

「『いのち輝く未来社会』をめざすビジョン」推進のための
「10歳若返り」ワークショップ（第4回）



主観年齢と幸福感

大阪大学大学院人間科学研究科
臨床死生学・老年行動学研究分野

佐藤 眞一

臨床死生学 老年行動学

人生において避けることができない
「老い(aging)」と「死(death)」における
人間の発達や成長を心理学から読み解く

詳細はHPへ

阪大 臨老



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大阪大学大学院 人間科学研究科

Toward the Realization of a Sustainable and Harmonious Society

1 What Is the SSI?

The Social Solution Initiative (SSI) is a new "think tank" at Osaka University that was established in January 2018. It principally aims at identifying and seeking solutions to a variety of social challenges in Japan as well as in the world. It is not simply a think tank as its endeavors are primarily based on ideas that may create a harmonious and sustainable society in future. In order to achieve this, the SSI collaborates with different stakeholders. While recruiting core members from humanities and social science institutions who have expertise in studying social challenges, it also seeks partnerships with researchers from the natural sciences—including science and engineering, medicine, dentistry, and pharmacy at Osaka University. More importantly, it seeks to establish partnerships with a variety of stakeholders such as policy-makers, experts in business firms, and representatives of civil society. The SSI is an organization that embodies the words of Henri Bergson: "élan vital," or a vigorous experience of life. We will work toward the realization of a sustainable and harmonious society where each individual can feel this.

2 The Three Aspects of the SSI: To Protect, Nurture, and Bond Lives

The SSI focuses on "life" and engages in solutions to social issues by adopting the perspective of "protecting," "nurturing," and "bonding" lives.

3 The SSI and SDGs

The SSI has prioritized the Sustainable Development Goals (SDGs) to be realized by 2030 as important signposts leading toward a sustainable and harmonious society. The SSI will implement and support projects related to the SDGs. We have linked the 17 goals and 169 targets highlighted by the SDGs to our objectives of protecting, nurturing, and bonding lives. We will continue to examine the purpose behind these goals and targets, and eventually, the kind of society that can be built upon the successful achievement of the SDGs.

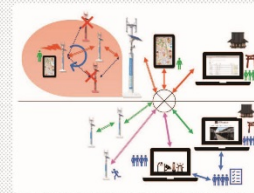


Two Examples of Our Activities

1 Construction of a Disaster Prevention / Watching System with Community Resources and Information Technology

In a modern society, characterized by a number of factors such as a declining birthrate, depopulation of rural areas, frequent disasters, and other problems (e.g., crime) involving the elderly and children, it is imperative to build a society that is resilient to emergency situations while also constructing a watching/support system for periods of calm.

This project aims to develop independent electronic communications networks for regional communities by connecting residents' associations and regional resources, such as shrines, temples, and churches, as well as elementary and junior high schools nationwide. Additionally, we intend to utilize and develop information technology to respond to: (1) natural disasters, (2) incidents involving wandering elderly people with dementia and child kidnappings, and (3) harmful animals, such as monkeys, bears, wild boars, and crows.



A mechanism to support the activities of "each and every one" of the super-aged society.



Scene at a regional (Miyazaki / Toyonaka City) philosophical café.



2 Interdisciplinary Project for a Community-Based Revitalization of Our Super-Aged Society That Supports Autonomous Health and with Consideration for Their Views regarding Life and Death

Aim: The realization of a super-aged society that supports the cultivation of a diverse view of life and death for each and every person and their health autonomy.

Outline: Through Osaka University's cross-disciplinary research on dementia, we have been able to cultivate networks with neighboring local authorities, regional medical care, public health/welfare participants, and residents. We will continue to develop activities to empower every person living in a super-aged society with diverse views on life and death. At the same time, we intend to revitalize societal resources as a regional hub. The objectives of this endeavor are:

1. Analyze data, such as medical checkups, of the people of Osaka Prefecture (approximately 5,000,000 x 5 years) and scientifically support the administrative decision-making, self-help of residents, and the positions of people (experts / non-experts) that provide all types of care.
2. Develop philosophical cafés in all regions for residents and practitioners of community activities to discuss and raise fundamental questions on an ongoing basis to cultivate diverse views on life and death.
3. Promote a "dementia-friendly library" as a model case of an activity that increases the value of existing regional resources, aimed at fostering an inclusive community.

