
 報 告

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第3回韓日地域看護学会参加報告について

Reported that participated in The 3rd KOREA-JAPAN Joint Conference on Community Health Nursing

黒川佳子*

KUROKAWA Yoshiko

要 旨

平成28年6月1日(金)～3日(日)に韓国釜山市にある Bexco 国際会議場にて開催された「The 3rd KOREA-JAPAN Joint Conference on Community Health Nursing」に参加し、ポスター発表を行った。題目は『The examination of the “positive characteristics” of elderly individuals living with other people in rural areas』(訳：地方居住非独居高齢者がもつ“強み”について)という題目でポスター発表を行った。ポスター内容は、地方に居住する非独居高齢者の強みを明らかにし、その強みを生かした支援方法の検討を行った。日本の参加者も多く、英語、日本語、韓国語と複数の言語が飛び交う学会であった。参加者は熱心にポスターラウンドを行い、ディスカッションを行った。今後の自分の課題として、英語での説明や会話に困難を感じざるを得なかったため、研究への精進と並行して国際学会を想定した語学力を身に付けていくことも必要であると実感した。

索引用語：第3回韓日地域看護学会、韓国釜山市、ポスター発表

Key words：The 3rd KOREA-JAPAN Joint Conference on Community Health Nursing, Busan city in Korea, Poster presentation

1. 第3回韓日地域看護学会について

1) 学会の概要

第3回韓日地域看護学会は、平成28年6月1日～3日に韓国釜山市にある Bexco 国際会議場にて開催された。本学会は、地域を基盤にした看護を推進するにあたり、日本と韓国の両国間の保健医療の実情や課題、今後の展望についてお互いに意見交換を行い、両国の人々の健康や福祉の向上に寄与できることを目的として開催されている。第3回韓日地域看護学会では



図1 BEXCO 国際会議場外観 1

* 順天堂大学保健看護学部

* Juntendo University Faculty of Health Sciences and Nursing

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メインテーマを“Challenges and Future directions ; Disaster preparedness and Community Health Nursing”とし、様々な地域看護に関連する研究結果を扱った韓日合同セッションの開催（2セッション）や、日本・韓国からの招待講演（7講演）、ポスター発表（合計224ポスター／2日間）など多くの演題・講演が行われた。韓国と日本の研究者ならびに実務者が一堂に会し、様々な意見交換を行う機会となった（図1,2）。

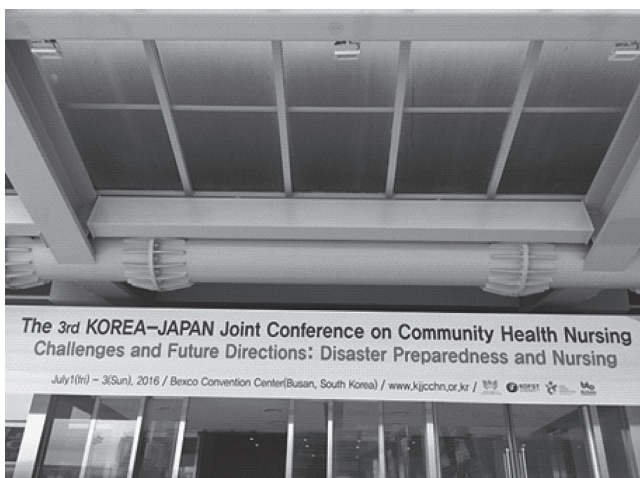


図2 BEXCO 国際会議場外観2

2) 学会プログラム

主な学会プログラムは、以下の内容であった（図3）。

(1) July 1, 2016 (Friday) : Professional Visit

Professional Visit は、Busan Jin-gu Community Health Center や HOPO Polling Stock Maintenance Office の見学など半日のコースとなっており、韓国の産業保健、公衆衛生看護について学ぶことのできる研修ツアーとなっていた。

(2) July 2, 2016 (Saturday)

• Invited Lecture 1

テーマ「Community Resilience in Disaster Situation & CHN Practice」

講師：Prof. Insook Lee (Korea)

• Invited Lecture 2

テーマ「Community Assessment and Empowerment in Super Aging Society」

講師：Prof. Ayumi Kono (Japan)

• Invited Lecture 3

テーマ「Public Health Impact of Sewol Ferry Disaster in Ansan Citizens」

講師：Prof. Soong-nang Jang (Korea)

• Invited Lecture 4

テーマ「Ethical Dimensions of the Fukushima-Nuclear Accident Based on Action Research Collaborating with Public Health Nurses」

講師：Prof. Kiyomi Asahara (Japan)

• Concurrent Session 1

• Poster Round (112 Poster)

