Self-rated health and its relationship to health behavior for the elderly by using the Happiness & Health Feeling Scale (2 HFS)

Kaori Teraoka , Kazuyo FURUKAWA, Fumie ONO, Tamiki HIRASAWA, Kyota NEGISHI , Norio SHIMANOUCHI, Minako SUZUKI

INTRODUCTION

In recent years, not only the treatment of diseases and injuries but also the change of direction of health services such as prevention and health promotion are seen in the medical field (WHO,J-HPH).
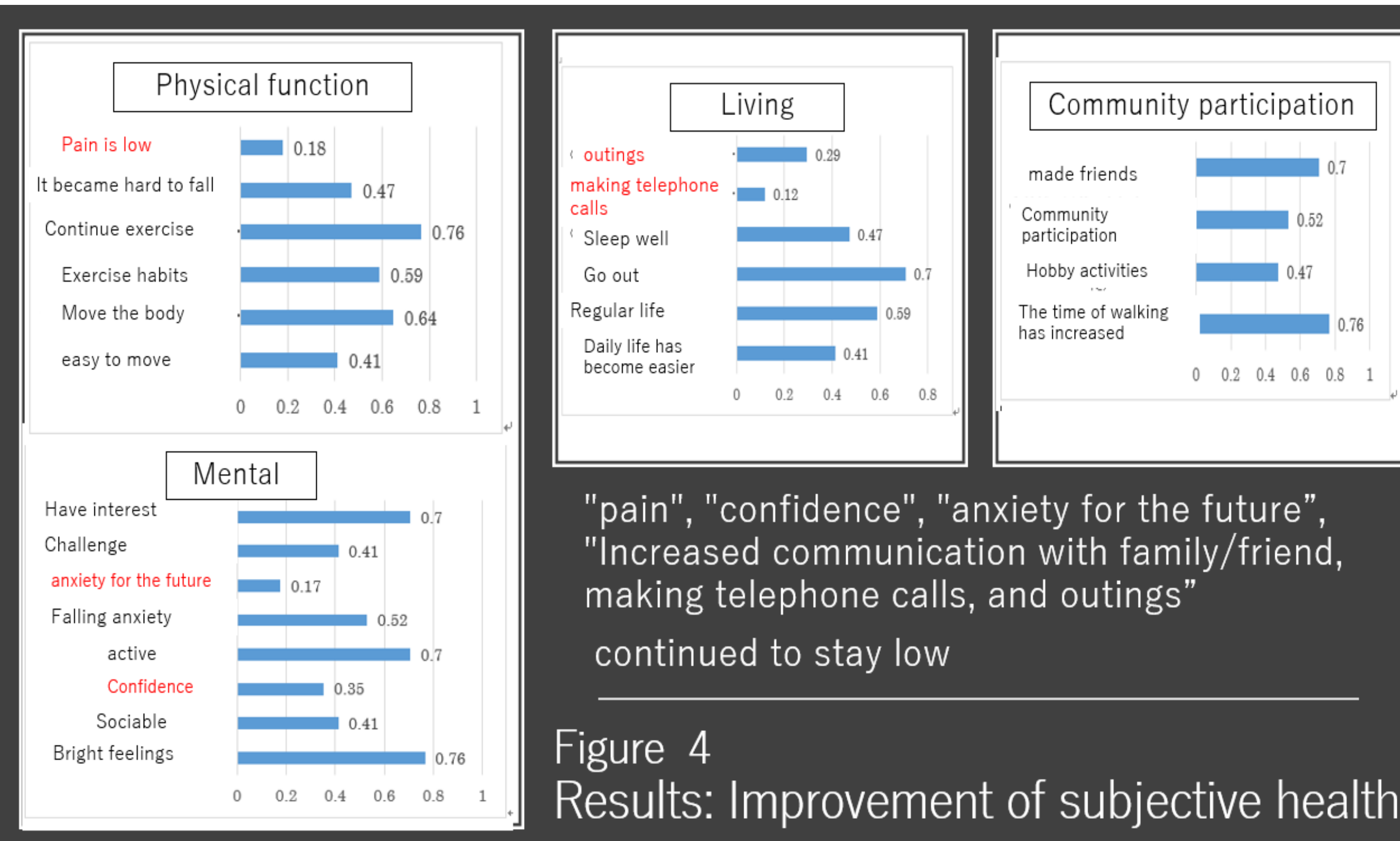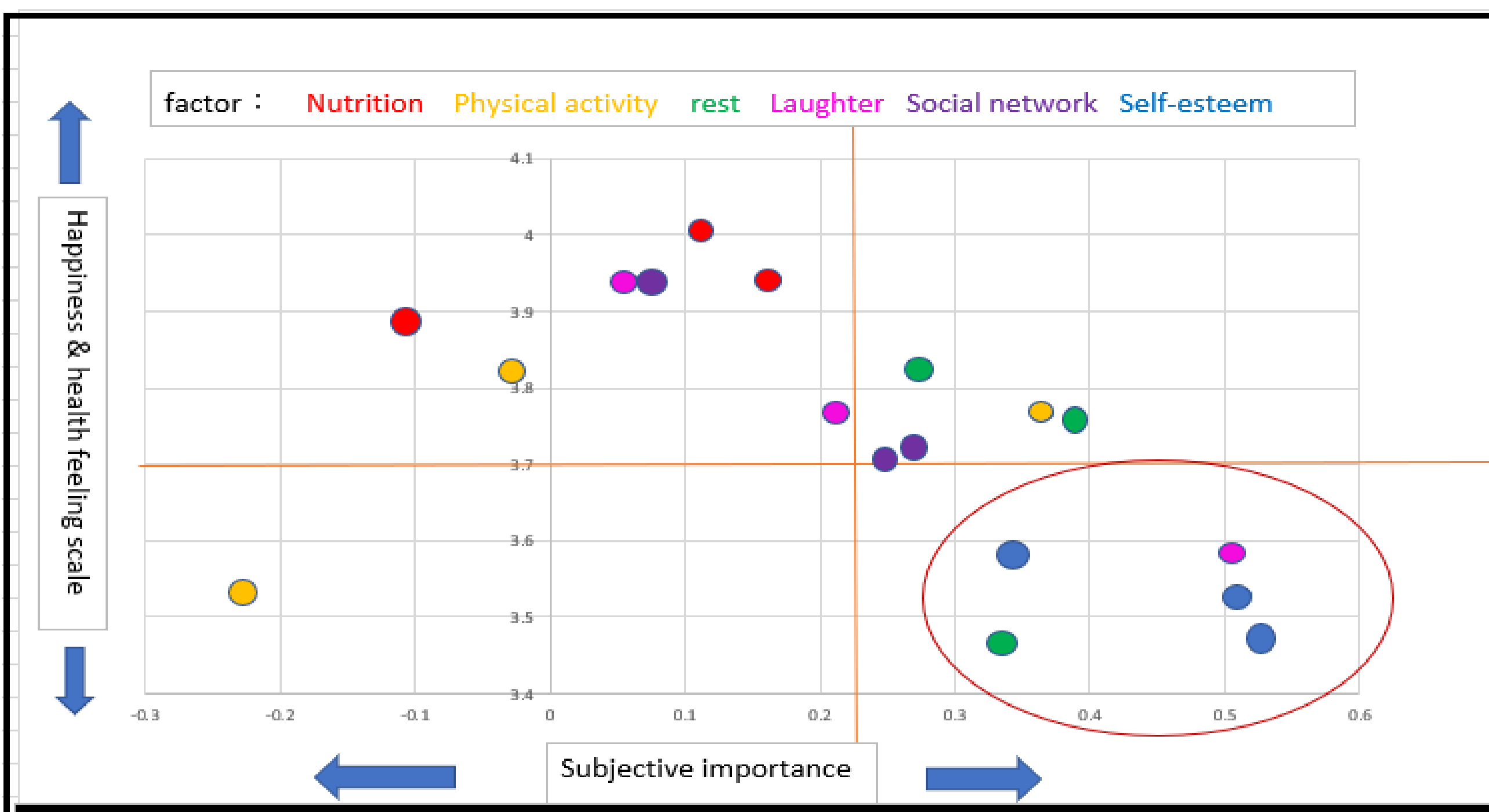