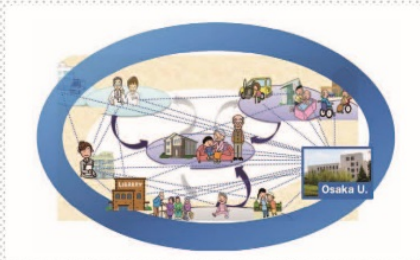
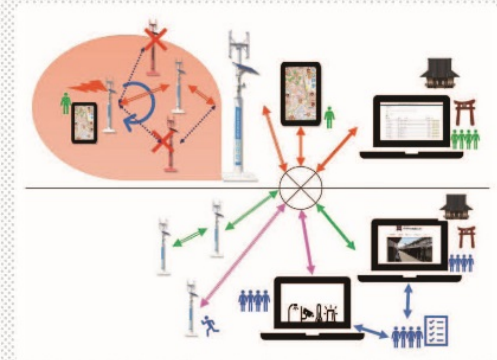
Two Examples of Our Activities



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A mechanism to support the activities of "each and every one" of the various actors in the super-aged society



Scene at a regional (Mino / Toyonaka city) philosophical café.



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大阪大学SSIプロジェクト

地域住民の死生観と健康自律を 支える超高齢社会創生のための 文理融合プロジェクト

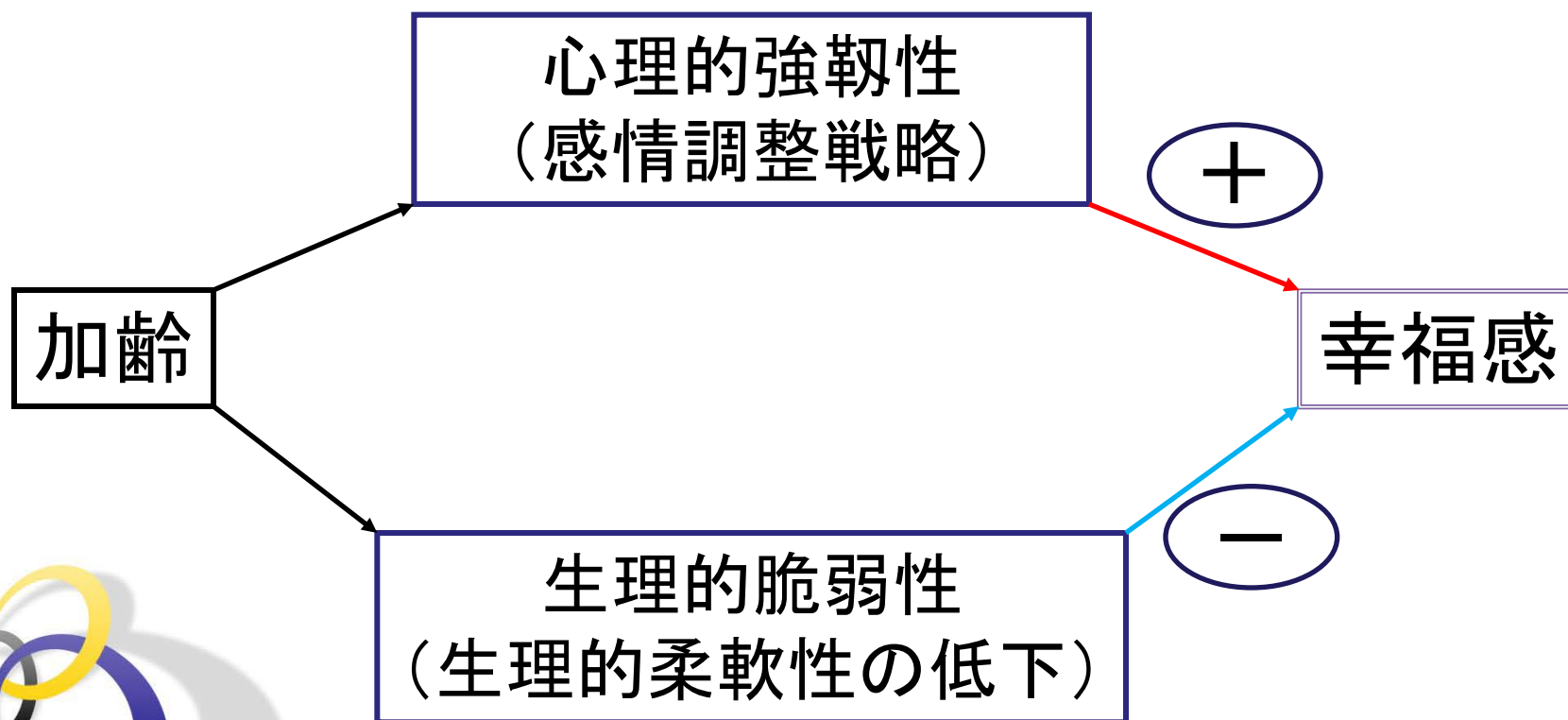
佐藤 眞一 (人間科学研究科教授)

