

## 集合住宅居住高齢者における転倒恐怖感の特徴

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### 【目的】

板橋区内の集合住宅(団地)に居住する地域在住高齢者を対象に、FES-Iを用いて転倒恐怖感の水準と分布を把握する。あわせて、過去1年間の転倒経験の有無により転倒恐怖感に差がみられるかを検討し、支援検討に資する基礎資料を得る。

### 【方法】

東京都板橋区の大規模集合住宅に居住する65歳以上の地域在住高齢者を対象に、自記式質問紙調査に基づく横断研究を実施した。配布175部、回収154部のうち、欠損のない121名を解析対象とした。調査項目は基本属性、過去1年間の転倒経験、日本語版FES-Iとした。転倒経験の有無による得点差はMann-WhitneyのU検定で検討した(有意水準5%)。

### 【結果】

解析対象121名のうち、過去1年間の転倒経験はあり59名(48.8%)／なし62名(51.2%)であった。FES-I合計得点は、転倒経験あり群がなし群より有意に高かった(あり36.19点、なし32.44点、 $p=.002$ )。屋外活動FES得点、屋内活動FES得点も、いずれも転倒経験あり群が有意に高値を示した(屋外  $p=.007$ 、屋内  $p=.012$ )。また、記述的には年齢が高いほどFES-I得点が高い傾向がみられた。

### 【結論】

集合住宅(団地)居住高齢者では、転倒経験を有する者で転倒恐怖感が高く、恐怖感は屋外活動だけでなく屋内活動にも及ぶ可能性が示された。したがって支援は、身体的介入(筋力・バランス等)に加え、活動場面に応じた不安軽減を含む包括的な視点で検討する必要がある。

## Characteristics of fear of falling among older adults living in apartment complexes

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### [Purpose]

This study aimed to clarify the level and distribution of fear of falling using the Falls Efficacy Scale-International (FES-I) among community-dwelling older adults living in apartment complexes in Itabashi Ward. In addition, differences in fear of falling according to fall experience during the past year were examined to obtain basic information for support planning.

### [Methods]

A cross-sectional questionnaire survey was conducted among community-dwelling older adults aged 65 years and older living in large-scale apartment complexes in Itabashi Ward, Tokyo. Of 175 questionnaires distributed, 154 were returned, and 121 participants without missing data were analyzed. Survey items included basic characteristics, fall experience during the past year, and the Japanese version of the FES-I. Differences according to fall experience were examined using the Mann-Whitney U test with a significance level of 5%.

### [Results]

Among the 121 participants, 59 (48.8%) had experienced a fall in the past year and 62 (51.2%) had not. The FES-I total score was significantly higher in the fall-experienced group than in the non-experienced group (36.19 vs 32.44,  $p=.002$ ).

Both outdoor activity FES scores and indoor activity FES scores were also significantly higher in the fall-experienced group (outdoor  $p=.007$ , indoor  $p=.012$ ).

Descriptively, FES-I scores tended to increase with age.

### [Conclusion]

Older adults living in apartment complexes who had experienced falls showed higher fear of falling, and this fear extended to both outdoor and indoor activities. Therefore, support strategies should adopt a comprehensive approach that combines physical interventions (e.g., muscle strength and balance training) with anxiety reduction according to activity situations.