

研究業績 英文表記

和文	
表題	修学前の子どもを養育する親の主観的幸福感、気分、疲労およびマインドフルネス注意に及ぼすマインドフルネス・ヨーガの効果
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英文	
Title	Efficacy of mindfulness yoga on subjective happiness, mood, fatigue, and mindful attention awareness of parents raising preschool children
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Abstract	<p>Abstract</p> <p>Background: At COVID-19 pandemic period, parents raising preschool children felt sever stress because they were required to stay home with children.</p> <p>Purpose: The present study aimed to investigate the effect of mindfulness yoga on mood, fatigue, mindfulness attention awareness, and subjective happiness of parents raising preschool children, and the effective factor on subjective happiness of these factors.</p> <p>Method: Participants were 31 females who were raising preschool children. They practiced mindfulness yoga total 3 times once a week about 60 minutes by online. Participants completed the Profile of Mood Scale, the Fatigue checklist, the Japanese version of the Mindful Attention Awareness scale (Awareness), and the Subjective Happiness scale pre and post mindfulness yoga. This study was approved from an ethical board. Results: The Mood score showing psychological disorder or stress significantly decreased ($t=3.9$, $p<0.001$). The Fatigue score also significantly decreased ($t=4.39$, $p<0.001$). The Awareness score significantly increased ($t=-4.0$, $p<0.001$), and the Subjective Happiness score significantly increased after mindfulness yoga ($t=-3.09$, $p<0.01$). A multiple regression analysis showed that the Awareness was the most effective on the Subjective Happiness.</p> <p>Conclusion: These results suggest that mindfulness yoga on line is useful to decrease stress and promote well-being of parents raising preschool children at COVID-19 pandemic, and importance of mindful attention awareness for subjective happiness.</p>
keyword	mindfulness yoga, parents, fatigue, happiness, mindful attention awareness

※本データの英文表記は実際の論文上の表記とは異なります。