

# The Attitudes and Perspectives of Elderly Men Who Are Reluctant to Participate in Community Interactions

Tochigi Prefectural Sano Senior High School

Research will be conducted on the necessary environment and activity content for elderly men in Sano City to participate in mixed-gender community exchange programs. Based on these research findings, we will encourage elderly men in Sano City to participate in community activities, aiming to alleviate loneliness and physical inactivity while establishing a foundation for cooperative systems within the community.

## Research Background

### ● 2types classification of Social Participation for the Elderly

1. **Theme-Based Type** = Optional / Non-local Activities (Circles, NPOs, etc.)
2. **Local-Based Type** = Unchosen Connections / Local Activities

(Primarily Senior Citizen Salons) → **Research Subject**

### ● What Is the Senior Citizen's Salon?

★ This is one of the preventive care programs for the elderly, mainly conducted by Social Welfare Councils, aiming to promote Social Interaction and Individual Activities among the Elderly.

★ The frequency and content of events vary by location, and all seniors can participate.

In our research,.....

1. Supported by Social Welfare Councils
2. Conducting Local-based social activities
3. The majority of participants are elderly

We define a place that meets these criteria as a **Senior Citizens' Salon**.

### ● The Significance of Interaction in Senior Citizens' Salons

#### ★ For the Elderly

The opportunities for exercise, access to useful information, and alleviating loneliness through interaction with others (from fieldwork)

#### ★ For the Society

An intermediary role between the private and public spheres

(From Ministry of Internal Affairs and Communications)

Ex) Establishing a cooperative framework through mutual support, Preservation of Traditional Culture, Administrative Support Function

Extension of healthy life expectancy

→ Improving financial resources due to reduced utilization of medical and welfare systems (from fieldwork)

## Evidence & Hypothesis

### RQ ① What is required for an elderly men in Sano City (Tochigi) to participate in mixed-gender community exchange activities?

#### I . Experiences to enjoy with others

Trends in the Hobbies of Older Men = Self-contained  
〔Factors of Social Participation among Older Men〕  
Kawasaki Medical and Welfare Society Journal 2008)

#### II . Men-only space

Ojisama Club  
(Ikusaka Village, Nagano Prefecture) Ossan Network  
(Tsurumi Ward, Yokohama City) Sakai Sandwich Campus  
(Sakai City, Osaka Prefecture)

#### III . small-scale gatherings

〔Not good with large group activities〕  
(Journal of the Japanese Primary Care Alliance 2015)

#### IV . Gymnastics Class

The opportunities for exercise  
(Significance from fieldwork)

#### V . Lectures and seminars on health and administration

access to useful information  
(Significance from fieldwork)

## Survey Results

★ Target : Elderly residents of Sano City (aged over 65, both genders)  
★ Method : Participants → the Social Welfare Councils  
Non-Participants → Community Welfare Committee

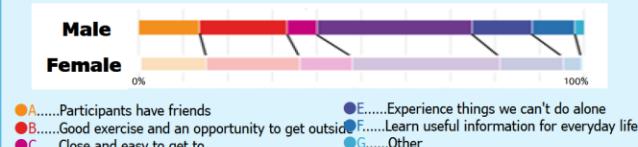
### ● Senior Citizen's Salon Participation Status

	Yes	No	Total
Male	76	89	165
Female	256	111	367
Total	332	200	532

Lectures and seminars on health and administration, Game, And Singing and playing musical instruments  
**high variability**

### Senior Citizen's Salon participants

### ● Reasons for participating in the salon



A.....Participants have friends  
B.....Good exercise and an opportunity to get outside  
C.....Close and easy to get to  
D.....Good opportunity for communication  
E.....Experience things we can't do alone  
F.....Learn useful information for everyday life  
G.....Other

## Analysis

### ● Model Plan

Capacity: 10 people

Set aside time for information exchange before each activity



The First Session

○○town KARAOKE Competition

The Second Session

Seasonal Crafts Workshop

The Third Session

First-Time Mahjong Class

The Fourth Session

Dr. △△'s Immune-Boosting Habits Workshop

### ● Next step

- ★ Propose to social welfare councils and actual Salons
- ★ Check the current format and look for areas for improvement
- ★ Review of Public Relations

## Finally

### ● References

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- NAKAMARU [Community Activities and Support for Middle-Aged and Older Men: A Case Study from Tsurumi Ward, Yokohama City]
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### ● Special Thanks

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