

Psychological effect of horticultural therapy on elderly people in the nursing home

— Conversational analysis using KJ method —

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Abstract

The effect of rehabilitation for the mentality of horticultural therapy for elderly people was examined. The client made it to the elderly people in the nursing home. They participated in gardening recreation once a week. The psychological effect was executed by the conversational analysis using the KJ method. The result gave good stimulation to elderly people's psychology by horticultural therapy.

Keyword : Horticultural therapy, KJ method, Elderly people, Psychological effect, Conversation, Rehabilitation.

1. Object

Horticultural therapy is a therapy used for the rehabilitation of the people who suffer from physical or psychological damage. It involves gardening activities to help people develop normal routines and return to society. Horticultural therapy is widely used in nursing homes and regarded as effective. The purpose of this study is to clarify the effect of the gardening work on elderly people by a long-term research.

The present study pays attention to peoples conversation when doing horticultural therapy and analised them by using KJ

method. However, the impact of horticultural therapy using the KJ method on patients lives has not been studied quantitatively. Therefore, this study uses quantitative assessment.

2. Methods

It paid attention to the conversational content to investigate change through communications of the interest in gardening.

① The object person's selection

12 people were choice from among interested person in gardening.

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② Gardening program making and method of execution

One staff of one object person was deployed, It did once a week in a "MIDORI-NO-SATO" from July 1 to November 25 2008. About 30 minutes of activities were settled for a single session of horticultural activities, including seeding, planting of seeding, group planting, fertilization, watering, harvesting et al.

③ Survey content and method

The content of the gardening conversation

of the activity was recorded.

④ Category classification based on KJ method

The words and the clauses extracted from the conversation record. Extracted words and classified depending on the KJ method.

3. Results

① The category extraction and frequency from conversation contents

The number of the words and the clauses extracted from the conversation record

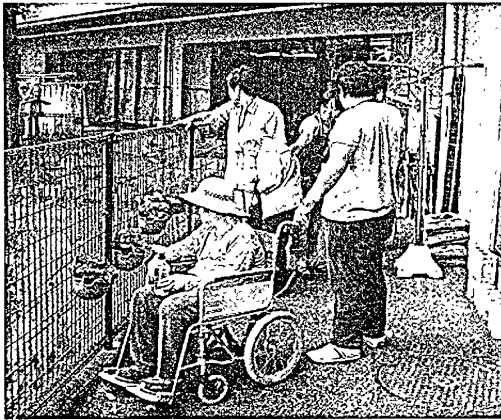


Photo 1 The scenery in gardening activity

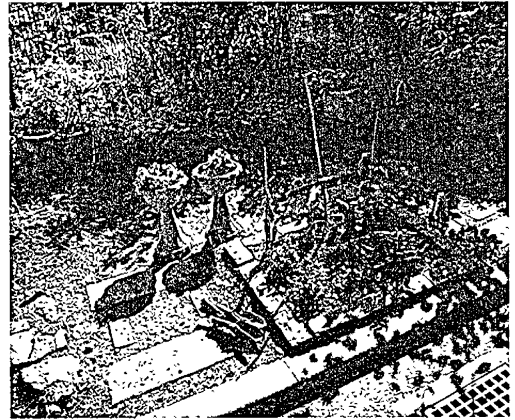


Photo 3 Activity area

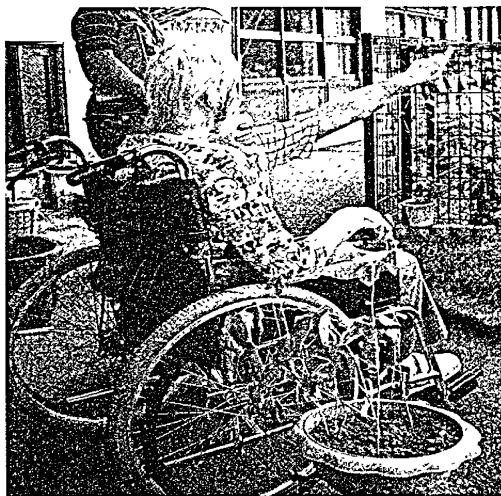


Photo 2 The scenery in gardening activity

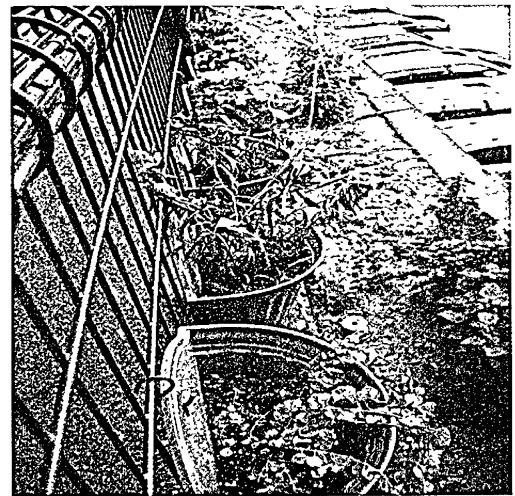


Photo 4 Activity area

was 698 in total. Extracted words and classified depending on the KJ method from them. They were classified like fig-1. "Object Plant (182)" was the majority in the utterance related to gardening. It is thought that the offered plant was acknowledged enough by the object person. Therefore, it is thought that the offered gardening program led to the utterance. Through the whole, there were a lot of utterances by the observation. In an unrelated utterance to gardening, "Communication" was most. In

