

## A study on the psychological and medical condition of middle and aged people in rural area in Toyama prefecture in Japan.

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Japan has passed a rapid industrial progress and now the old people number in Japan is rapidly increasing due to small number of getting children and the decrease of death rate of babies. So this fact will be the one of the most important problem in near future in Japan.

The rate of old people is bigger than that of city, so we studied on the pychological and medical condition of middle and old people living in rural area in Japan.

817 peoples living at rural area, Toyama prefecture were studied. Peoples are in middle and old age. The survey items were 10 and more details about pychological condition were asked by 32 small items. The survey was done by direct meeting method after giving an explanation by nurses before. We considered as much as possible about privacy and pride of the people.

### Summary

Old people living in rural area in Japan have good family and feel that they are treated kindly from their family. They are still engaged in works and have many friends. They feel they are happy. Economically some of them are poor, but they are satisfied. They make journey, attend meeting and use public facilites. They seem to be satisfied about the present administration.

Many of them believe in religion. Their communication to family seems to be smooth including the inheritance of traditional culture to their son, daughter, grandson and granddaughter. They give also diciplines and training to them in the family.

They are anxious about being to be taken care by young people and they want sudden death. They want to die at his home with natural ill course. Many people think they will be hospitalized to hospital or some equipment in inevitable condition.

About one thirds believe the existance of world after death. It seems this thought relieves their anxiety about death.

They were born and raised in the Meiji and the Taisho Era and they think the present time is too rich by many materials.

Now Japan is in rapid changing period about nature and social circumstance by high science tech-

nology. So the people's life is also rapidly changing day by day including mental condition.

We want this study will help to prepare the solution about old people's problem in this changing time.  
(Written by Kenji Koshiyama M. D.)