

About Human Development

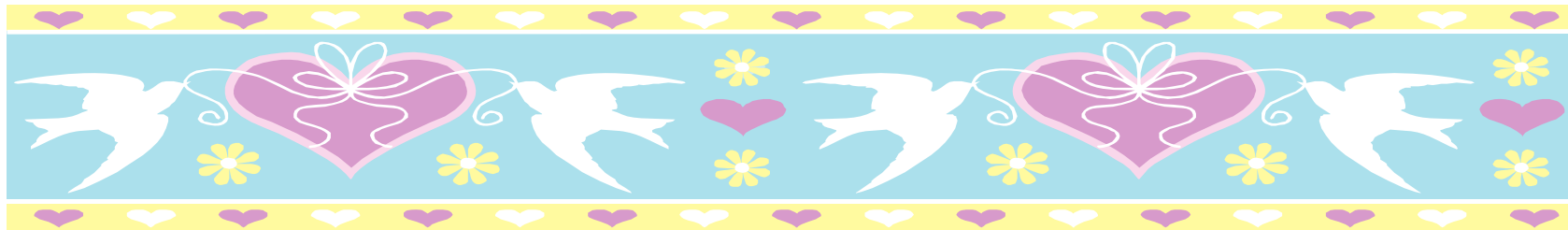
Why?

Is it certain these are wrong?

- eating alone
- skipping breakfast and supper

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Eating at home

from developmental psychology perspective

- Transition social contexts

Changes in family issue

---eating alone or eating together

---eating individually(ex; favorite meals)

---**Shall we do positive reframing?**

- Influence of skipping breakfast and supper

Challenge to family relationships rediscover

Transition social contexts

Changes in family issue

eating alone

eating individually(ex; favorite meals)

- *Eating alone* has bad mental and physical effects on children, youth and adult.

Eating together makes family relation good.

S

V

O

C



The Advent of Risk Society



Moral Panic Phenomenon

Co-production of NHK and Kagawa Nutrition University.

1982.12.6 NHK

「こどもたちの食卓?なぜひとりで食べるの?」

1999.7.2 NHK

「知っていますか 子ども達の食卓」



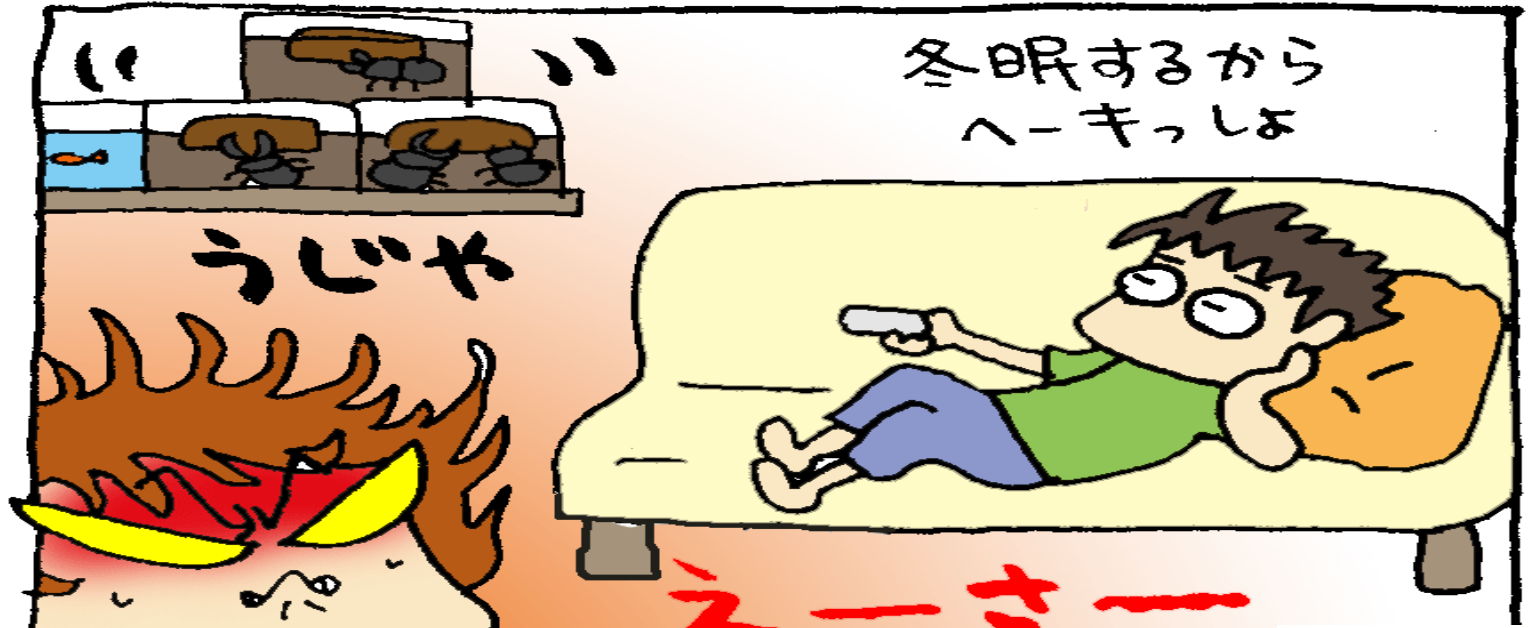
What do you think the figure the child is to eat alone ?



