

Reduction of Fear of Falling in Older Adults through judo practice

柔道の練習による高齢者の転倒恐怖の軽減

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Overview 概要

- Fear of Falling
 - 転倒恐怖
- University of Hertfordshire sessions
 - ハートフォードシャー大学の会議
- Data from a recent group
 - 最近のグループのデータ
- Data from all participants
 - 全参加者のデータ
- Data from long-term participants
 - 長期参加者のデータ



Fear Of Falling is a risk factor

転倒恐怖はリスク要因です (Scheffer et al, 2008)

- Falling was reported as a consequence of FOF
- 転倒が転倒恐怖の結果として報告されました
 - Fear of Falling as a predictor of Falls incidence has an Odds Ratio (OR) of 1.79. (Friedman et al, 2002)
- Functional consequences of FOF
- 転倒恐怖の機能的な結果
 - FOF was positively related to avoidance of activities (Yardley & Smith, 2002)
- A reduction in social activity is another social consequence of FOF
- 社会的活動の減少は転倒恐怖の別の社会的な結果です
 - Those with higher fear scores engaged in fewer activities (Lachman et al, 1998)

Safer Falling through Judo

柔道による安全な転倒

- University of Hertfordshire
 - ハートフォードシャー大学
- Research project combining practical and academic elements
 - 実践的および学術的要素を組み合わせた研究プロジェクト
- Benefits the local community
 - 地域社会に利益をもたらす

JUDO FOR SAFER FALLING
Herts Sports Village, AL10 9EU
Mondays at 16:30

Courses start on:
30 Sep 2024
04 Nov 2024
20 Jan 2025
24 Feb 2025
12 May 2025

Sign up using the QR code below:

Logos on the right side of the poster:
University of Hertfordshire UH
WELWYN HATFIELD
Health hub
Live Longer Better.
Sport & Physical Activity
BRITISH JUDO
judospace.com

Ukemi 受け身



- The judo safe falling techniques, teach participants three fundamental principles of ukemi.
 - 柔道の安全な転倒技術は、参加者に受け身の三つの基本原則を教えます。
1. Protecting the head -頭を守る
 2. Distribute the pressure -圧力を分散する
 3. Slow down the fall -転倒を遅くする

Fear of Falling data will be presented

転倒恐怖のデータが提示されます

- Population have followed the safer falling classes over several months
- 数ヶ月にわたり、安全な転倒クラスを受講した人々
- At the University of Hertfordshire with experienced judo coaches
- ハートフォードシャー大学で経験豊富な柔道コーチと一緒に



Beginners Group Sept – Oct 2024

初心者グループ 2024年9月～10月



5 sessions, 30 minutes

5回のセッション、30分

7 participants completed

7人の参加者が完了しました

Mean Average age 68.1 (range 62 – 73)

