

研究業績 英文表記

和文	
表題	発達障害のある子どもの保護者に対するストレス緩和ケアの効果に関する予備的研究
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英文	
Title	Preliminary Study on Effects of Stress Relief Care for Parents of Children with Developmental Disabilities
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Abstract	The purpose of the study is to examine the effects of stress relief on parents of children with developmental disability by using physiological and psychological indicators. In 2018, we conducted preliminary study. The research participants (13 parents) were provided various patterns of stress relief such as hand massage, head massage, and foot reflexology. The data were obtained through those methods in different environments, then the effect was verified. As a result, in the physiological index, a significant difference was observed in the pulse measured by the automatic sphygmomanometer. While psychological indicators indicates that all participants' sensation changed after the treatment , with "relaxing factor" increased , while "uneasiness factor" decreased. As for the stress relief method, head massage was more likely to be chosen. However the relaxing effect was low because of a sitting position. Foot reflexology was also chosen as their preferable treatment. Foot reflexology was the most common answer of "the best treatment" . We would like to continue to verify the effect of both physiological and psychological indicators for the main research.
keyword	Developmental disorders, sutress, support for guardians

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