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## 製作実習における汎用的な能力の涵養： 刺し子製作実習の事例研究より

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## Generic-Competencies Development in Sewing Practices: from Case Studies of Sashiko Stitching Training in Classes

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Interview surveys were conducted with 18 university students (student A-R) after their Sashiko stitching training. The process and significance of the sewing practices in classes were clarified through analysis using the Episode Narratives method. The results showed that almost all of the students felt that their sewing skills had improved through the training. In addition, some students talked about the changes in themselves that were not limited to sewing. For example, they suggested their development of Generic-Competencies such as self-confidence (student E, G) or concentration (student Q, C). In some cases, the work served as a stress reliever (student A, E). Even when the same Sashiko work was made, their subjective experience varied from person to person, and the competencies acquired through the sewing practices in classes

also varied from person to person. The results of this study suggest that although it is not possible to identify a single skill that is developed through the in-class sewing practices, they may serve as a platform for the development of Generic-Competencies.

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### Key words

Home Economics, Sewing Practices in classes, Sashiko, Generic-Competencies, University Student

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