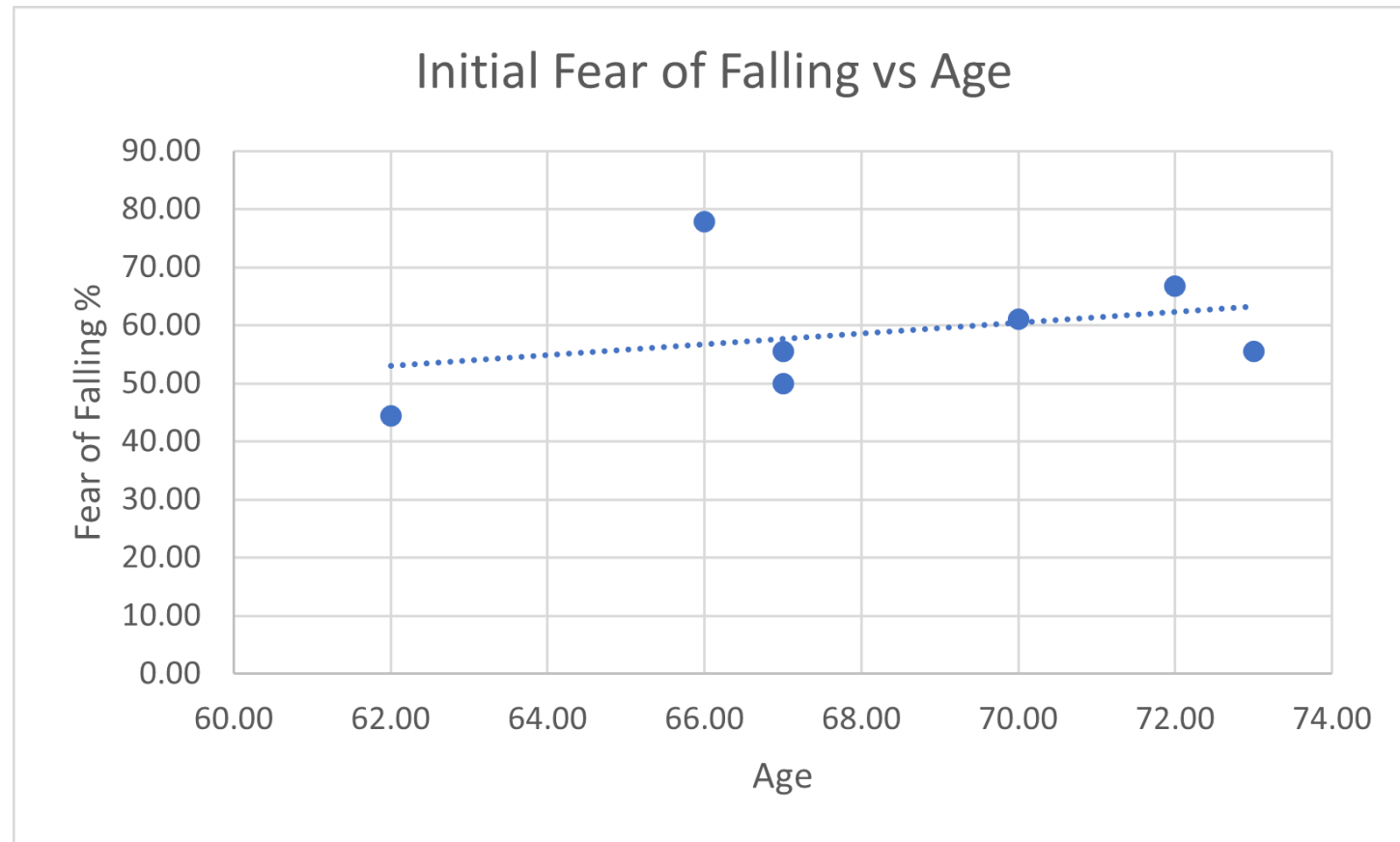
平均年齢 68.1歳（範囲 62～73歳）

Mean Average attendance 4.29 sessions

平均参加回数 4.29回

Age vs Fear of Falling 年齢と転倒恐怖

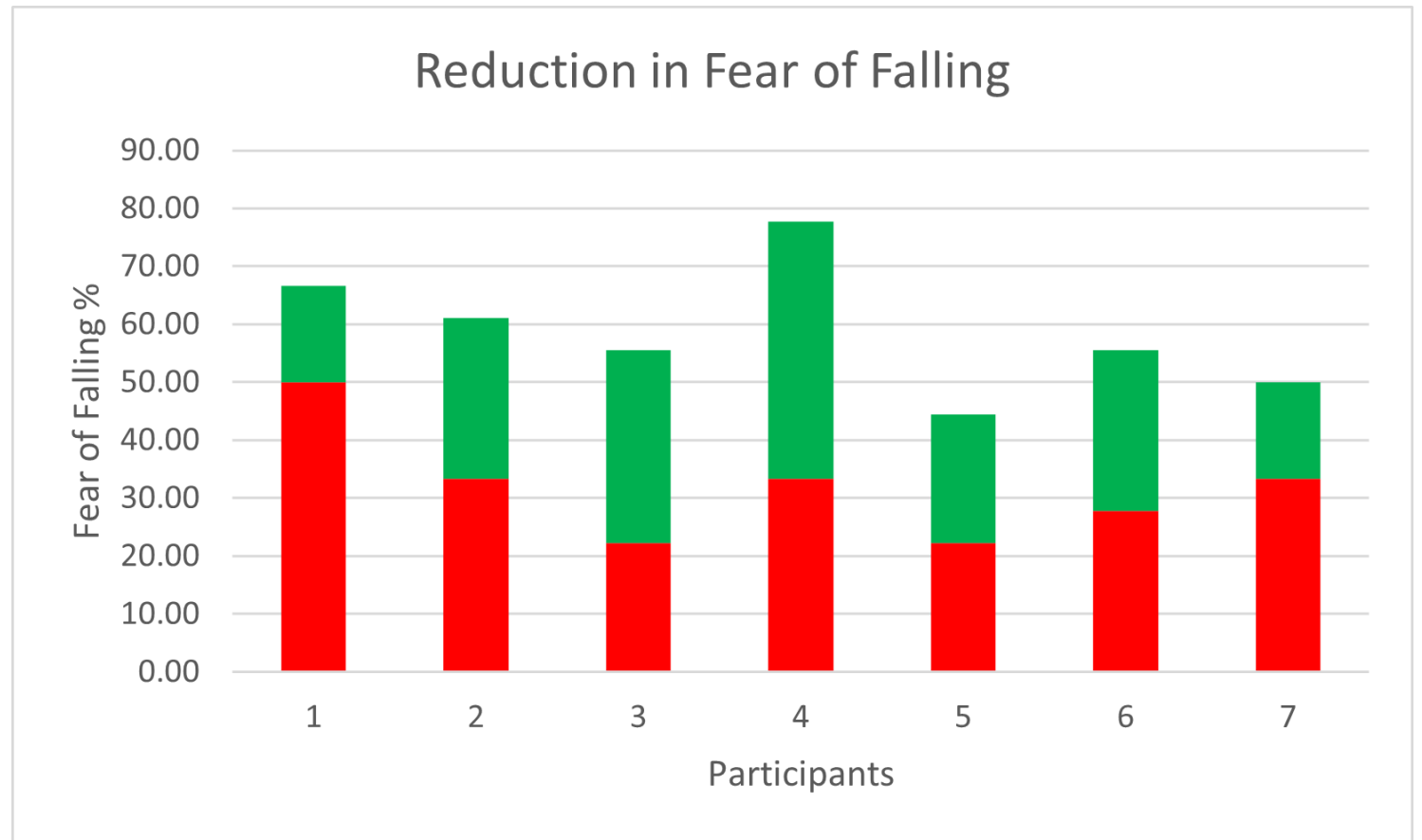
- Oct 24 Group
- 2024年10月のグループ
- Mean Average Initial Fear of Falling 58.73%
- 初期転倒恐怖の平均値 58.73%
- Correlation 相関
- Age : FFQ-R = 0.318



Reduction in Fear of Falling after 5 sessions

5回のセッション後の転倒恐怖の減少

- FOF before 58.73%
- FOF after 31.75%
- Mean Average Reduction in FOF = **26.98%**



