

精神障害者の運動習慣に関する研究 ～支援者の視点も加えて～

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【目的】

本研究は、精神障害者の運動実態に着目し運動を実施する上での課題を明らかにする。また、精神障害者の方が通所する施設の支援者への調査を通し、施設で行っている運動プログラムの実態を明らかにし、精神障害者の運動促進の方策について検討することを目的とする。

【方法】

千葉県印旛郡市の障害者支援施設5箇所に通所している精神障害者(以下利用者)ならびに施設の支援者(以下支援者)の方々を対象とした。利用者には、質問紙にて半構造化アンケート調査を行い、個人属性・病気と健康状況・運動習慣について計35問の設問を設けた。支援者には、提供している運動などのプログラムについて、内容・目的・実施したいプログラム・課題などの計8問の設問(自由記述)を設けた。

【結果】

運動習慣がある人は44%で、運動を行うことでストレス解消・楽しい・健康のためなどの前向きな目的で行っていた。また、習慣がない人は、今後運動をしたい人・したくない人共に、疲れる・特にないという意見が多く経済的に余裕がないことも弊害の一つであった。支援者の課題は、職員・利用者の高齢化、資金・人手不足による運動指導が行えない状況であった。

【結論】

利用者の運動プログラム参加目的は健康のため・気分転換のため・楽しむためなどだが、習慣がない者は疲れやすい・機会がない・経済的な理由から運動への参加は消極的であった。精神疾患の特性への配慮、運動への動機づけなどが課題である。支援者の目的は、健康管理・社会性の涵養など、生活支援の一環として行っているが、運動習慣がない者もいる中で、交流を目的としたものが多く、個別の配慮や働きかけまでされていない。今後、精神障害者の健康課題・精神疾患の特性なども考慮し、運動意欲を喚起するプロセスにも留意して運動プログラムの企画実施を行うことが効果的であると考えられる。

Research on health promotion of people with mental disorders -Focusing on the actual state of exercise habits-

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[Purpose]

This study aims to clarify the issues involved in implementing exercise by focusing on the actual state of exercise for people with mental disabilities. In addition, through a survey of supporters at facilities attended by people with mental disabilities, the study aims to clarify the actual state of exercise programs at the facilities and to consider measures to promote exercise for people with mental disabilities.

[Methods]

The subjects were people with mental disabilities (hereafter referred to as users) who attend five support facilities for people with disabilities in Inba-gun, Chiba Prefecture, and the supporters at the facilities (hereafter referred to as supporters). A semi-structured questionnaire survey was conducted on users, with a total of 35 questions about personal attributes, illness and health status, and exercise habits. A total of eight questions (free description) were asked for supporters about the exercise and other programs they provide, including the content, purpose, programs they would like to implement, and tasks.

[Results]

44% of people had exercise habits, and they did so for positive reasons, such as relieving stress, having fun, or being healthy. Additionally, many of those who did not have exercise habits, both those who wanted to exercise in the future and those who did not, said they were tired or had no particular motivation, and one of the obstacles was not being financially well off. Challenges for supporters included the aging of staff and users, and the inability to provide exercise instruction due to a lack of funds and manpower.

[Conclusion]

The reasons users participate in exercise programs include health, a change of mood, and fun, but those who are not used to it are reluctant to participate in exercise programs because they get tired easily, have no opportunities, or for financial reasons. Challenges include taking into consideration the characteristics of mental illness and motivating people to exercise. The purpose of supporters is to provide support as part of daily life support, such as health management and socialization, but since some users do not have an exercise habit, many programs are aimed at interacting with them, and no individual consideration or encouragement is given. It is thought that in the future, it will be effective to plan and implement exercise programs that take into account the health issues of people with mental disabilities and the characteristics of their mental