

Development and verification of the effectiveness of a community activity program in which frail elderly people can participate continually: Through the development and implementation of a gymnastics program and salon activity program that promotes "acceptance of oneself as one is" using mindfulness

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In late old age, declining physical function and motivation and increasing mental fatigue prevent many people from attending or dropping out of community activities, which worsens their mental health and depression. In these cases, it is difficult to improve mental health through interventions that increase interpersonal interaction and exercise activities. On the other hand, mindfulness training is thought to have a positive impact on mental health even among the elderly, who have difficulty participating in activities involving social interaction and exercise, because it fosters a psychological state of accepting oneself as one is and an open and tolerant attitude.

In this study, we conducted eight weeks of mindfulness training on a small group of thirty community elderly people. We investigated whether these interventions improve participants' physiological indices, mental health, and gerotranscendence which the main psychological trait of which is 'accepting oneself as one'.

As a result, there was an interaction between the intervention group and the control group in mental health, and an intervention effect was significant. And Gerotranscendence was increased after the intervention in both the intervention group and the control group, significantly.

In the future, we would like to examine whether mindfulness training facilitates frail elderly people to continue to participate in community groups with shared values.