土岐 博 (核物理研究センター名誉教授・産学共創本部特任教授)

山川みやえ (医学系研究科保健学専攻准教授)

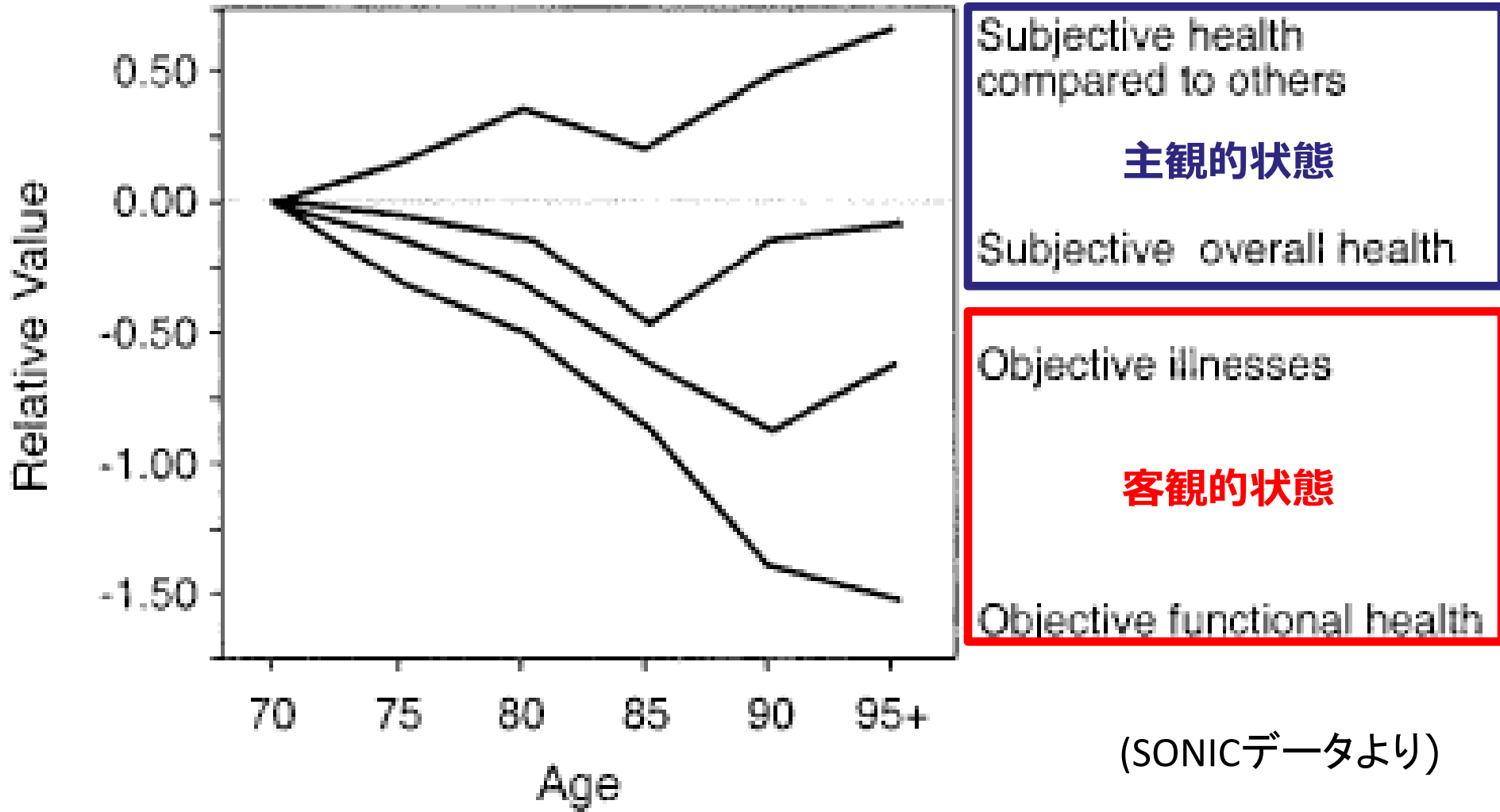
鈴木径一郎 (産学共創本部・COデザインセンター特任助教)

