores rose again after the end of the third term, suggesting that stress came from sources other than clinical practice.

Furthermore, we observed that students who scored high on the PSRS also scored high on various items in the personality tests, indicating a strong relationship between stress and the personalities of the students.

要約

この研究の目的は、作業療法学部学生が臨床実習において、どの程度のストレスを受けているのか、さらにストレスの程度は臨床実習の経験により変化するのか、またストレス反応の高低は性格との関連性があるのかについて知ることである。方法は、ストレスの程度を測定するものとして心理的ストレス反応尺度(PSRS と略す)を用い、臨床実習前と各期終了時の計4回実施した。性格をみるものとしては、矢田部・ギルフォード検査と東大式エゴグラムを用い、臨床実習に関係のない学年時に実施した。臨床実習前が最も PSRS 得点が高かった。さらに、実習を重ねるごとにストレスは低くなるが、再び3期終了時の PSRS 得点が高くなることから、臨床実習以外のストレス源が推察された。また PSRS 得点が高い者は、性格検査の諸項目の得点も高いことから、ストレスと性格との関連性は強いことが示唆された。
