

An Applicational Study of Emotional Activation Using Cosmetics Methods for Elderly Women at the Nursing Home: Toward Framing a Psychological Rehabilitation Program for Elderly

Kazue Inami

Bunkyo Women's University

This series of studies aim at demonstrating the effectiveness of the use of cosmetics methods as mental rehabilitation on elderly women. Our hypothesis is that make-up application might heighten their self-esteem, and we attend to frame a cosmetical program for mental rehabilitation.

The participants were elderly women who stayed at the health care facilities for the aged in Kyoto City. Preliminarily, we research about their interests in cosmetics and beauty treatments at the past and the present on 60 elderly women. The findings of the pre-research was that 88% had been in the habit of making up at the past, and at the present, 35% had positive interests in some cosmetic treatments.

On the study1, we compared the Continuous group (C group, N=6), who received more than 8 sessions of our cosmetic application, with the Discontinuous group (D group, N=7) about attitudes for cosmetic treatments and of participation in our sessions. Effects of cosmetic program were measured by several nonverbal indexes. The following results were obtained: 1) The C group showed the tendency of arousal by our sessions and it was more interested in cosmetic treatments than the D group. 2) The D group was sensitive at the mirror. 3) Taking results of pre-research into consideration, their cosmetical habits at the past was useful as an index of positive, continuous participation in the programs at the present.

On the study2, we compared two women as the case studies. One was a resident at the facility, and the other was a client of the day-care service there. These cases suggest that the client needs to the cosmetical program as the former, we need to examine the variety of methods furthermore.