Strength-Vulnerability Integration Model (強靱性—脆弱性統合モデル)



(Charles, 2010)

年齢による健康度の主観的評価の違い



年齢について

- 暦年齢 (chronological age)
- 機能年齢 (functional age)
- 生物年齢 (biological age)
 - テロメア長、DNAのメチル化
- 主観年齢 (subjective age)
 - 同一化年齢 ; identity age
 - 比較年齢 ; comparative age
 - 暦年齢と比較して自分が「若い」、「同じ」、「老いている」



People over forty feel 20% younger than their age: Subjective age across the lifespan

DAVID C. RUBIN

Duke University, Durham, North Carolina

and

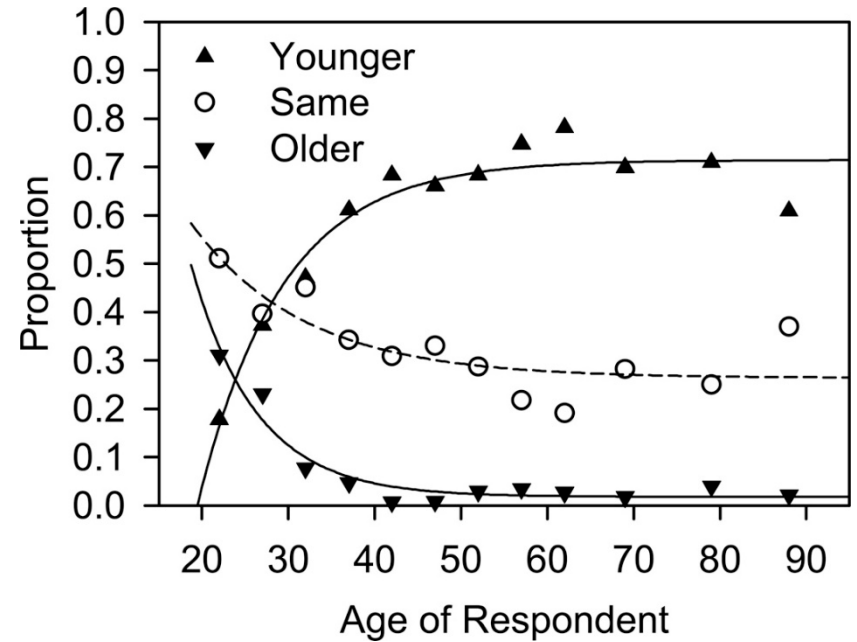
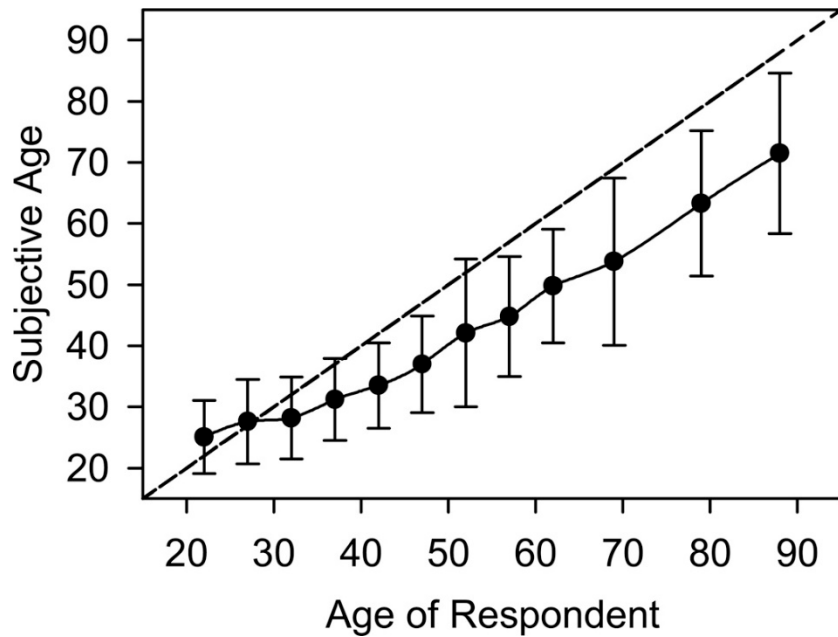
DORTHE BERNTSEN

