

〈特別記念プログラムⅡ〉

(21世紀の香粧品Ⅱ—Quality of Life と化粧)

高齢化社会における化粧

——老人保健施設での化粧プログラムを中心に——

伊波 和恵*

Cosmetics in the Aging Society

—The cosmetics program for elderly women in the nursing home—

Kazue INAMI*

Abstract

In prior studies (*ex.* Inami and Hama, 1993), we highlighted the effectiveness of the use of cosmetics for elderly women in a nursing home in Japan, as one of an effective tool for activating their emotions. We further hypothesized that the use of cosmetics would contribute to heightening their self-esteem, and intended to implement a cosmetics-using program for their mental rehabilitation. The following main points were discussed: 1) Elderly women's ($n = 109$, $m = 82.3$ years old, range = 65–93 years old) attitudes toward the use of cosmetics, and when and why they stopped using it. 2) The methodology and the purposes we had on the cosmetics-using program. Through these discussions above, we suggested proposals concerning the relationship between their use of cosmetics and the extent of the increase in their self-care.

Key words: elderly women, nursing home for the elderly, emotional activation with cosmetics methods, self-care.