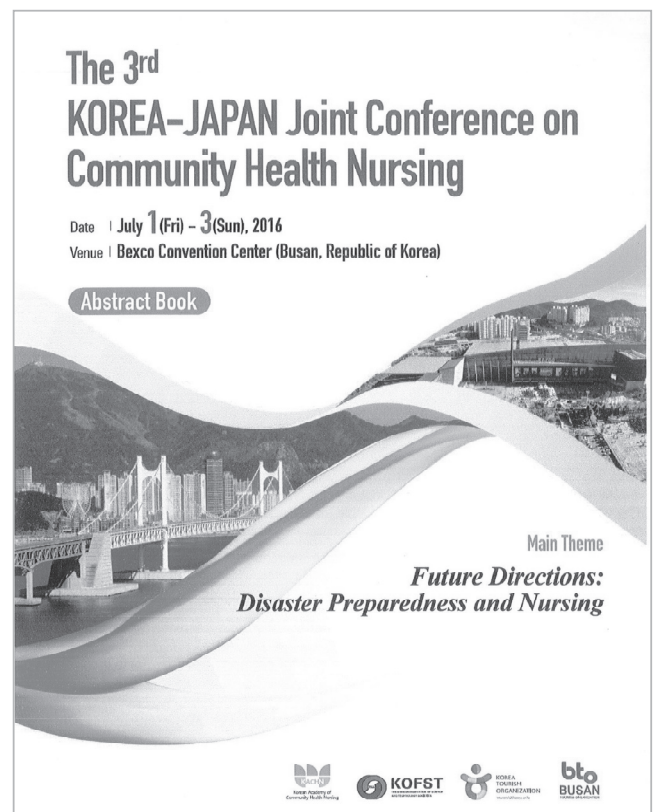


図3 学会プログラム集 表紙

(3) July 3, 2016 (Sunday)

• Invited Lecture 5

テーマ「Public Health Nursing Practice in Disaster」

講師：Ms, Yoko Shimada (Japan)

• Invited Lecture 6

テーマ「korea CDC's Response to MERS-Cov
Outbreak in Korea」

講師：Ms, Yuna Kim (Korea)

• Invited Lecture 7

テーマ「Linking Past Successes to Future Challenges : Focus on Partnership Building in
Community Health Nursing」

講師：Prof. Kyung Ja June (Korea)

• Concurrent Session 2

• Poster Round (112 Poster)

II. 発表内容

今回、『The examination of the “positive characteristics” of elderly individuals living with other people in rural areas』をテーマに以下の内容についてポスター発表を行った。

1) 研究背景

現在、日本の高齢化率は平成26年には26.0%、高齢者の家族と世帯では、65歳以上の高齢者のいる世帯は全世帯の44.7%を占め、このうち夫婦のみの世帯が3割を占め最も多くなっている¹⁾。日本の家族形態は三世帯世帯から核家族世帯が主流となり、暮らし向きは多様化している。そのため、高齢者がそれぞれの世帯構造の中で生活を継続できている“強み”について解明し、その“強み”を生かした支援方法を検討することとした。高齢者の世帯構造別に“強み”を明らかにし、支援方法を見出すことは、高齢者自身のもつ能力を最大限に活かし、その人が住み慣れた地域で生活を継続することを可能にすると考えた。

2) 研究目的

本研究は、地方居住の非独居高齢者に焦点をあて、自身の“強み”について明らかにすることを目的とした。

3) 研究方法

研究方法は、A市に在住する非独居高齢者600名を対象に、無記名自記式質問紙調査を実施した。調査内容は、健康状態、自尊感情尺度、日常生活自立度など高齢者の“強み”を抽出する項目で構成した。分析は、項目ごとに単純集計を行い、世帯構造により高齢者夫婦世帯群と家族等と同居群の2群に分け、今の暮らしが継続できている自身の“強み”との関連性について分析を行った。本研究はA市との共同研究により実施し、順天堂大学保健看護学部倫理委員会にて承認を得た。調査票は本人の郵送による返信をもって同意を得たものとした。

4) 研究結果・考察

結果は、有効回答は313名（有効回答率52.1%）であった。男性157名、女性156名、平均年齢は 73.3 ± 6.6 歳であった。住居形態は、高齢者夫婦世帯が148名、家族等と同居が159名（無回答6名）であった。高齢者夫婦世帯は家族等と同居と比較し、年齢が若く（ $p < .05$ ）、子供がいないもの（ $p < .001$ ）が有意に高かった。また、今の暮らしができている自分の強みについて、高齢者夫婦世帯が家族等と同居より「人に頼らない生活」「我が家の家計で生活を営める」の2項目について有意に高かった（ $p < .05$ ）。

これらの結果より、高齢者夫婦世帯で暮らしを営むことは、自己責任と自己管理に基づいて生活を維持していることが考えられる。そのため、他者に依存せず主体的に生活を営んでいることを強みとしていることが示唆された。

