

J. F. OBERLIN UNIVERSITY GRADUATE SCHOOL OF GERONTOLOGY INTERNATIONAL NEWSLETTER

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MESSAGE FROM THE CHAIR, DR. HISAO OSADA

There are various emerging issues in our rapidly aging society, and innovative solutions for these issues are urgently required. The Graduate School of Gerontology was set up to cope with the needs arising from our rapidly aging society.

The prevention and medical treatment of disease and disability are important issues. On the other hand, it is essential to tackle these issues holistically within the larger context of the elderly's life and lifestyle. Therefore, we have to take an integrated and interdisciplinary approach to clarify the issues of our aging society.

The Graduate School of Gerontology takes a multidisciplinary approach to the study of gerontology. We study various subjects such as medicine, psychology, and sociology as the core subjects as well as welfare, rehabilitation, policy science, nutrition, thanatology, reminiscence psychology, research methods and solutions, and information processing.

People with various careers have enrolled in and graduated from the program so far. Applicants with any specialty or practice are welcome.

We hope those who are interested in analyzing and solving issues of our aging society will enroll in the program, which is our place to study and research together.



Dr. Hisao Osada, the Chair



The Graduate School of Gerontology at J. F. Oberlin University began its second decade in April, 2012. Since then, we have just started to set up an International Exchange Promotion Committee to further collaboration in education and in research with the gerontology program of California State University, Long Beach.

We are very happy and proud to issue our first Gerontology Newsletter, and pleased to show brief evidence of our program and accomplishments over the past years.

Thank you.



Inside the School Building

ABOUT OUR SCHOOL

The J. F. Oberlin University Graduate School of Gerontology is very proud to be the only school in Japan that provides academic degrees in gerontology. Our school's curriculum is designed to be the hybrid of various fields of study such as geriatrics, geropsychology, gerontological social work, thanatology, reminiscence psychology, law, environmental studies, nursing, rehabilitation science, and more.

We are confident that with our many skilled faculty members from various fields, we can meet students' professional needs and academic curiosities. The campus is located in Yotsuya District, the center of Tokyo, surrounded by many notable business headquarters and organizations. The school is only a 5-minute walk from Yotsuya Station, making it easily accessible via public transportation. Most of the classes take place on weekday evenings or during weekends for the convenience of students with full-time jobs.

ABOUT OUR PROGRAM

Master's Program

In the master's program, we train students to become professional practitioners and researchers to support the elderly's active participation in society. We take a multidisciplinary approach to studying the elderly, the aging process, and various social issues that arise from a graying society. Particularly in the master's program, we offers courses on thanatology and reminiscence psychology class; since these subjects have not yet taken root in Japan, it is a rare opportunity to study them.

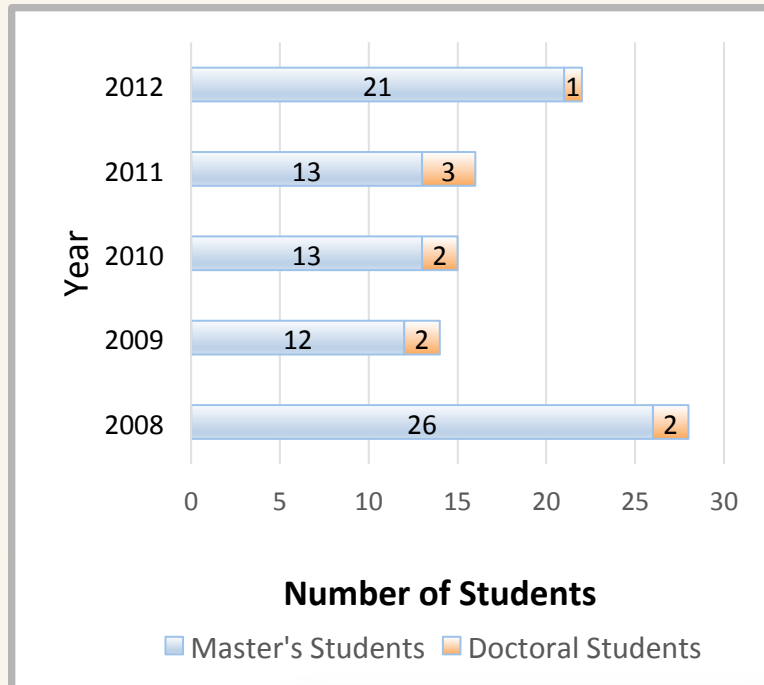
Doctoral Program

In the doctoral program, our aim is to make the students become professionals and researchers that can find solutions to various issues of aging from multidisciplinary viewpoints.

