

地地域高齢者の認知症予防 ～高齢者の認知症の理解と介護予防活動の参加状況

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【目的】

本研究では、地域の介護予防活動に参加している高齢者を対象に、介護予防活動への参加状況と認知症に関する理解度の関係を把握することを目的とする。

【方法】

本研究はアンケート調査を採用する。対象者は高齢者のため、著者が千葉県佐倉市と成田市の九つの介護予防教室に参加し、「調査票」と「研究参加者の説明文書」を配布、説明した。調査結果についてはMicrosoft Excel利用して、単純集計を行った。また、すべての分析について、IBM SPSS Statistics 29.0.1を使用して、カイ二乗検定とU検定でデータを分析する。統計学の有意差は $p < 0.05$ と設定する。

【結果】

本調査では、115人を回収した。欠損した回答を除き、最終分析者は100人であった。本研究に参加した高齢者たちが地域介護予防活動の参加率が高く、高齢者たちが介護予防活動への参加意欲も高いことが判明した。認知症への理解度については、正答率が最も高い設問は「認知症は治療が必要な病気だと思いますか」であった。得点を設定した設問で、満点に最も近い平均点を持つのは「認知症の方に対する接し方」であった。また、U検定とカイ二乗検定の結果から見ると、介護予防活動の参加頻度と参加有無は認知症の理解との関連性が見られなかった。しかし、「年齢」と「最終学歴」は認知症の理解の関連性がみられた。

【結論】

介護予防活動に参加有無と介護予防活動の参加頻度は認知症への理解度に大きな影響を与えていないと示唆した。しかし、それ以外に、年齢と最終学歴は認知症への理解度に影響を与えることが示唆された。

Dementia Prevention for the Elderly in the Community - Understanding of Dementia among the Elderly and Participation in Care Prevention Activities

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[Purpose]

The purpose of this study is to determine the relationship between participation in care prevention activities and understanding of dementia among older adults who participate in community care prevention activities.

[Methods]

This study adopts a questionnaire survey. The participants are elderly individuals, and the author attended nine care prevention classes in Sakura City and Narita City, Chiba Prefecture, where the "questionnaires" and "participant information sheets" were distributed and explained. The survey results were analyzed using simple aggregation in Microsoft Excel. For all analyses, IBM SPSS Statistics 29.0.1 was used to perform cross-tabulation, chi-square tests, and Mann-Whitney U tests to analyze the data. The statistical significance level was set at $p < 0.05$.

[Results]

A total of 115 respondents were collected for this survey. Excluding missing responses, the final analytic population was 100. It was found that the elderly who participated in this study had a high participation rate in community care prevention activities and that the elderly were highly motivated to participate in care prevention activities. Regarding the level of understanding of dementia, the question with the highest percentage of correct answers was "Do you think dementia is a disease that needs to be treated?". Among the questions for which a score was set, the question with the mean score closest to a perfect score was "How to treat people with dementia". The results of the Mann-Whitney U tests and the chi-square test showed that the frequency of participation in care prevention activities and the presence of participation in such activities were not related to the understanding of dementia. However, "age" and "last level of education" were found to be associated with understanding of dementia.

[Conclusion]

We suggested that the presence or absence of participation in care prevention activities and the frequency of participation in care prevention activities did not have a significant impact on the level of understanding of dementia. However, other than that, the results suggested that age and last education had an influence on the level of understanding of dementia.