なお、本研究は文部科学省科学研究費研究助成・挑戦的萌芽研究「一人暮らし高齢者の“強み”を活かした応援メニューの検討」（研究代表：美ノ谷新子）により実施した。

*抄録、ポスター内容については参考資料1、2に示す。

III. 学会発表を行って

今回の韓日地域学会は韓国と日本の地域看護学会の共同学術集会として開催された。学会に参加し、日本と韓国の両国にとって人口の高齢化と少子化は大きな社会問題であり、いかに健康寿命を延伸して生活を送ることができるか予防を含めた対策と人口増加への取り組みが喫緊の課題であることが分かった。このように両国が抱えている地域保健の問題には共通点が多く、日韓が共同してそれぞれの国の地域保健について研究実績や課題を共有していくことは、大変に貴重であると感じた。

学会発表を行った感想としては、初めて国際学会にて研究発表を行ったため大変緊張したが、看護の視野を広げるとてもよい機会を得ることができた(図4)。たくさんの言語が飛び交う中でのポスターラウンドは大いに刺激を受け、また、異なる研究分野や韓国の地域看護の現状等の研究発表に触れ、今後の研究ではグローバルな視点を持つことを意識して研究活動にあたらなければならないと鼓舞された。今後の自分の課題として、英語での説明や会話に困難を感じざるを得な

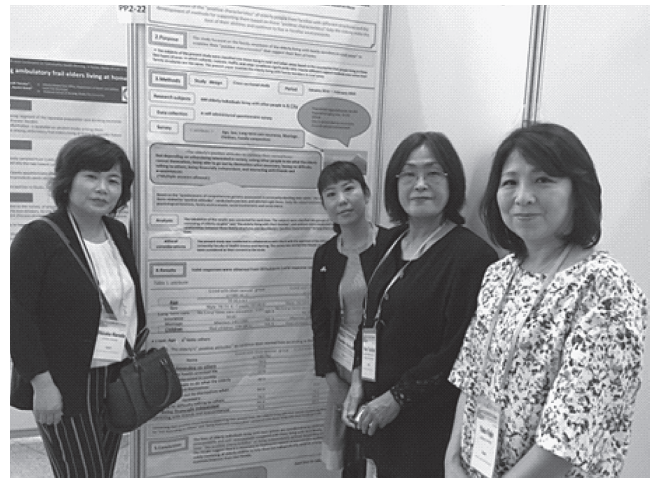


図4 共同研究者とポスター前にて

かったため、研究への精進と並行して国際学会を想定した語学力を身に付けていくことも必要であると実感した。最後に、今回の発表にあたって指導して下さいった美ノ谷新子先生に感謝申し上げます。

引用文献

- 1) 内閣府：高齢社会白書(平成26年版)、東京、2-3、2014.

* 参考資料 1

PP2-22



The 3rd
KOREA-JAPAN Joint Conference on
Community Health Nursing

The examination of the “positive characteristics” of elderly individuals living with other people in rural areas

Yoshiko Kurokawa¹; Yoko Tsuchiya¹; Shizuka Harada²; Miki Shibasaki³;
Yuko Fujio¹; Noriko Ogawa¹; Shinko Minotani¹

1 Juntendo University Faculty of Health Sciences and Nursing;
2 Juntendo University Faculty of Health Care and Nursing;
3 Kyorin University School of Health Sciences

Purpose

To identify the “positive characteristics” supporting their present lives of elderly individuals living with other people in rural areas.

Method

A self-administered questionnaire survey was conducted between January and February in 2016, which involving 600 elderly individuals living with other people in A City. The survey consisted of: their health status, a self-esteem scale, and functional independence measure, instrumental activity of daily living, to identify the “positive characteristics” of the elderly.

Result

Valid responses were obtained from 313 subjects (male: 157; female: 156; mean age: 73.3±6.6 years old; valid response rate: 52.1%). A total of 281 subjects had children, and 19 subjects had no children (unknown: 13). A total of 148 subjects lived with their spouse, and 159 subjects lived with their family (unknown: 6). Concerning their positive characteristics supporting their present lives, the subjects living with their spouse showed significantly higher scores for “not depending on others” and “being financially independent” compared with those living with their family ($p<0.05$).

Conclusion

The lives of elderly individuals living with their spouse are considered to be maintained by their self-responsibility and self-management compared with those living with their family, suggesting that they have the positive characteristics of living independently without depending on others.