Our doctoral students take an interdisciplinary approach to gerontology, one that embraces medicine, public health, sociology, psychology, social welfare, and policy studies. Research topics of current students cover a broad range, including intergenerational relations and the burdens of caregiving.



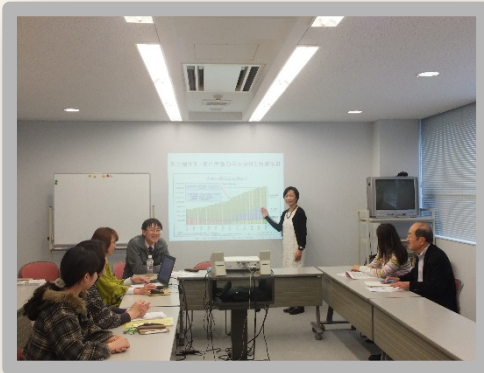
STUDENT ENROLLMENT (PAST 5 YEARS)



Our students come from various professional backgrounds. We actively promote our program to students from

overseas countries, such as China or South Korea, to examine aging issues in Asia.

As gerontology is a multidisciplinary field, we emphasize the concept of “academic-industrial alliance,” and many of our students have collaborated with local governments, medical/welfare institutions, and corporations for their master’s theses or doctoral dissertations. In order to improve research quality, we have also edited our school’s original



SUMMER OPEN SEMINAR 2012



J. F. OBERLIN UNIVERSITY
YOTSUYA CAMPUS, TOKYO

Last summer, seminar speakers made presentations about the latest research activities about mental and psychological changes that occur with advanced age as relating to mental health, which is an important factor for the quality of life of older adults, depression as a primary mental disorder in old age, and comprehensive issues of spirituality.

Presenters included: Dr. Naoakira Niino (J. F. Oberlin Univ. Gerontology School), Yu Jin (Chief Researcher, The Dia Foundation for Research on Ageing Societies), and Dr. Hisae Misawa (Univ. of Human Arts and Sciences, Faculty of Health Sciences, Department of Nursing).

proceedings since 2010, and both students and faculty members have published many papers in it.

We are very proud that many students who have completed our program have successfully applied their expertise in their workforce, and are now very active in many fields.

J. F. OBERLIN UNIVERSITY SCHOOL OF GERONTOLOGY INTERNATIONAL NEWSLETTER

10TH ANNIVERSARY OF THE GRADUATE SCHOOL OF GERONTOLOGY

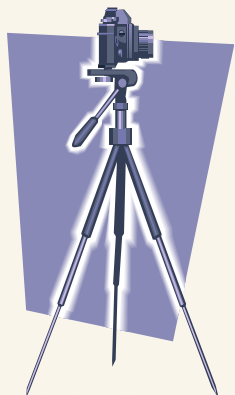
In April 2011, the Graduate School of Gerontology at J. F. Oberlin University proudly held its 10th Anniversary with 150 guests, including students, alumni and faculty members. Ms. Keiko Enda, one of our alumnae and also an NHK announcer, was the toastmaster. On this special day, we received many congratulatory messages from other schools of gerontology, including overseas. Dr. Barbara White, Dr. Maria Claver, and Mr. Casey Goeller, faculty members of the Gerontology Program at California State University, Long Beach, provided a video



GUESTS AT ANNIVERSARY CELEBRATION



message commenting on the importance of highly valuing our initiative in aging studies in Japan during the past decade. During the ceremony, Dr. Hiroshi Shibata, the founding dean of the school, gave a keynote lecture, and many other alumni contributed to the ceremony as some performed “laughter yoga” and some demonstrated musical performances. This event would not have been possible without the great support of Mr. Nakatsuji and all other members of the anniversary event planning committee.





