

**Kazuko KIKUI, Kinuko OKAMOTO and Taiichi SAITO : Nursing Education in Japan — A Historical Background and Future Aspects —**

Since the Meiji era, Japanese nursing was limited to its role as assistants to physicians as determined by governmental policy. After the end of World War II, under the leadership of the Allied Forces, the status of nursing was upgraded to a para-medical profession. However, the training programs were not entirely satisfactory from a contemporary perspective.

With advances in medical technology, coupled with increases in chronic illnesses, the disabled and particularly the elderly population, people are demanding a higher quality of nursing care. To meet the changing needs of society, Japanese nursing must reform its educational system once more.

In reviewing the historical background of nursing in Japan, it is apparent that university-based education plays a central role in developing the profession. Nursing must strengthen both the scientific and humanitarian bases upon which it practices. Ethical values, scientific inquiry and clinical skills are best taught in baccalaureate and master's programs. Nursing will be better positioned to meet the challenges and changing needs of health care in the 21st century, not only in Japan, but also internationally.

**Yoshihiro KANEMITSU : The Theory of Learned Helplessness : An Assessment of Recent Advances and Current Ideas**

The present article deals with a reassessment of the original theory of Learned Helplessness proposed by psychologist Martin E.P. Seligman.

The main topics of this paper are as follows :

- (1) a critical review of experimental studies on Learned Helplessness.
- (2) a re-examination of the theoretical background of Learned Helplessness.
- (3) a discussion of the significance of the Learned Helplessness theory.
- (4) an assessment of advances in the Learned Helplessness theory.

In support of the importance of this construct and theory, this article describes the three necessary conditions for the learned helplessness phenomenon. The first is where organisms are in situations from which they cannot escape and perceive the idea of "helplessness." The second is when they believe that changes in behavior will not change the result (noncontingency between behavior and result). The third is when there is a decline in motivation because they believe that the situation is uncontrollable.

Finally, it is suggested that it is reasonable and effective to apply the Learned Helplessness theory in the study of human mental disease and abnormal behavior.