Presenter Yoshiko Kurokawa

Correspondence Yoshiko Kurokawa / ykuroka@juntendo.ac.jp

Theme Aging and health/ Long term care & caregiving/ Home health care nursing

| 160

* 参考資料2 ポスター内容

THE EXAMINATION OF THE "POSITIVE CHARACTERISTICS" OF ELDERLY INDIVIDUALS LIVING WITH OTHER PEOPLE IN RURAL AREAS

Yoshiko Kurokawa¹⁾, Yoko Tsuchiya¹⁾, Sizuoka Harada²⁾, Miki Sibasaki³⁾
Yuko Fujio¹⁾, Noriko Ogawa¹⁾, Shinko Minotani¹⁾
1) Juntendo University Faculty of Health Sciences and Nursing 2) Juntendo University Faculty of Health care and Nursing 3) Kyorin University School of Health Sciences

1. Background

The population aging rate of the Japanese in 2014 was 26.0%. The number of households with elderly family members aged 65 years or older accounted 44.7% of the total, and the percentage of households solely consisting of elderly couples was the highest - 30%. There has been a shift in the structure of Japanese families, from three-generation to nuclear families, and their lifestyles have diversified. The present study aimed to examine the "positive characteristics" of the elderly from families with different structures to continue to live their normal lives, and develop support methods based on these "positive characteristics".

An examination of the "positive characteristics" of elderly people from families with different structures and the development of methods for supporting them based on these "positive characteristics" help the elderly make the best of their abilities and continue to live in familiar environments.

2. Purpose

The study focused on the family structures of the elderly living with family members in rural areas* to examine their "positive characteristics" that support their lives at home.

* The subjects of the present study were classified into those living in rural and urban areas based on the assumption that people living in these two types of area, in which cultures, customs, traffic, and other conditions significantly vary, require different support methods even when their family structures are the same. The present paper involves the elderly living with family members in rural areas.

3. Methods

Study design Cross-sectional study **Period** January 2016 — February 2016

Research subjects 600 elderly individuals living with other people in A City

Data collection A self-administered questionnaire survey

Survey <attribute> Age, Sex, Long-term care insurance, Marriage, Children, Family composition

Population: Approximately 40,000
Population aging rate: 29.6% (2014)
City A surrounded by mountains in a rich natural environment

<The elderly's positive attitudes to continue their normal lives>
Not depending on other being interested in society, asking other people to do what the elderly cannot themselves, being able to go out by themselves when necessary, having no difficulty talking to others, being financially independent, and interacting with friends and acquaintances (*Multiple answers allowed.)

Based on the "questionnaire of comprehensive geriatric assessment in community-dwelling older adults", the researcher originally developed items related to "positive attitudes", conducted a pre-test, and selected eight items. Daily life-related functions consisted of physical and psychological functions, family environments, social involvement, and social status.

Analysis The tabulation of the results was conducted for each item. The subjects were classified into groups of "households solely consisting of elderly couples" and "the elderly living with their families", and analyses were conducted to examine the relationships between these family structures and the elderly's "positive characteristics" to help them continue their normal lives.

ethical considerations The present study was conducted in collaboration with City A with the approval of the ethics committee of Juntendo University Faculty of Health Science and Nursing. The survey was anonymous-based, and responses sent to us by mail were considered as their consent to the study.

4. Results

Valid responses were obtained from 307 subjects (valid response rate: 52.1%)

Table 1. attribute

	Lived with their spouse group n=148 (48.2%)	Lived with their family group n=159 (51.8%)	P
Age	72.35 ± 6.1	74.20 ± 7.0	0.015
Sex	Male: 76 (51.4) Female: 72 (48.6)	Male: 78 (50.6) Female: 81 (49.4)	0.732
Long-term care insurance	No Long-term care insurance: 135 (93.8)	No Long-term care insurance: 140 (92.7)	0.592
Marriage	Married: 145 (100)	Married: 138 (89.3)	0.489
Children	Had children: 128 (89.5)	Had children: 151 (99.0)	0.003

* t-test: Age χ^2 tests: others

Table 2. The elderly's "positive attitudes" to continue their normal lives according to the family structure

Items	Lived with their spouse group n=145 (96%)	Lived with their family group n=157 (96%)	P
Not depending on others	76.6	65.0	0.027
Leading health-oriented life	77.9	74.5	0.482
Being interested in society	57.9	50.3	0.185
Asking other people to do what the elderly cannot themselves	40.0	48.4	0.142
Being able to go out by themselves when necessary	84.8	76.4	0.066
Having no difficulty talking to others	79.3	75.2	0.391
Being financially independent	84.8	66.8	0.001
Interacting with friends and acquaintances	78.8	82.2	0.255

Concerning their positive characteristics supporting their present lives, the subjects living with their spouse showed significantly higher scores for "not depending on others" and "being financially independent" compared with those living with their family ($p < 0.05$).

5. Conclusion

The lives of elderly individuals living with their spouse are considered to be maintained by their self-responsibility and self-management compared with those living with their family, suggesting that they have "the positive characteristics" of living independently without depending on others. The results suggest that it is necessary to implement support or intervention methods for households solely consisting of elderly couples to help them live independently without relying on others and maintain/improve their own health.