DR. SUGISAWA AND SEMINAR
MEMBERS IN AUSTRALIA, 2012

RESEARCH SEMINAR LISTS

➤ HISAO OSADA, Ph.D.

Social Psychology/Clinical Psychology/
Public Health/Health Science

➤ MASAKAZU SHIRASAWA, Ph.D.

Sociology

➤ HIDEHIRO SUGISAWA, Ph.D.

Society Medicine/Public Health/Health Science

➤ HIROSHI HAGA, Ph.D.

Public Health/Health Science

➤ NIINO NAOAKIRA, M.D., Ph.D.

Hygienic/Public Health/Health Science/General Internal
Medicine/Psychosomatic Medicine

➤ SYUICHIRO WATANABE, M.D., Ph.D.

Gerontology/Community Health/Occupational
Health/Geriatrics



DR. SUGISAWA SEMINAR



Dr. Hidehiro Sugisawa

Research Field: Gerontology, Behavioral Science

PROFILE

- Professor at J. F. Oberlin Univ. Graduate School of Gerontology (2002-present)
- Senior Researcher at Tokyo Metropolitan Institute of Gerontology (1987-2002)
- University of Tokyo, Public Health/Health Science, Ph.D. (1987)

▶Members

As of 2012, 6 master's students and 6 doctoral students are enrolled

▶What Is Our Seminar Like....

▶Open Research Seminar

We hold the seminar every two weeks and welcome seminar alums and other graduate students from the school. The average number of the seminar participants is 15.

▶Active Presentation and Discussion

In the seminar class, participants are required to present their research topics. Faculty and student feedback on each topic has contributed to the improvement of our seminar's research quality.

▶Read Literature in Original Text (English)

To acquire gerontological research methods and improve participants' English reading skills, we assign each member to translate English gerontology literature into Japanese.

▶Many Networking Events

We have been actively offering social gathering events, such as a new student welcome event, a party after interim presentations of the master thesis, a year-end party, and a farewell party.

▶Utilizing the Mailing List

Our mailing list is the main function for disseminating seminar information to students. We have also created mailing lists for alums and other graduate school students. These are administered by the students voluntarily.

▶Support Paper Submission to Journals and Conference Presentations

Our seminar encourages students to share academic accomplishments to others outside school. We have also actively participated in not only domestic, but also foreign academic conferences. Last year, in 2012, we participated in a gerontology conference in Australia.

INTRODUCING SOCIETY OF APPLIED GERONTOLOGY JAPAN

VISIT
<http://www.sag-j.org/english/>



The purpose of SAG Japan is to provide assistance to professionals in a variety of fields such as industry, government, academia, and the private sector, who are interested in improving services for an aged society.

Providers of services to the aged and their families require wide-ranging expertise in gerontology. Our aim is to provide leadership for the development of programs for commercial provision, marketing, and service promotion and creation of social services that will combine commercial success with increased well-being and contribution to society.

Chief Director of SAG-J, Dr. Hiroshi Shibata
(Founding Dean, J. F. Oberlin Univ. Grad. School of Gerontology)

GERONTOLOGY SALON THE LARGEST THINK TANK OF GERONTOLOGY IN JAPAN



Gerontology Salon Manager, Manji Nakatsuji

We are proud of our e-mail list named the 'Gerontology Salon' because it is the largest think tank of gerontologists in our country. It consists of about 250 members, who are the professors, graduate students, and former graduate students of J. F. Oberlin University's Graduate School of Gerontology. We exchange information about gerontology through the list. Information about various lectures, meetings, symposia, and newly published books and articles, are included. The list also serves as a bulletin board of ideas and thoughts developed by the members.

Japan is the fastest country in shifting into an aged society. Accordingly, gerontology in Japan must be developed quickly to provide the nation with measures to cope with the situation. We are sure the Gerontology Salon will help us proceed quickly toward this goal.



