

研究業績 英文表記

和文	
表題	回想法による世代間継承のための「神埼の思い出レシピ」作成のプロセス～神埼地域における高齢者の生活史作成の試み(1)～
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英文	
Title	Creating the Kanzaki Memory Recipe Book Using Reminiscence Therapy — documenting life histories of elderly people in Kanzaki region, Japan (1)—
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Abstract	<p>The authors have created a Kanzaki Memory Recipe Book containing the life histories and food culture of senior citizens born and brought up in the Kanzaki region so that it can be passed down in the generation to come. The recipe book also aims to contribute to high-quality individual support for senior citizens. This paper reports the creation process of the recipe book and proposes future research tasks to augment its contents.</p> <p>As a preliminary investigation, the authors referenced literature on the dietary history of the Saga Plain region and recorded the details of meals served during events and holidays. The authors then conducted eight group reminiscence therapy sessions with seven senior citizens who live in their residential homes (instead of retirement homes) in a university area of the Kanzaki region of Saga prefecture. Meals consumed during regional events such as those found in the preliminary investigation were used to structure the therapy. For the third therapy session, participants voluntarily cooked meals that brought back memories from before and during WWII.</p> <p>The authors categorized special event meals and every day meals of the region on the basis of verbatim reports and combined recipes and personal narratives to create a personal family edition of the Kanzaki Memory Recipe Book. Necessary future tasks for this research include a hearing survey of the life histories of persons in a more limited region of Saga Prefecture.</p>
keyword	reminiscence therapy, food culture, life history, Kanzaki region, intergenerational successiveness

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