University of Aarhus, Aarhus, Denmark

Subjective age—the age people think of themselves as being—is measured in a representative Danish sample of 1,470 adults between 20 and 97 years of age through personal, in-home interviews. On the average, adults younger than 25 have older subjective ages, and those older than 25 have younger subjective ages, favoring a lifespan-developmental view over an age-denial view of subjective age. When the discrepancy between subjective and chronological age is calculated as a proportion of chronological age, no increase is seen after age 40; older respondents feel 20% younger than their actual age. Demographic variables (gender, income, and education) account for very little variance in subjective age.



主観年齢の年齢差



主観年齡と実年齡の年齡差

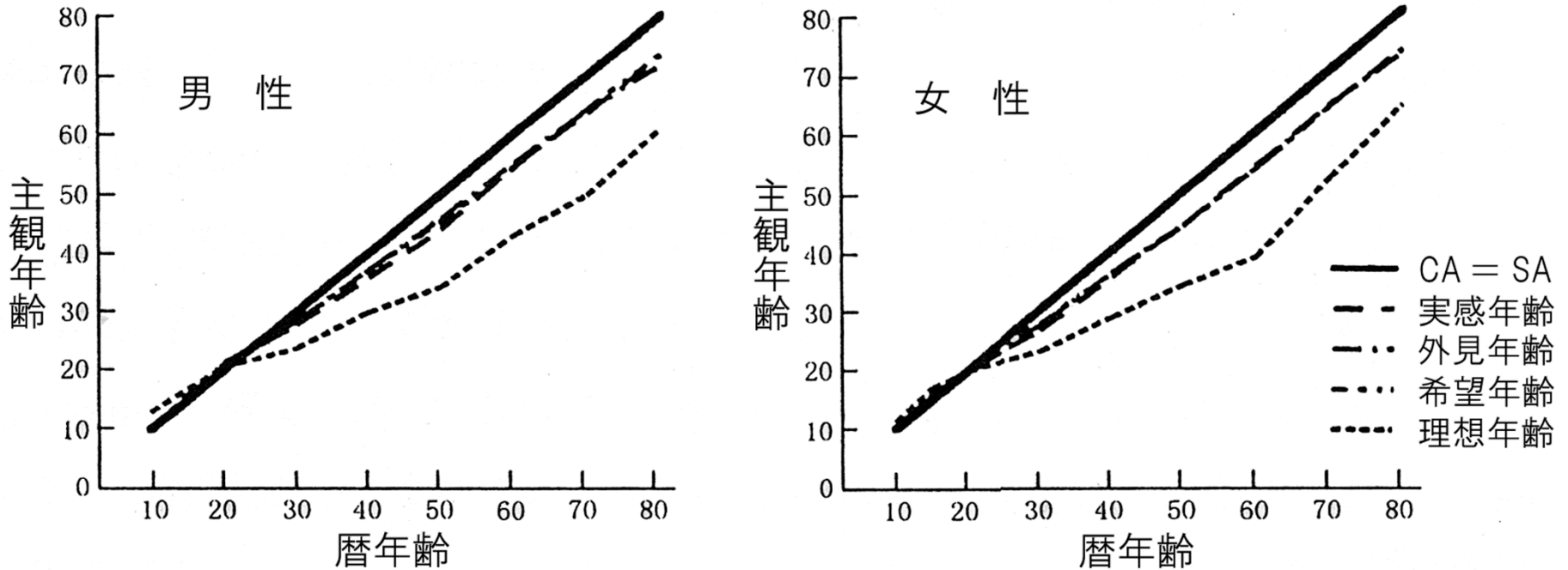
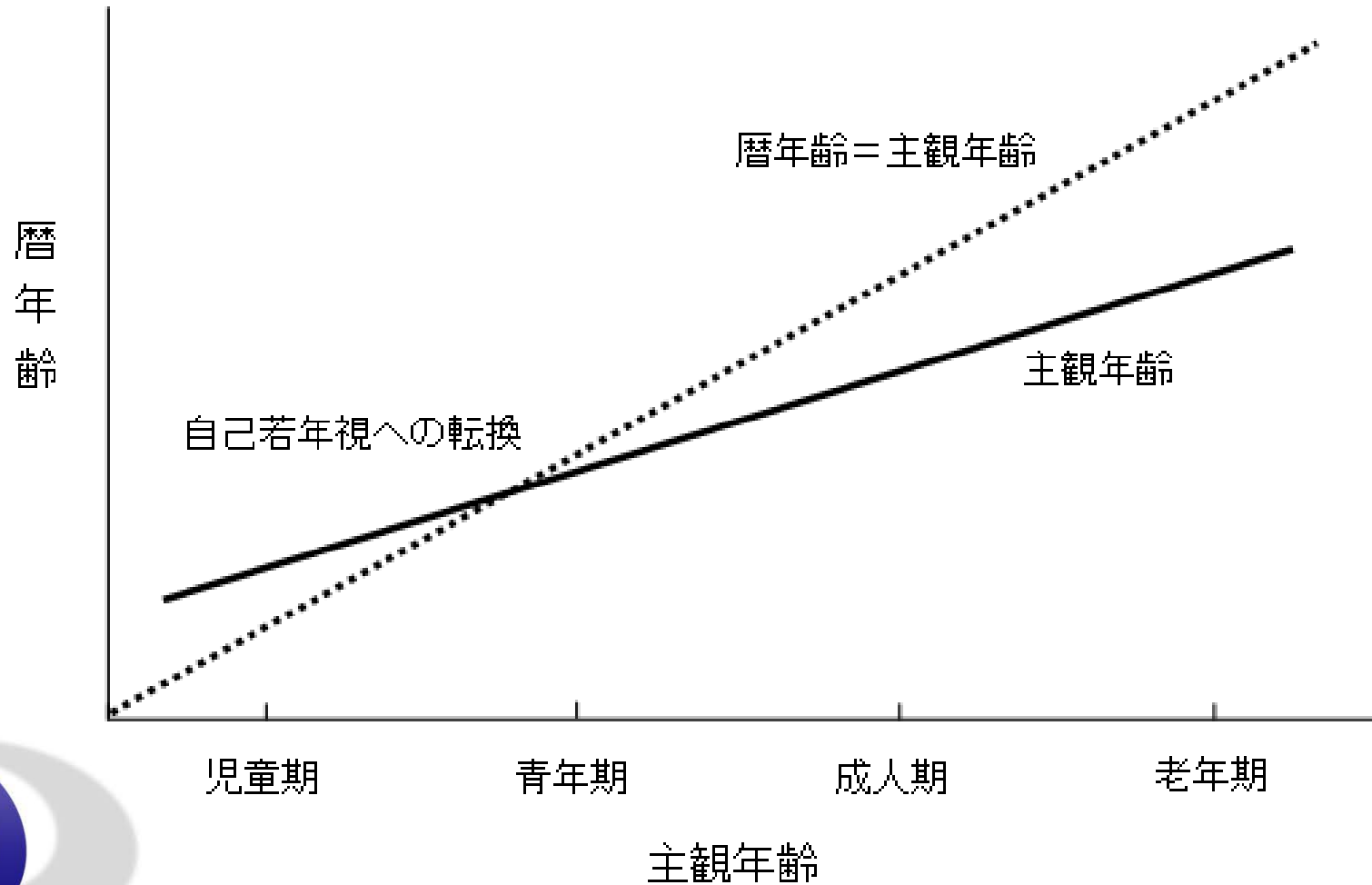


図3 主観的年齡の変化 (佐藤ら, 1997)



主観年齡の生涯変化



In Depth | Medicine

The age you feel means more than your actual birthdate

Most people feel younger or older than they really are - and this 'subjective age' has a big effect on their physical and mental health.



