

障害者就労支援事業所を利用する知的障害者の身体活動量に関する研究

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【目的】

本研究では、知的障害者の身体活動量を健常者との比較を通して明らかにすることを目的とした。さらに、身体活動量を知的障害者の属性（作業種、障害種、障害程度）別に比較し、知的障害者の属性と身体活動量との関連を分析した。

【方法】

対象は障害者就労支援事業所を利用する知的障害者（以下、利用者）24名と同施設の健常成人（以下、職員）7名であった。3軸加速度活動量計を対象に装着し、作業時身体活動量を測定した。身体活動量は対象の1日あたりの平均歩数および代謝当量に基づき分類された身体活動強度（座位行動：SB、低強度身体活動：LPA、中高強度身体活動：MVPA）毎の時間数で評価し、健常者および属性間で比較した（ $p<0.05$ ）。また、利用者個々の身体活動量の傾向についても分析した。

【結果】

利用者の歩数は職員と比較して有意に低い値を示した（利用者 3013.2 歩/日、職員 4069.5 歩/日）。一方で、各活動強度別の時間数では有意差が認められなかった。属性による身体活動量の比較では、作業種にのみ有意な関連を示し、芸術系の作業が他の作業と比較して低い身体活動量を示した。尚、作業種個々の分析から、同じ属性においても身体活動量の個体差は顕著であった。

【結論】

本研究の結果から、移動による身体活動量に差は認められるものの、就労支援事業所を利用する知的障害者は概ね活動的であり、全体的には健常者と同等の身体活動量であることが示された。座位中心の作業種では身体活動量が低くなる可能性があるものの、障害種や障害程度は知的障害者の身体活動量と関連する要因とは言えなかった。ただし、対象間にみられた身体活動量の個体差は、知的障害者の健康に関する支援において、個人特性にも注目する重要性を示唆している。

Research on the physical activity level of persons with intellectual disabilities in an
employment support center

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[Purpose]

This study aimed to clarify the physical activity level of people with intellectual disabilities compared to normal people. We compared the physical activity levels based on the work content, type of disability, and level of work at the facility. Furthermore, we analyzed the relationship between the characteristics of people with intellectual disabilities and their physical activity levels.

[Methods]

The participants were 24 people with intellectual disabilities (members) and seven able-bodied people (staff) who worked at an employment support center for people with disabilities. Physical activity level was assessed via the average number of steps taken per day. The average number of hours of each level of physical activity (sedentary behavior: SB, low-intensity physical activity: LPA, and moderate-intensity and high-intensity physical activity: MVPA) was assessed via the average time spent in each level. The results of people with intellectual disabilities were compared with those of healthy subjects and their characteristics ($p < 0.05$). The physical activity level of each subject was also analyzed individually.

[Results]

The average number of steps of the members was significantly lower compared to that of the staff (subjects with disabilities: 3013.2 steps/day, healthy subjects: 4069.5 steps/day) ($p < 0.05$). Conversely, there was no significant difference in the number of hours spent in each activity level ($p > 0.05$). A comparison of the physical activity levels by each characteristic showed a significant association only with the type of work. Those with arts jobs had lower physical activity levels than other jobs. In addition, the qualitative analysis showed individual differences among the participants.

[Discussion]

This study showed that although there were differences in physical activity levels, people with intellectual disabilities who attended employment support program were generally active and overall performed physical activity levels similar to healthy people. Although sedentary work could be associated with lower physical activity levels, the type and degree of the disability did not show a significant association with the physical activity levels of people with intellectual disabilities. However, the individual differences in participants' physical activity suggest that it is important to pay attention to individual characteristics to help people with intellectual disabilities with their health problems.