

## 研究業績 英文表記

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表題	教員の働き方改革と健康
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英文	
Title	Teachers' Health and Work style reform
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Abstract	<p>Objective: This article investigates the conditions on the ground related to long working hours for teachers, which was the basis of the Urgent Measures on the Reform of Working Practices in Schools proposed by the Ministry of Education. Statistics from the Fund for Regional Government Occupational Accident Compensation were used to examine the health conditions of teachers facing long working hours, with reference made to results of the Fund's compensation activities.</p> <p>Contents: With regard to teachers' working conditions, the 2016 Survey of Teachers' Actual Working Conditions recorded that working hours had increased compared to 2006.</p> <p>Teachers' average in-school working hours per week were 57 hours and 25 minutes for elementary school teachers, and 63 hours and 18 minutes for junior-high-school teachers; both figures were higher than those recorded in the 2006 survey. Furthermore, 33.5% of elementary school teachers and 57.6% of junior-high-school teachers worked 60 hours a week or over, exceeding the critical threshold for determining karoshi (death by overwork) of 80 hours of overtime per month.</p> <p>Teaching staff accounted for about 30% of the total number of incidents acknowledged by Occupational Accident. In the year 2016, the number of acknowledged incidents of karoshi etc. among teaching staff was 7 in total due to cerebrovascular diseases and ischemic heart diseases and 14 due to mental disorders. Most cases of karoshi among teaching staff were induced by mental disorders etc. Proposed reforms of teachers' working practices include using time cards to manage working hours and limits to the amount of time for club activities, among others. Going forward, it can be presumed that these proposals will contribute to reducing excessive working hours and improving the labor environment.</p> <p>Conclusion: The issue of long working hours for teachers has received coverage from media, and awareness of this issue has spread within society.</p> <p>Because long working hours for teachers is an issue affecting workers both within and outside the education system, increasing efforts are being made to create a more supportive working environment. Going forward, it is incumbent upon teachers to take advantage of this more supportive environment to propose healthier working practices themselves.</p>
keyword	Public school teachers, Survey of Teachers' Actual Working Conditions, Occupational Accident, karoshi

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