



東京学芸大学リポジトリ

Tokyo Gakugei University Repository

祖母力を活用した育児支援のあり方の検討

メタデータ	言語: jpn 出版者: 公開日: 2011-08-09 キーワード (Ja): キーワード (En): 作成者: 久保,恭子, 田村,毅 メールアドレス: 所属:
URL	http://hdl.handle.net/2309/108121

祖母力を活用した育児支援のあり方の検討

Study of what child-care support by making efficient use of grandmothers' help should be

久保 恭子*・田村 毅**

Kyoko KUBO, Takeshi TAMURA

生活科学分野

Abstract

The purpose of this study is to obtain suggestions for spreading the child-care support (grandchild-care support) by making efficient use of grandmothers' help, while aiming at improvement in the QOL of grandmothers who join the grandchild-care support.

A survey was conducted by questionnaires to 480 women living within the Tokyo Metropolitan area and its suburbs and having grandchildren. It was found that the QOL of grandmothers living nearby their grandchildren was higher, but their burden of grandchild-care was heavier when compared with those of grandmothers living far from their grandchildren. The current employment rate of the grandmothers' generation is high. Supposedly, their income may be increased and their health may be maintained by moderate working activities. However, extreme burden of grandchild-care support, if added to the working activities, may cause chronic fatigue and then injure grandmothers' health. It is now requested that the child-care support should be based on not only the blood relationship, but also the improved local community ties.

Key words: Grandmother, Distance between grandmother and grandchild, Grandmothering, QOL, Local community ties

Department of Home Economics, Tokyo Gakugei University, 4-1-1 Nukuikita-machi, Koganei-shi, Tokyo 184-8501, Japan

要旨: 本研究の目的は、育児支援をする祖母らのQOLの向上を目指して、祖母力を活用した育児支援（孫育て支援）を普及していくための示唆を得ることである。

東京都内、近郊に住む孫を持つ女性480名に質問紙調査を行った。結果、祖母と孫との居住地が近い祖母のほうが、祖母と孫との居住地の遠い祖母よりもQOLは高いが、孫への育児支援の負担も大きかった。現代の祖母世代の就労率は高く、このことは自身の収入にも影響をし、就労等の程よい活動は祖母らの健康を維持しているものと推測される。この上に孫への育児支援の負担が過度となれば、慢性的な疲れから健康障害を起こす可能性もある。今後、血縁による育児支援のみならず、地域における育児支援の充実が求められる。

キーワード: 祖母、祖母と孫との距離、祖母力、QOL、地縁

* Saitama Medical University

** Tokyo Gakugei University (4-1-1 Nukui-kita-machi, Koganei-shi, Tokyo, 184-8501, Japan)