

Articles

The Relationship Between Elderly People and Pets

Hajime SAKUGAWA and Yoshimi HOZUMI

In recent years, it has become known that some of pet owners suffer as if they had lost their close relatives when they lose their pets. The symptoms of pet loss can be serious especially in elderly people.

In the modern industrial society, the aged become removed from productive activity which results in a lower social status. Their human relationships become unsatisfactory, and so-called “disengagement” occurs. This phenomenon is an inevitable result of the industrial society and a clear cut solution is difficult. Communication with pets gives much needed support to elderly people in such situations. Dogs, for example, are very obedient and trust their owners implicitly. This is fundamentally different from actual human relationship. However, the pet owners get a true relationship that is in accord with the pace of the elderly person.

Pets make good companions that can take the place of relationships with humans.

Original Papers

A New Type of Chinese Women in Bing Xin's Novels

Jiang Bo

This thesis analyzes Chinese women described by Bing Xin, a female writer, in her short novels from social and feminine perspective. As the result, two points are clarified as follows.

One is on a new type of woman living in social cataclysm at the end of feudal days. Bing Xin appreciated a well cultivated woman who was awakened to her ego and had her own opinions, while still being a good wife and wise mother. Bing Xin challenged the old-fashioned conventional society in which women were expected to be obedient as a part of their virtue. The other point is that Bing Xin intended to awaken women's consciousness in order to promote a social revolution by showing women's tragedies in her novels. With such a discussion, this thesis may give a new understanding of the writings of Bing Xin.

A Survey on Subjective Symptoms of Fatigue

— Complaints of Fatigue among Workers Engaged in Day and Night Shifts and the Effect of Taking a Nap —

Masana OGATA and Makiko DOI

Complaints of fatigue in 38 care givers working day and night shifts in the special nursing home for the aged were surveyed.

The results obtained were as follows:

1. Complaints of feeling fatigued on the day shift were general type in nature and those on the night shift type were due to the particular condition of night work.
2. Care givers on the night shift felt more fatigue than those on the day shift.
3. Just after taking a nap, care givers, felt more fatigued, and had greater difficulty concentrating on their duties. Therefore, greater care must be taken to protect against unnecessary accidents in the care of

patients.

4. The care workers started the night shift at 4 p.m. and finished 8 a.m. in the next day. They then rested all day until starting work at 4 p.m.

5. The highest number of complaints of fatigue on the day shift were found on the second day of three day shifts.

Results of the survey suggest that working methods, including how to take rest, must be changed to decrease fatigue among workers engaged in the care of the elderly.

A Study of Medical Welfare Meaning of Sports for the Disabled

Kuniharu OKUDA

The purpose of this study was to clarify the efficacy of sports on the independent living of athletes based on differences in the severity of their physical disabilities. Personal interviews and questionnaires sent to wheelchair basketball players (SCI:paraplegics) and twin basket wheelchair basketball players (SCI:quadriplegics) were employed for this study.

Sport is a significant way for persons with disabilities to re-establish their own identity and promote a social life. Also, sports have an empowerment function helping persons with disabilities reach their full potential, as well as a self-help function, promoting problem-solving skills. Sport is an important means to encourage independent living. In this study, many athletes expected medical professionals, to assist in giving them an opportunity to socialize.

QOL Evaluation Table and Approval of the Elderly for Public Care Insurance

Isao TAKEDA

The purpose of this research was to create a reliable and valid QOL index based on an investigation of the public care insurance system and a questionnaire investigation concerning QOL.

After sorting 70 Items according to the procedure of Ueda and reducing the number by 18 questions according to an evaluation standard, a highly reliable and valid QOL index was produced.

Current State and Problems of Meals for the Aged in an Urban Area

— From Interviews with Cafeteria Users —

Yoko NAKAMURA, Shinji MIYAHARA and Hiroe HITOMI

This study was done by interviewing 10 elderly people, in an urban area, using a cafeteria. The results are as follows:

1. Cooking for themselves was a burden.
2. Many ate an unbalanced diet.
3. Many were concerned about their financial condition.
4. Many were uneasy about their health.
5. Some had chronic illnesses.
6. Many were lonely.

Diet can be a clue to a human's QOL. Though many aged in urban areas have a need for meal service, they don't have the necessary information about social resources for obtaining help for meals from medical