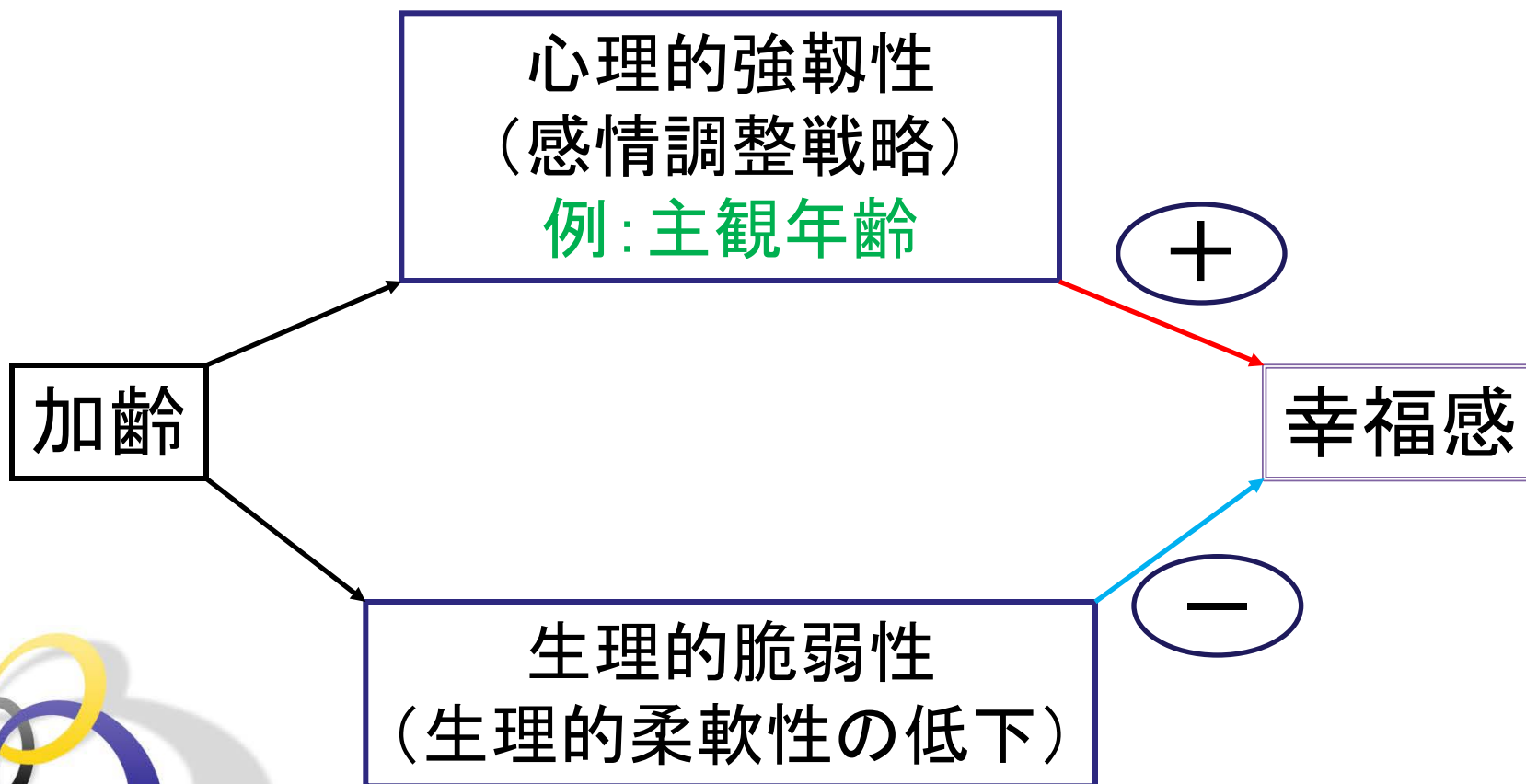
By David Robson

19 July 2018

Imagine, for a moment, that you had no birth certificate and your age was simply based on the way you feel inside. How old would you say you are?

