

## 研究業績 英文表記

和文	
表題	慢性疾患のある独居高齢者の孤独感とセルフケア能力の関連 －インターネットリサーチを用いた同居高齢者との比較－
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英文	
Title	Relationship between loneliness and self-care agency of elderly people living alone with chronic illness -Comparison with elderly people living together using internet research-
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Abstract	<p><b>【Purpose】</b> We aimed to clarify the relationship between feelings of loneliness and the level of self-care agency in elderly people with a chronic illness who live alone, and to identify factors influencing the level of self-care agency in elderly people.</p> <p><b>【Method】</b> We conducted an investigation via an online questionnaire. Two specific groups were selected as subjects: people aged 65 years or older with a chronic illness who live alone, and people aged 65 or over with a chronic illness who live with one or more cohabitants.</p> <p><b>【Results】</b> 104 responses were collected from each group for a total of 208 responses. The mean age of respondents was 71.3±SD 5.4 years, and 154 respondents (74.0%) were male. Household income was significantly higher among respondents living with one or more cohabitants.</p> <p>We carried out multiple regression analysis on collected data to investigate factors influencing self-care agency in both groups. Results showed that among those who live alone, strong feelings of loneliness, low levels of subjective health and a lack of hobbies tended to lower the level of self-care agency, while a high individual income tended to raise it.</p> <p><b>【Conclusion】</b> Feelings of loneliness tended to adversely affect elderly people with a chronic illness who live alone more than those who live with at least one cohabitant. This suggests that offering support to prevent loneliness is an effective method of maintaining a decent level of self-care agency among elderly people with a chronic illness who live alone.</p>
keyword	elderly living alone, self-care agency, loneliness, multiple regression analysis

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