様　式　Ｃ－１９、Ｆ－１９－１、Ｚ－１９　（共通）

科学研究費助成事業　　研究成果報告書

令和　元 年　 ９ 月　 ５ 日現在

機関番号：３２７２７
研究種目：基盤研究(C)（一般）
研究期間：2015～2018
課題番号：１５Ｋ１１８９７

研究課題名（和文）「養護教諭のメンタルヘルス支援モデルの構築」－養護教諭のレジリエンス尺度の開発－

研究課題名（英文）Building a Mental Health Support Model for Yogo Kyoyu:

研究代表者
阿部　眞理子（ABE, MARIKO）

横浜創英大学・看護学部・教授

研究者番号：３０７３４１６５

交付決定額（研究期間全体）：（直接経費）　　1,500,000円

研究成果の概要（和文）：　養護教諭のレジリエンス尺度開発のために、養護教諭への面接調査や先行研究よりレジリエンス要因を選出した予備調査を経て、本調査として養護教諭1000名を対象に38項目のレジリエンス要因の質問紙調査を実施した。501名から回答を得て、統計的処理を行った結果『自己肯定感』『援助志向性』『向上への意欲』『感情調整』『楽観性』の5因子と20の下位項目が抽出された。尺度の信頼性、妥当性は概ね保持され、本尺度活用の可能性が見いだされた。

研究成果の学術的意義や社会的意義
養護教諭のメンタルヘルス支援の具体的方策として、養護教諭の日常職務の中でのストレスとその対応からレジリエンスの構成因子を明らかにして、養護教諭のレジリエンス尺度を開発した。多方面にわたって児童生徒、教職員、保護者等を支援する立場にある養護教諭のメンタルヘルスを維持増進することは重要である。特に、若手養護教諭の研修等において本尺度を活用してレジリエンスを高める取り組みは、日々の実践を支える良好なメンタルヘルスの保持増進に貢献できる。

研究成果の概要（英文）：The aim of this study was to develop a resilience scale for yogo kyoyu to provide mental health support. The pressure of work on yogo kyoyu is high, as they are being increasingly relied on for support by children who have a variety of health problems as well as teachers.After a preliminary study including interviews and categorizing relevant factors in previous research, 38 items were identified: 28 related to resilience and 10 to self-esteem. These were used in a questionnaire study targeting 1000 yogo kyoyu at elementary, junior and senior high schools. Factor analysis identified ‘self-esteem,’ ‘willingness to help others,’ ‘motivation to progress,’ ‘emotional self-control,’ and ‘optimism’ as key elements. The scale’s reliability and validity were shown to be sound, confirming it to be potentially useful for providing yogo kyoyu with mental health support.

研究分野：養護教諭のメンタルヘルス

キーワード：養護教諭　レジリエンス　メンタルヘルス支援モデル

3l
H 1
1" K 1MM 9K
Qp 6M1
6 J ,2010 6r
6,NK 1MM 6
M 4 ,M 4,6p ,2012
H 0.53 0.559 1MM 0.60 1MM 0.29
1MM 6 G MM
,6 KK709 1MM ,1997
671MMG6 37
6G3Q,1MM r 4
M ,2001 1MMK
5M GHQ l94" 9G
l" GMMG o GHQ
l9 1 9G
p d K
2001M 64
951 0KQ 1MM
1MM 0
06M 1MMQ
N6 2pl"
G 6MK2 1M
1M 7 2 0
1MM M MM 4 0
b 5W 8M1M PM Ó
c 50[4)M 6 8M
1M ib b
b 8
0,2
21MMK 1MM
6K0M M
1, 22
(1)
x U3
G E PM
8 x
e
(2) 18o%8 S

[illegible] 8o%[illegible] 8B

[illegible]

[illegible]		
[illegible]	[illegible]	[illegible]
--*	[illegible]	[illegible]
e[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]
[illegible]	2010	1905
I[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]
--*	[illegible]	[illegible]
e[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]
[illegible]	2015	2010
I[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]
--*	[illegible]	[illegible]
e[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]
[illegible]	2015	2013
I[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]
--*	[illegible]	[illegible]
e[illegible]	[illegible]	[illegible]
[illegible]	73-83	[illegible]
[illegible]	2006	2002
I[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]
--*	[illegible]	[illegible]
e[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]
[illegible]	2013	2009
I[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]
--*	[illegible]	Chock C.Hiew
e[illegible]	[illegible] 8B	[illegible]
[illegible]	[illegible]	[illegible]
[illegible]	2002	2002
I[illegible]	[illegible]	[illegible]

