Daily Life Anxieties of People with Mental Disabilities
— Focusing on their Living Conditions —

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Key Words ①Daily Life Anxieties ② People with Mental Disabilities
③ Living Conditions

I Purpose and Research Design

The purpose of this study is to investigate factors which affect anxieties about daily life of people with mental disabilities who use the daily activities of the social welfare services in Yokohama city (the users). This study focuses on relations between their daily life anxieties and their living conditions. This study is part of larger project investigating the users' quality of life, particularly concerning to social welfare services for the middle or elderly users.

II Method

1 Data Collection and Subjects

The survey was conducted by sending the questionnaires to 91 WSBOs (Welfare Services Business Officers) in Yokohama city asking their users to fill in. The survey was conducted from January through March 2016. The researcher regarded the responses from the users as consent to the survey. 54 WSBOs sent back questionnaires which covered 491 uses' responses. All of the returned questionnaires were checked, and only valid ones were used for the data analysis. The data were subjected to statistical analysis and SPSS ver.22.0 software was used.

2 Ethical Consideration

The survey was conducted with the approval of the Ethics Committee of the university where the researcher belonged to.

3 Questionnaire

The questionnaire consists of three sections: demographic characteristics, living conditions and presence of daily life anxieties.

III Results

1 Demographic Characteristics

The respondents were 64.8% male and 35.2% female. The largest age group was users in their 40s (33.7%). The lengths of time respondents had used WSBOs were "1-3years (22.5%)," "5-10years (19.5%)" and "over 10years (19.5%)." With regard to accommodation, 30.9% of the users lived alone and 69.1% of the users lived with family. Sources of income were "earning money at the WSBOs (67.8%)", followed by "pensions (52.2%)" and "public assistance (44.3%)." The types of mental illness were "schizophrenia (66.2%)," "depression (14.7%)," "dependency (8.9%)," "developmental disability (5.3%)" and "intellectual disability (4.3%)."

2 Presence of daily life anxieties

The presence of daily life anxieties was "yes (89.9%)" and "no (10.1%)." The main anxieties were "financial difficulties (81.7%)" and "their own health problems (80.0%)."

3 Logistic Regression

Logistic regression was done to clarify the factors which affected daily life anxieties of

users. Dependent variable was a "having daily life anxieties (yes=1, no=0)." Independent variables were seven: "sex (male=1,female=2)," "age (10s=1, over 60s=7)," "accommodation (living alone=1, living with family=0)," "schizophrenia (yes=1, no=0)," "depression (yes=1, no=0)," "other disease(s) (yes=1, no=0)" and "public aid (yes=1, no=0)." The result was shown in Table1. Controlling for other characteristics of users, the users living alone were found to get significantly higher odds of experiencing a marked rise in anxieties compared with the users living with family (p<.05). The users with other disease(s) got also high odds than the users without (p<.05). The users benefiting from public aid also got lower odds than the users without (.05<p<.1). Age didn't affect the daily life anxieties much (p>.05).

Table1

Result of Logistic Regression Analysis Predicting Daily Life Anxieties

Variable	B	SE	OR	95%CI	Wald statistic	p
Sex	0.333	0.36	1.40	[0.69,2.82]	0.86	0.36
Age	0.214	0.15	1.24	[0.92,1.66]	2.03	0.16
living alone	1.054	0.46	2.87	[1.18,7.01]	5.36	0.02
schizophrenia	0.584	0.37	1.79	[0.87,3.72]	2.46	0.12
depression	0.989	0.65	2.69	[0.75,9.67]	2.29	0.13
any other disease	1.429	0.65	4.17	[1.16,15.01]	4.79	0.03
public aid	-0.699	0.35	0.50	[0.25,0.99]	4.00	0.05

Note. CI= confidence interval for odds ratio (OR).

Ⅳ Discussion

This finding highlights that the users living alone feel more daily life anxieties than the users with family (about three times). And the users with other disease(s) feel more anxieties than the users with only mental disease (about four times). WSBOs offer variety of the daily activity programs for the users, also 24hrs services such as telephone counseling. However WSBOs are not single answer, WSBOs cannot reduce the anxieties enough. Other result also suggests that the users benefiting from public aid feel less anxieties than the users without. That means positive utilization of social services will reduce the daily life anxieties.

Ⅴ Literature

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Ⅵ Academic Conference Presentation（誌上発表、学会発表）

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