"communication", "own thing", "interest in the staff", and "anxiety to the staff" were most. It is thought that it became an effect that the horticultural activity urges the exchange. It is thought that it led to the attached utterance that the activity connects with object persons in the "own thing". The utterance related to gardening in all the utterances exceeded half the number. It is thought that the offered gardening program is acknowledged and it led to the utterance.

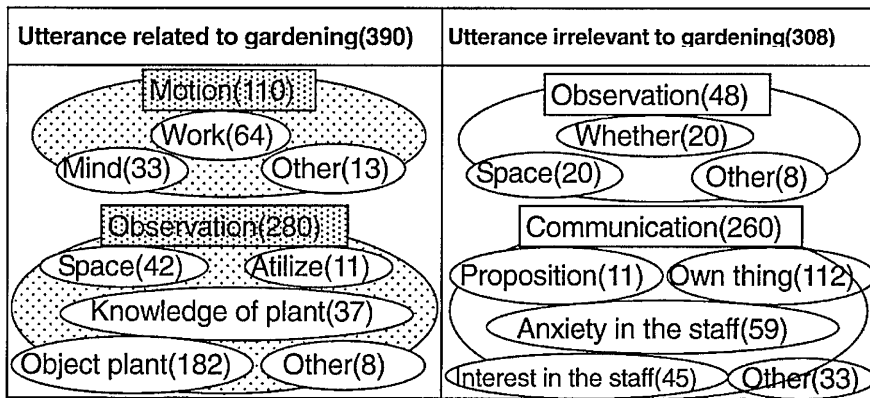


Fig.1 Category classification based on KJ method

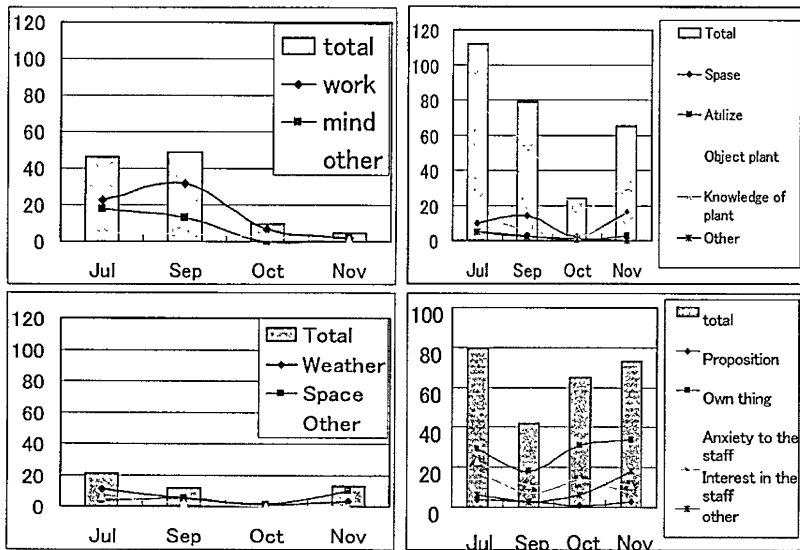


Fig. 2 Change in number of conversational word by season

② A change by time

About "Operation" related to gardening and "Observation", Number of the utterance that period 10-november more decrease than period 7-september. About an unrelated "Exchange" to gardening is the number of utterances was kept through the period to some degree. The period of July as a horticultural activity was the activity in outdoor was able to be increased. But, It is thought that it is a thing that the climate has become cold, and the thing that the activity time times has shortened etc. are causes since October. It is thought that the content and the staff of the horticultural activity understand needs of an individual object person, and it led to the utterance about the thing that "communication" kept a constant number of utterances by the thing that was able to correspond respectively. Motion of related to gardening Observation of related to gardening. Observation of irrelevant to gardening Communication of irrelevant to gardening

4. Conclusions

Result of utterance analysis by KJ method. It is though it was effective in object persons by the horticultural therapy offered this time. Because thing with a lot of utterances to gardening and it thought that the gardening program is acknowledged by the object person and it led to the utterance. When analyzing it in detail, various causes such as "work", "motion", "observation" and "weather" influence the utterance. It is an outdoor space in non-daily life by the object person and the thing with large effect has been understood through communications with student staff.

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