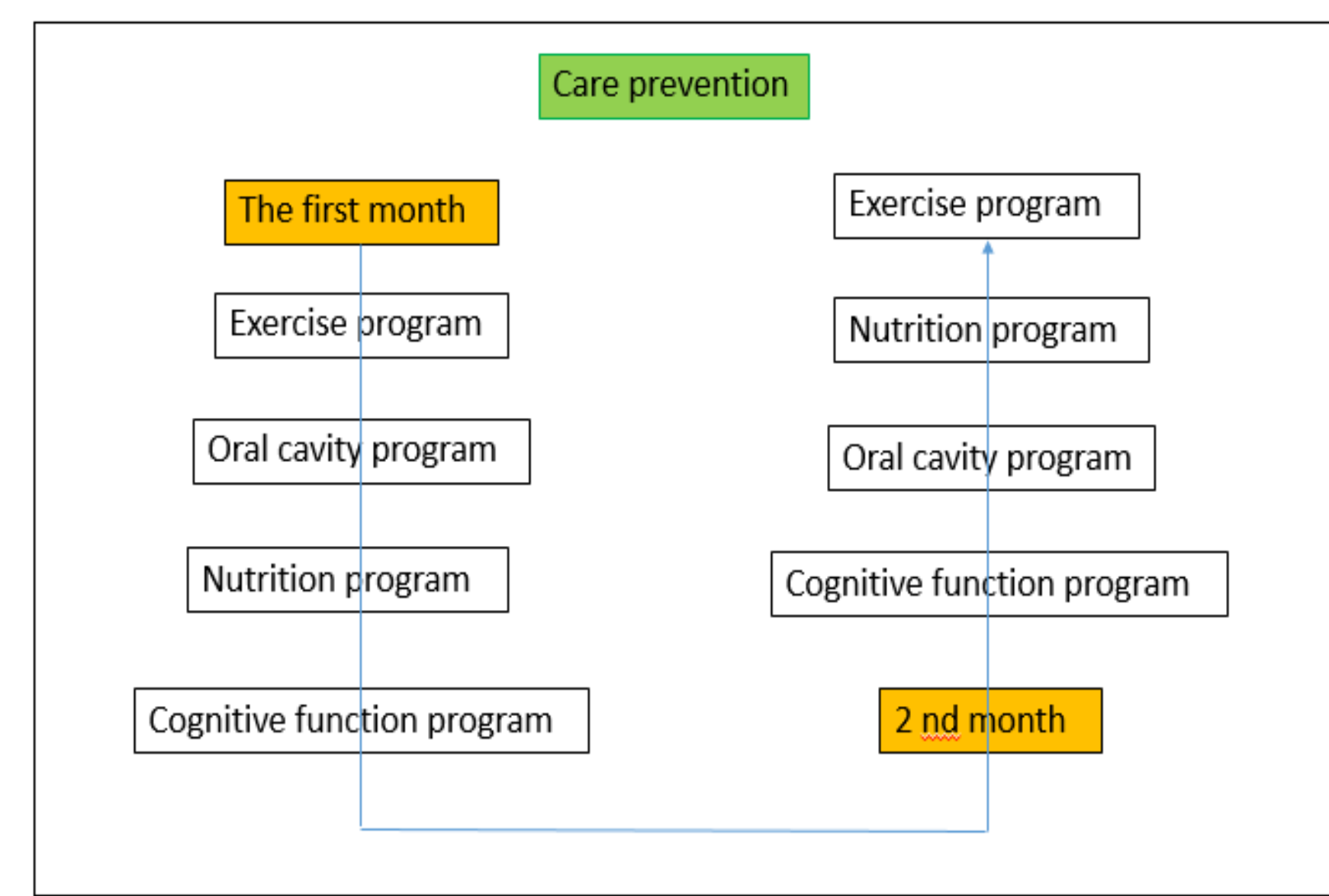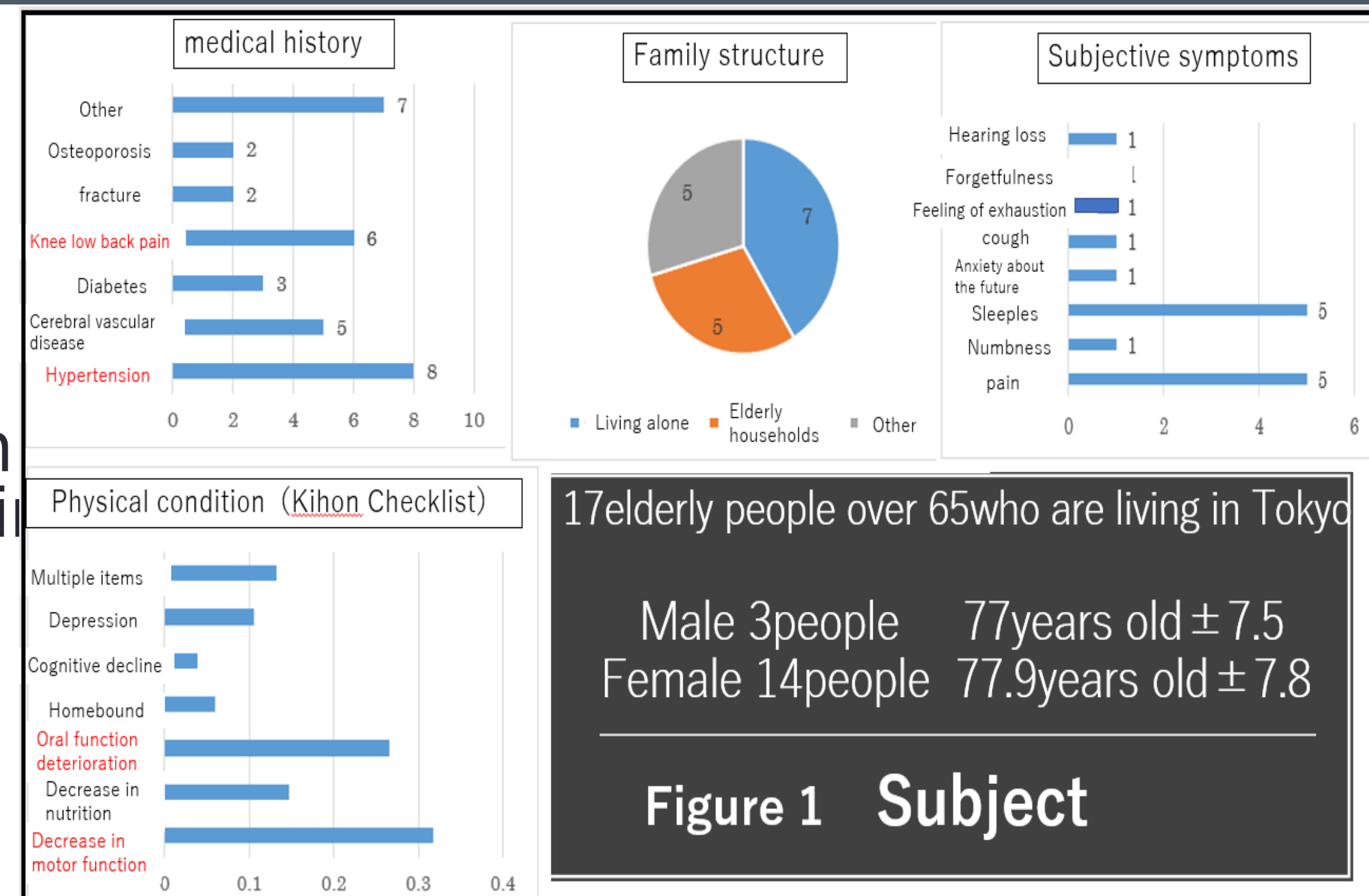
To achieve the better health support and self-actualization for the elderly, it is significantly important to measure their perception on happiness / health.