(3)[illegible] 1[illegible]o%[illegible]E

1[illegible]1[illegible] [illegible]E

KS 8[illegible]M 1M 25 ¡

1[illegible] 2017 ″ 8 v[illegible] 10 v

1[illegible] 43[illegible] 2Ae([illegible]*

([illegible])[illegible] SPSSver22

[illegible]

[illegible] 4 I° 28 8o%4EKS Gb 28 8o%[illegible] 3[illegible] 1[illegible]o%KZ

4EKS

(4)1*

[illegible] 2018 ″ 1 v 7 [illegible] 2 v 28 [illegible]M1M 1000 [illegible]

[illegible] 8o%[illegible] 8B

[illegible] 2012

[illegible] 2015 [illegible]

[illegible] 9[illegible] 20[illegible] 5[illegible] 0[illegible]

[illegible]

[illegible] 2[illegible] [illegible]M

[illegible] K[illegible]

[illegible] [illegible]8o%[illegible]E

[illegible] [illegible] [illegible]M

0[illegible] 2[illegible]K4EKS[illegible]

[illegible] KJ 2[illegible]K

[illegible]S8o%[illegible] [illegible]8o%KZ 54

8o%4EKS [illegible]SZ

[illegible]M1M 8[illegible]M1M)9[illegible]*

[illegible] [illegible]o%b

[illegible]KS

[illegible]

Iö	Iö GKGGEG[illegible]GV [illegible]	Ö	Ö [illegible] [illegible]
[illegible]	[illegible] [illegible] [illegible]	[illegible]	[illegible])[illegible] GAGG[illegible]Gy
[illegible]	Ö [illegible] [illegible]	[illegible]	[illegible] [illegible] [illegible]
[illegible]	[illegible] [illegible] [illegible]	G[illegible]	G[illegible] GKGGEG[illegible]Gy 1[illegible]ô
1[illegible]ô	[illegible] e8[illegible]	50[illegible]	G[illegible]Gy 50[illegible] [illegible]

G⁷ 501 Ǿ 500 ǿ 1 $c 20 Sæ 15.6# 30 Sæ 17.0# 40 S
æ 23.2# 50 Sæ 39.9# 60 Sæ 4.0#
rS9 0Ǿ 58.7#Ǿ
28.5#Ǿ 12.4#W
18o%
ǿ/)9X æ ǿ
Ø 8 £$S 28 8o%
3>g 8ŏM1MZ
GŏMS#1$ı
4ǿÑ Ø
Ǿ 1982> 10 8o%0S0£ 38 8o%X
6Z& 5 ½ x 6Z
& 0}½ \8 & 3 ½ x
x 6Z& 6Z
& 1 ŏ 5 0ĜÕ
(2&)0£Ò SPSS version22
¥03)0£ŏ IŜ4ŏƒ
z I˚ 2⊥˚ (Ò ƒ
& Ã $ö
ŏÕ g &(Õ &K ⊥
&ƒ W

18o%
ǿǿ
8ŏM1MǾGǾ
KǾǾ
ǾǾ
ǾǾǾ
ǾǾ
GǾ
Ǿ6Ǿ
TǾGǾ
ǾGǾ
0ǾǾ
(ǾGǾ
GUGǾ
ǾGǾ
7ǾǾ
GǾ
ǾGǾ
,Ǿ
(ǾǾ
Ǿ
(GǾǾ
8ŏM1MǾGǾ
ǾǾ
ǾǾ,Ǿ
ǾG0Ǿ
TǾ- ǾGǾ
GǾǾ8ǾGǾ
330%

(5) Ǿ$Ö

2 □ □ □□ 1□ 12079> &Ǿb&
1$ H27-25&S% č 8K 1… M7Ǿ
IN S,Ǿ| _ 4Ǿ1& KS 6KZ
1%$ 8 ǿ8[(1ŏ V 01Y S
2 16K 211 2216G□
1 06G233Mp7□
2QKG215K2□
M0K□

2.2□
(1) Z 8ŏM1Mw ^ Ǿ[
1M□ 6K□ □ 1□ KJ 2$4Ǿi}
ǿ$ŏÝ 8ŏM1MǾZ
IM1M}0I8Ǿ
8M3)ǾKZSǾ
0P(Ǿ$±
e800ı0%ZZ7£ PKZe
800ǿ4ES¥v}$SrS8ŏM1M
ǿM5Z0X(v8ŏM1Mŏ0ı @M0X(b