Thesis Corner: The Work of Former Students

Ego States and Marital Satisfaction of Japanese Older Couples (2008)

Tomoko Kusaka

The purpose of this study is to investigate the relationship between the ego states and marital satisfaction of Japanese older couples. Researchers used TEG (Tokyo University's Egogram Checklist) to evaluate participants' ego states, which are controllable through training. Participants were recruited using a snowball sampling method through the researchers' networks. Only those who agreed to volunteer to participate in the semi-structured interviews answered the questionnaire. Data collected from 90 people (45 couples) were analyzed. Participants were aged 59 to 91 (67.8 ± 6.3) years old, married for 10 to 60 (40.1 ± 8.8) years, were empty nesters, and community dwelling. While the Marital Satisfaction (MS) scale scores could range from zero (least satisfied) to 26 (fully satisfied), the mean of husbands' MS scores was 21.7 ± 3.8 and the mean of wives' MS scores was 20.8 ± 4.9 . Marital Satisfaction was related to the following three areas of ego states, NP ($r=0.40$, $p<.01$), FC ($r=0.33$, $p<.01$), and A ($r=0.22$, $p<.05$). Since the ego states can be changed through training programs, older couples will be able to improve their marital satisfaction by controlling their ego states.

The Effect of Level of Understanding about Dementia on Caregiving Burden in Family Caregivers (2008)

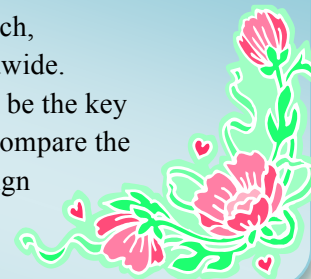
Megumi Yoshizawa

The study aimed to develop a dementia knowledge test and to examine the effects of its score on perceived care burden of family caregivers of dementia patients. We verified the content validity of the existing test developed by Tadokoro, et al. based on qualitative research with family caregivers and developed a modified version of the test. The analysis found that comprehension is composed of three areas, but scores calculated for each dimension did not have the significant effect on perceived care burden of the caregivers. The results suggest that the reexamination of an instrument that evaluates the degree of comprehension is required. Comprehension is important because it is more strongly connected with an index of the behavior level such as the care method, than mitigation of a feeling of care burden.



Ms. Tomoko Kusaka

The self-check egogram sheet (TEG2) was chosen to measure ego-states since it has been widely used and found to be credible in Japan. After our research, however, we found it is not well known worldwide. Choosing an internationally reliable scale will be the key to further study, especially when we want to compare the ego states of people in Japan with that of foreign countries.



STUDENT ACADEMIC ACHIEVEMENTS FOR 2011



THE YEAR 2011



Hidemi Mori

Codependent Tendency in Nurses and Care Workers and its Relation to their Mental Health

Yukiko Torii

The Relationship with Others for Middle-Aged Women Living Alone

Kazumi Miyazaki

Why Do Nursing Care Workers Want to Become Nurses?: The Need to Take More Pride in Work

Hiomasa Ueda

Job Creation by Function: Training Instructors Working in the Elderly Nursing Home

Yoshifumi Urabe

The Process of Continuing Use Over One Year of the Home-Based Rehabilitation among the Non-Severely Disabled Elderly

Akie Kimoto

Verification of the Effects of Tactile Care Treatments on the Practitioners: Focusing on the Mood Variation

Sadao Sakamoto

The Influence of Marital Relationships on Female Spouses' Subjective Well-being: The Case of Elderly People

Osamu Sugiyama

The Study of Home-Bound Elderly's Family Care Member's Confidence in Living Together Continuously

Nobuko Takenoshita

Factors Related to the Self-Actualization of the Elderly in a Community



J. F. Oberlin/CSULB International Exchange
Promotion Committee Members

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I would like to express warm thanks to Hiroko Matsunaga and Yumiko Kobayashi for collecting information and data, including Tomoko Ikeuchi for her special assistance with the translation of Japanese into English.

I am especially indebted to Mayuko Watanabe, who was co-compiler with me of this first issue. This issue would not have been possible without her support.

Also, my appreciation to Dr. Barbara White and Dr. Maria Claver at CSULB, who assisted in proofreading this edition.

Needless to say, however, none of them are responsible for any errors that may have crept into this issue despite our most vigilant effort to keep those errors out.

J. F. Oberlin/CSULB International Exchange Promotion Committee
Takahiko Yabuki, Chair