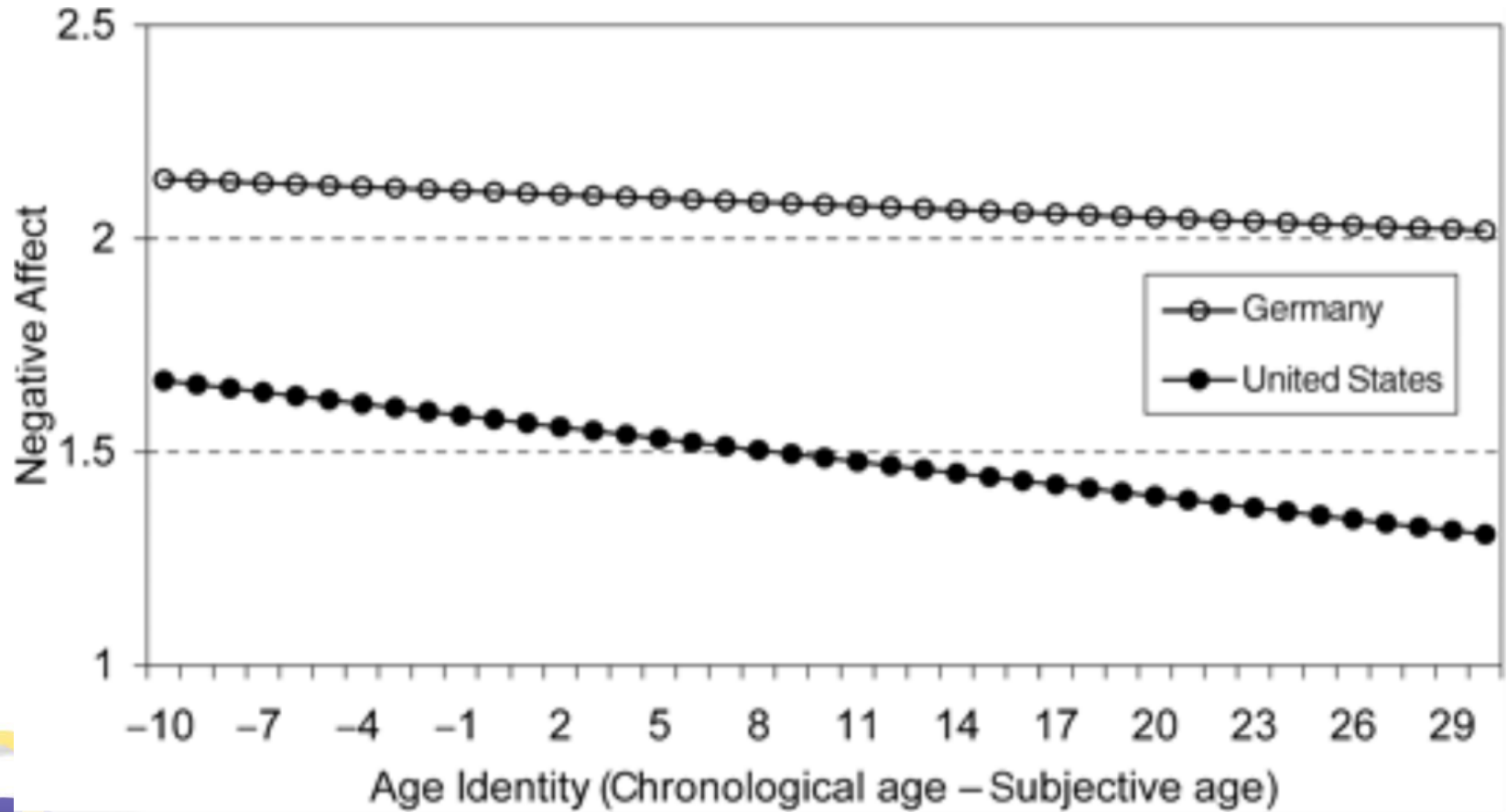


Strength-Vulnerability Integration Model (強韌性—脆弱性統合モデル)



(Charles, 2010)

主観年齢とネガティブ感情



Westerhof et al. (2005)



ある90歳代の男性の言葉

私は毎日闘っている
社会と闘うだけではなく
プライドを保つために
自分と闘っている



ご静聴
ありがとうございました

