

## A Study on Psychological and Medical conditions of Middle and Aged People in Rural Area in Toyama Prefecture in Japan

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Japan's industry has made rapid progress and the number of old people is increasing at a fast pace. This is one of the most important problems for Japan.

As the rate of old people is higher than that of city, there are many problems to be solved about old people living in rural area.

So we studied mental and physical conditions about them. The survey items were ten and more details about psychological 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.

(Slide 1)

817 men and women were studied as shown in this slide. They are above 45 years old and live in rural area in Toyama Prefecture. This study was done by direct meeting method to them and we asked about each items.

(Slide 2)

This slide shows their families occupation. In Japan many family have side jobs besides agriculture.

(Slide 3)

This slide shows member of their family. Six family member is most common. It is relatively many compared to that of city.

(Slide 4)

This slide shows age distribution of their family. Relatively young peoples number is small, because they go out to large city.

(Slide 5)

Many old people have special ability or some licence. This slide shows the public licence which they have. Moter car or driver's licence was gotten by many old people.

(Slide 6)

About their physical problems, many people are complaining various discomfort or diseases.

Hypertension, gastro-intestinal disease, hand pain, lumbar pain are complained by many old people. About half of them take drugs and they take acupuncture, moxibustion or massage rather often.

(Slide 7)

Many old people pay attention to their physical condition. This slide shows what they are doing to maintain their health. Many people take exercise, go for a walk, pay attention to diet so on.

(Slide 8)

Subjective complaints are shown in this slide. Many people are suffering from easy fatigability, easy forgottenness, poor vitality poor patience. Some of them complain about poor appetite, poor sleepin and bad bowel movement.

About the relation to their family, they think they are respected from family. They have friends and talks with them and family member about works, old-day's story, experience in the war, religion and social moral.

(Slide 9)

The result about the idea about death shows about one thirds believes the next world after death. They think of death someties. Many people want to live with their family and to be care by family member. They want to die in their home, not at hospital. Many people satisfy the present medical treatment.

Summary

Old people living in rural area in Japan have 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. Economicaly some of them are poor, but they are 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 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 stand 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 Taisho Era and they think the present times is too rich by many materials.

Now Japan is in rapid changing period nature and social circumstance by high science technology. So the people's life is also rapidly changing day including mental condition.

Many old people in rural area are living rather quietly with their family in this rapid changing society.

We want this study will help to prepare the solution about old people's problem in this changing time.

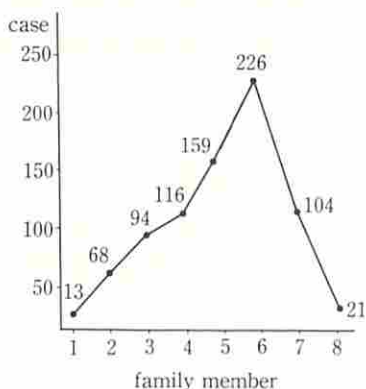
(Slide 1) Age and Sex of this study

	45y.o~64y.o	65y.o~
men	134	164
women	320	199

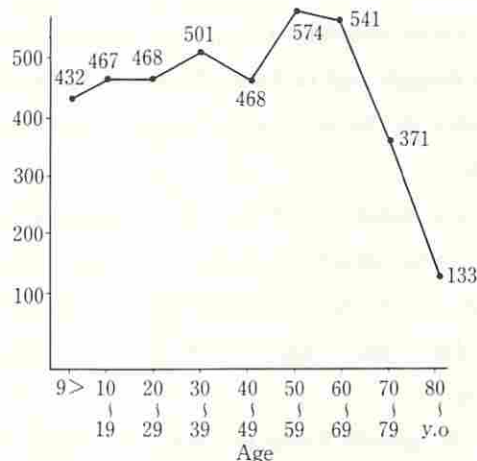
(Slide 2) Occupation of family

Agriculture only	16%
Agriculture with side jobs	62%
Marchant	23%
Other	19%

(Slide 3) Family member distribution



(Slide 4) Age distribution of family



(Slide 5) Their licences

Driving licence	54%
Moter bicycle licence	32%
Special moter licence for agriculture	2%
Others	6%

(Slide 6) Physical complaints and diseases

Hypertension	13%
Heart disease	4%
Gastro-intestinal disease	5%
Hand pain	22%
Lumbal pain	18%
Headache	2%
Neuritis	6%
Rheumatism	1%
Eye problem	8%
Tooth problem	1%
Ear problem	3%
Amenia	1%
Cold feeling	1%
General faligability	1%
Others	16%

(Slide 7) Various doing for maintaining health

Nothing particular	46%
Take exercise	24%
Go for walk	7%
Keep diet regularly	29%
Keep regular daily life	1%
Take good sleeping	2%
Do field work	4%
Do house work	1%
Take rest	3%
Keep good feeling	1%
Others	26%

(Slide 8) Subjective complaint

Easy fatigability	37%
Easy forgottiness	30%
Poor vitality	43%
Poor appetite	38%
Poor sleeping	2%
Bad bowel movement	25%

(Slide 9) About religion and death

Think of death sometimes	47%
Blieve the world after death	25%
Vant to die at home	89%

第9回国際農村医学会講演集, Vol.2, Session Eight (A)-Scientific "Epidemiology" (1984)より転載

## 富山県農村高令者の健康調査

富山県農村医学研究会 越山健二  
大浦栄次  
市村潤  
豊田文一

掲採した英文は昭和59年9月、ニュージーランドで開かれた第9回国際農村医学会で発表したものである。その要旨は本誌第15巻<sup>(1)</sup>に述べた中高年者の保健調査をもとにしたものであり詳述することはさける。

ただ国際学会ではより理解を深めるため、4枚のイラストを製作し展示した。その1は高令者の4つの苦悩を示したもので、病気、貧乏、孤独、生き甲斐のなさ(空しさ)を示したもので、その2は農村の作業風景で、高令者にとって美しい自然の中で、大地に接触し、こまめに働くなかで健康を保ち友人と語り、終生き甲斐をもつ姿である。その3は礼拝の図である。多くの家族にめぐまれ、佛を信じ、その供養の中で家族との連帯を深める姿

である。その4は獅子舞の図で、村の伝統的文化の伝承を示した。

最後に農村の役割として次の6つの項目をあげた。

- 1) 食糧の生産
- 2) 災害の防止(洪水、火災など)
- 3) 資源の保全(水、緑、森、生態系など)
- 4) 情緒の涵養(報恩、感謝、慈しみ、思いやり)
- 5) 労働力の供給(中小企業)
- 6) 高令者への適応環境提供

農村地域は高令化率が高く、高令者の4つの視点からみても、農村はより適切な環境を提供しているのではないかと述べた。

(越山記)