(2) 8ôM1M[illegible] b 08

1[illegible]Ae(ì 1000 [illegible] 501 [illegible] G[illegible] 50.1# [illegible] 501

& [illegible]~ G[illegible] 100# [illegible] 1 [illegible] 500 [illegible]

S 8ôM1M[illegible] 28 8o%[illegible] [illegible]32

8 I2,5[illegible] 0.35 [illegible] 6SI8 8 8o%7[illegible]S

)Ý [illegible] 4 [illegible]

[illegible]

I[illegible]	8o[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	0.758	-0.017	0.045	-0.023	-0.081
	[illegible]	0.727	-0.04	-0.021	-0.02	0.005
	[illegible]	0.508	-0.05	-0.053	-0.049	-0.095
	[illegible]	0.435	0.087	0.041	-0.106	0.042
	[illegible]	0.430	0.008	0.011	0.234	0.096
	[illegible]	0.419	-0.015	0.003	0.229	0.127
	[illegible]	0.355	0.187	0.024	0.011	0.005
[illegible]	[illegible]	0.007	0.861	-0.038	-0.058	-0.015
	[illegible]	-0.026	0.594	0.037	0.095	0.06
	[illegible]	0.041	-0.580	0.036	-0.14	0.11
	[illegible]	0.042	0.532	-0.006	-0.045	0.135
	[illegible]	-0.005	0.456	0.049	-0.12	-0.003
[illegible]	[illegible]	0.006	0.024	0.925	0.022	-0.143
	[illegible]	-0.123	-0.099	0.574	-0.001	0.283
	[illegible]	0.119	0.062	0.532	-0.052	0.056
[illegible]	[illegible]	-0.076	-0.044	-0.002	0.955	-0.033
	[illegible]	-0.065	-0.02	0.01	-0.655	-0.013
[illegible]	[illegible]	0.01	-0.026	-0.085	-0.054	0.865
	[illegible]	0.051	-0.015	0.047	-0.033	0.536
	[illegible]	-0.153	0.111	0.08	0.1	0.455

[illegible]

[illegible] .84[illegible]* .681[illegible]*

[illegible] . 72[illegible]* .727*

1[illegible] .75[illegible] .618 [illegible]~

8ôM1M[illegible]

&IS

8ôM1M[illegible] [illegible] 6* [illegible] [illegible] 5

[illegible]8ôM1M[illegible] 5 I[illegible]b [illegible]1

[illegible]S

5>r[illegible]8

[illegible]ôM1M[illegible]BG%[illegible]

[illegible]ôM1MP1[illegible]Ae(1[illegible]SI[illegible]

¤ 1 I[illegible]I)[illegible]

([illegible]C6[illegible],5@

9[illegible]5IS

¤ 2 I[illegible]

[illegible],5@[illegible]

[illegible]¤ 3 I[illegible]8G\

[illegible],5@[illegible]

I¤ 4 I[illegible]G

[illegible]6G[illegible]

T[illegible]- U3[illegible]

[illegible],5@[illegible]¤ 5 I[illegible]

[illegible]

,5[illegible]05KS

- [illegible]

	[illegible]GGGAG8 [illegible]	[illegible]GGGAG8 [illegible]	[illegible]GGGAG8 [illegible]	[illegible]GGGAG8 [illegible]	[illegible]GGGAG8 [illegible]	[illegible]
[illegible]	1					
[illegible]	.453**	1				
[illegible]	.333**	.140**	1			
[illegible]	.455**	.316**	0.035	1		
[illegible]	.345**	.258**	.414**	.100*	1	
[illegible]	.737**	.435**	.235**	.452**	.247**	1
[illegible]		[illegible]				

[illegible]	[illegible]
[illegible]	[illegible]
[illegible]	[illegible]
[illegible]	[illegible]
[illegible]	[illegible]
[illegible]	[illegible]
[illegible]	[illegible]
[illegible]	[illegible]
[illegible]	[illegible]
[illegible]	[illegible]
[illegible]	[illegible]
[illegible]	[illegible]
[illegible]	[illegible]
[illegible]	[illegible]
[illegible]	[illegible]
[illegible]	[illegible]
[illegible]	[illegible]
[illegible]	[illegible]
[illegible]	[illegible]
[illegible]	[illegible]
[illegible]	[illegible]

Vol. 4□ No.1□ 2019□ pp5-16

(2)% *

3.˘(& KONDO, TAKU

Uj D& MINAMI MEGURU

V& UEHARA,YOSHIKO

NAKAYAMA NAOKO