OBJECTIVE

Using the Happiness / Health Feeling Scale (2HFS) for elderly people, we examined the relationship between Self-rated health in their daily living and their health behavior.

METHODS

Preventive care (exercise, oral, nutrition, cognitive function) program was administered to 17 elderly people who are over 65-year old, living in Tokyo (once a week for 120 minutes for 8 weeks). We examined if there was any change in the participant's Self-rated health in their daily lives by using 2HFS and the questionnaire on their physical/mental and social aspects at the end of the whole program. CS analysis was used for 2 HFS data analysis.

Figure 1   Subject

17elderly people over 65who are living in Tokyo

Male 3people   77years old ± 7.5
Female 14people 77.9years old ± 7.8

Figure 2
8 weeks care prevention   program

Figure 3   Result of CS analysis ｜ self-esteem was low

"pain", "confidence", "anxiety for the future", "Increased communication with family/friend, making telephone calls, and outings"
continued to stay low

Figure 4
Results: Improvement of subjective health

RESULTS

In the CS analysis of 2 HFS, There was moderate correlation between the overall evaluation of happiness and "self-esteem". From the questionnaire on Self-rated health, the categories of "pain", "confidence", "anxiety for the future", "Increased communication with family/friend, making telephone calls, and outings" continued to stay low in their scores.

CONCLUSION

・This research (examination) suggested that both 2HFS and the questionnaire on Self-rated health had similar results in the categories related to low self-esteem and poor Self-rated health.

・This indicated that these measures were able to detect underlying emotions of the elderly which were not surfaced to their daily behaviors/activities.

・By administrating 2HFS to measure the elderly's happiness and health perception, we expect that it would bring improvements in their health behaviors, and Self-rated health.