

Psychological Changes in Participants through Elderly Support Activities at a University

- From the viewpoint of relations between elderly people and
university students -

TSUMASAKI Nozomi

Graduate School of Science for Human Services, Ritsumeikan University

Keywords: Old age, adolescence, M-GTA

This study examines the participants' subjective experience in learning therapy activity at A university. Especially, this study explores the psychological effects of elderly people interacting with university students.

Six elderly people and six university students who joined the activity for the first time participated in this investigation. Interviews were conducted twice, before and after activity participation. Utterance data was analyzed based on M-GTA. Four concept tables were devised, along with category tables and result figures. The result was that the elderly people were satisfied with their health conditions. They became uplifted being involved in an atmosphere of youth—more than in direct exchange with university students. Also, the university students spent the activity helping the elderly people, such as in polite interaction. Through this participation, they came to realize new ideas about grandparents and the aging of one's parents. The experience gave them the chance to consider their own outlook on life. For the elderly people, there was an element of social involvement. For the university students, they were able to more deeply experience the adult world.

This study makes important proposals that can connect people of different ages at a place of exchange with elderly people, thus providing the elderly with support.