

COMPLETION REPORT

Social Engagement and the General Health and Well-being of the Naoshima Onna Bunraku

Dr. Amparo Adelina C. Umali, III (+5)

Associate Professor

Center for International Studies,

University of the Philippines

Social Engagement and the General Health and Well-being of the Naoshima Onna Bunraku is a study that looks into the effect of active social engagement in social/community activities which is associated to better health outcome in later life (Heaven et al, 2013). Specifically, the study focuses on the members of Naoshima Onna Bunraku, a community puppet theatre group in Naoshima island in Kagawa prefecture, and the contribution of their engagement in the Bunraku troupe to their well-being.

The researchers participated in the training-rehearsals of the members which allowed us to experience first-hand how they conduct their practices and teach bunraku. This was followed by an interview where the members were asked to share how they were introduced and eventually became members of the Naoshima Onna Bunraku. Finally, a survey/questionnaire in two parts was created where the first part determined the members' personal evaluation of their general life-satisfaction and well-being and the second part asked the members to evaluate their membership in the group and its contribution to their physical and mental well-being; their relationship with family and community; and their sense of identity and purpose.

Findings of the Study

Nine (9) active members of the Naoshima Onna Bunraku aged 54-77 years old answered our interview questions regarding their recruitment, number of annual performances and training-rehearsal schedule and the two-part questionnaire.

In general, the respondents are moderately satisfied with their lives. However, they appear to be particularly less satisfied with aspects such as their financial situation and the free time they have in doing activities that they like. In connection with their social engagement as members of Naoshima Onna Bunraku, the respondents highly enjoy performing Bunraku and perceive their activities to be worthwhile. The data also showed that being members of the group have positively contributed to their physical health, mental health, and their relationship with their family members, friends, and their community. This also led the respondents to feel a personal sense of accomplishment, sense of identity, and sense of purpose from doing activities as members of Naoshima Onna Bunraku. They also feel that their activities greatly contribute to the promotion of Bunraku to the community as well as the preservation of the practice of Bunraku.

The findings of the study provide evidence of the positive impact of social engagement to the health and well-being of the elderly, particularly to the members Naoshima Onna Bunraku. It is thus recommended that local and national support for these kinds of groups should be enhanced. Moreover, further research should also be conducted to look into the structure and positive qualities of similar groups. Through this, a potential model for the creation of community-based groups that promote good health and well-being can be created. It is hoped that more groups like this would further encourage participation by a larger population of elder adults and they too shall benefit from its positive effect to their health and well-being.

References:

Heaven, B., Brow, L.J.E., White, M., Errington, L., Mathers, J.C., & Moffatt, S. (2013) Supporting Well-Being in Retirement through Meaningful Social Roles: Systematic Review of Intervention Studies. *The Milbank Quarterly*, 9, 222-287

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Publication of the Results of Research Project:

Verbal Presentation (Date, Venue, Name of Conference, Title of Presentation, Presenter, etc.)

Proposed round table discussion on the observations, experiences and findings of the research collaborators. (Proceedings to be published). July 11, 2017

Proposed Presentation of the results of the research to a Local conference: 39th Annual Conference of the Ugnayang Pang-Aghamtao (UGAT/Anthropological Association of the Philippines) 9-11 November 2017

Capitol University, Cagayan de Oro City, Philippines

Proposed Presentation of the results of the research paper to an International conference: The 6th Biennial **International Conference** of the Japanese Studies Association in Southeast Asia on December 2018 in Indonesia

Thesis (Name of Journal and its Date, Title and Author of Thesis, etc.)

Book (Publisher and Date of the Book, Title and Author of the Book, etc.)

Publication of the papers/articles in a local university journal (expected publication: Academic Year 2017-2018)