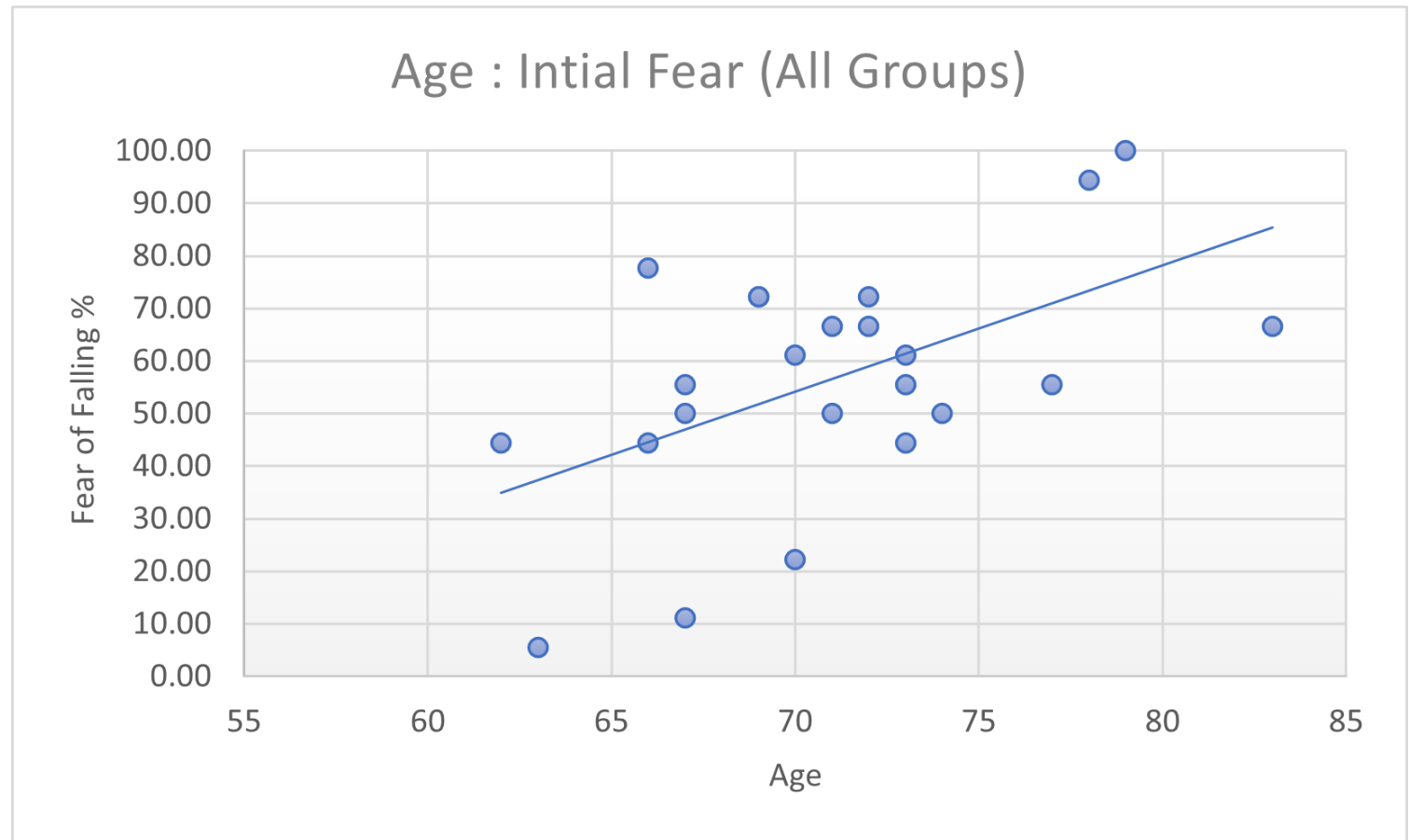
All participants 2023-24 年の全参加者

- 23 completer participants
- 23人の完了者
- Mean Average age 71 years (range 62 – 83)
- 平均年齢 71歳（範囲 62～83歳）
- Mean Average attendance 6.91 sessions
- 平均参加回数 6.91回



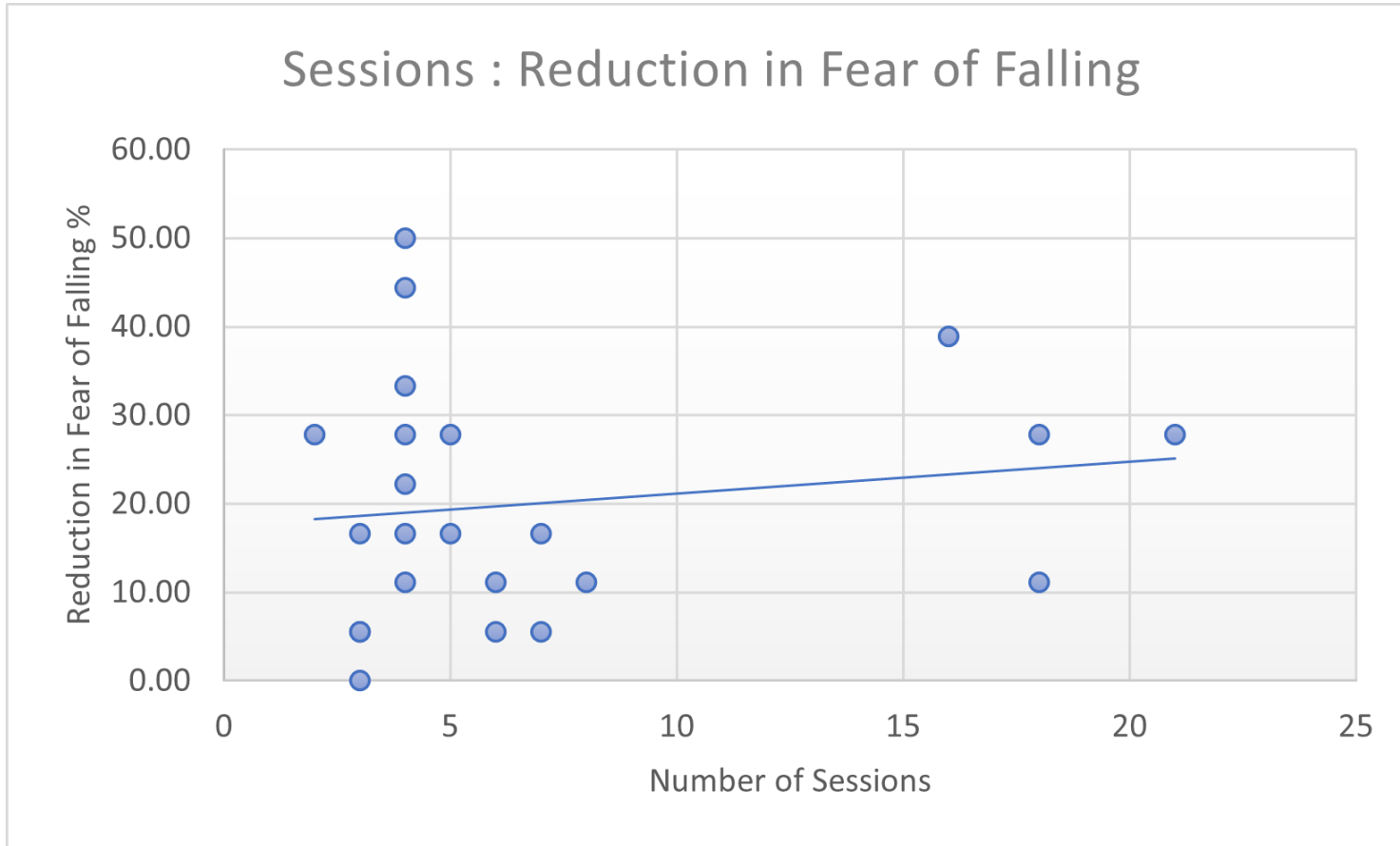
Age vs Fear of Falling 年齢と転倒恐怖の関係

- All 23 Individuals
- 全ての23人
- Correlation
- 相関
- Age : Initial FOF = 0.54



Sessions vs Reduction in Fear of Falling

セッションと転倒恐怖の減少の関係



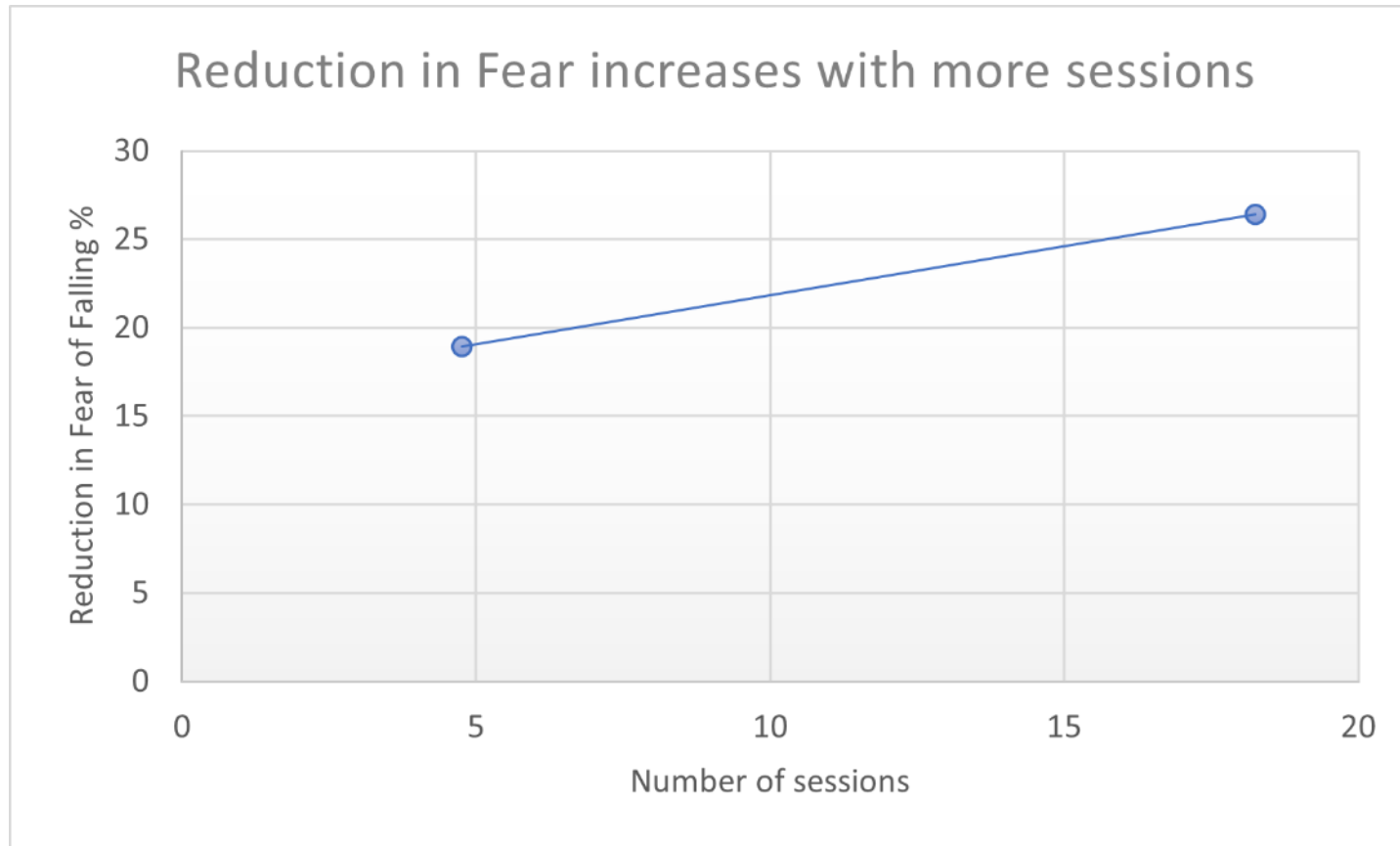
- FOF before 56.52%
- FOF after 36.47%
- Mean Average Reduced FOF = **20.05%**
- Sessions : Reduction in FOF
- Correlation = 0.15

Longer attendees 長期間参加者

- Participant A aged 69, 18 sessions
- FOF before 72.22%, FOF after 44.44%, Reduction of 27.78%
- Participant B aged 66, 21 sessions
- FOF before 44.44%, FOF after 16.67%, Reduction of 27.78%
- Participant C aged 69, 16 sessions
- FOF before 72.22%, FOF after 33.33%, Reduction of 38.89%
- Participant D aged 67, 12 sessions
- FOF before 11.11%, FOF after 0%, Reduction of 11.11%



Longer attendees 長期間参加者



4.76 sessions =
18.95% Reduced FOF

18.3 sessions =
26.39% Reduced FOF

Summary 要約

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- Data from all participants
- 全参加者からのデータ
- Data from long-term participants
- 長期参加者からのデータ



Selected References

- Scheffer, A. C., Schuurmans, M. J., Van Dijk, N., Van Der Hooft, T., & De Rooij, S. E. (2008). Fear of falling: measurement strategy, prevalence, risk factors and consequences among older persons. *Age and ageing*, 37(1), 19-24.
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- Yardley, L., & Smith, H. (2002). A prospective study of the relationship between feared consequences of falling and avoidance of activity in community-living older people. *The Gerontologist*, 42(1), 17-23.
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JUDO
FALL
SEVEN TIMES
STAND UP
EIGHT
七転び八起き

INTERNATIONAL CONFERENCE
SAFE FALLING for OLDER PEOPLE through JUDO

University of
Hertfordshire **UH**

 **TOKAI**
UNIVERSITY

 INTERNATIONAL JUDO FEDERATION
IJF ACADEMY

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