Here are reasons kids should not have to eat alone.

- Busy families with hectic schedules have gotten away from the typical family breakfast and supper time.
- Children shouldn't be left to eat on their own all the time.
- Children who consistently eat alone are prone to many problems.

Long Long ago...



クリック なか見! 検索

教える算数

親が子に

絵を描かせて
考えさせよう

光部 武信

「おしえて」編集部

A promotional graphic for a book or article. It features the text 'クリック なか見! 検索' (Click to see! Search) at the top. Below it, the title '教える算数' (Teaching Arithmetic) is written vertically. To the right, the text '親が子に 絵を描かせて 考えさせよう' (Let parents let their children draw pictures and think) is written vertically. The author's name '光部 武信' (Mitsumu Takeda) is written vertically. At the bottom, it says '「おしえて」編集部' (Editorial Department of 'Oshiete').

Such “**Good Old Showa**”
is beginning to be re-evaluated.



**Whole family surrounds the dining table at supper time,
people spend a time of relax with family.**

The movie “ALWAYS sunset of Third Street”
was produced in 2005, it is said that
perceived as a fantasy of the baby booms.

Difference between being reminiscent of the old days and living now

Parent

over work
work style

Mother told colleagues,
I want to eat supper
with my children,
I come back home. Bye

Children

Juke
Part-time job

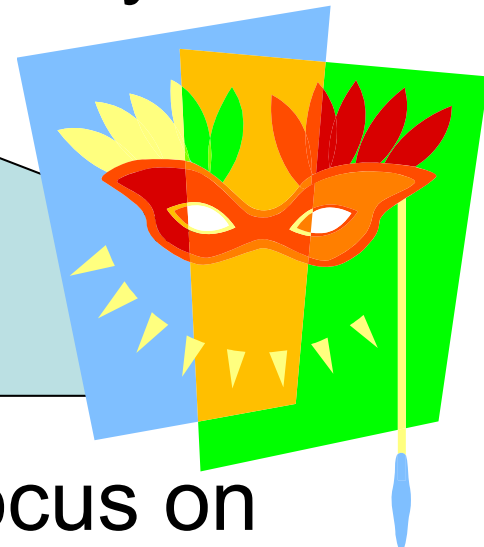
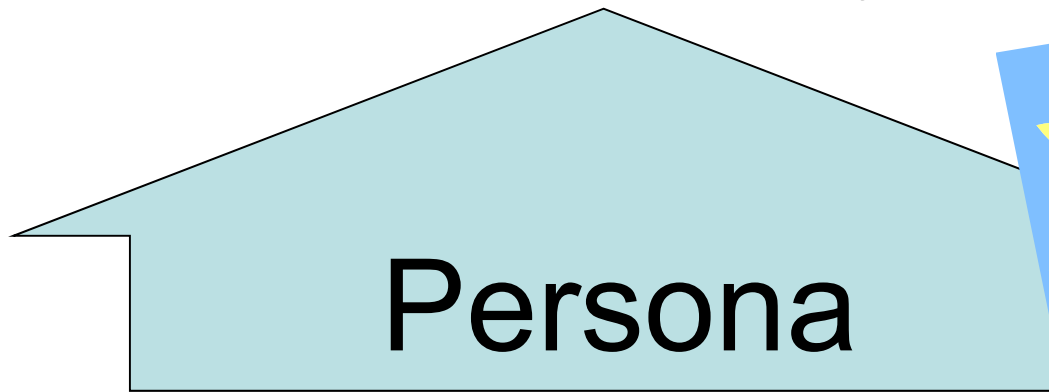
to respect excessively

*** Each homing time is respectful.**

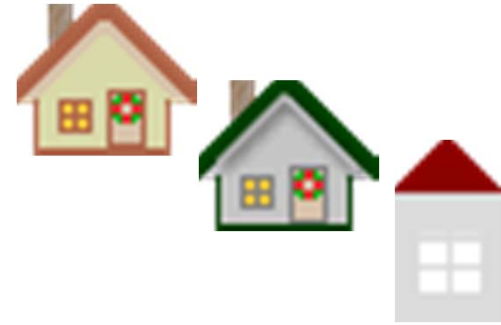
To respect

I respect **the will** of my child

I respect **the will** of my family

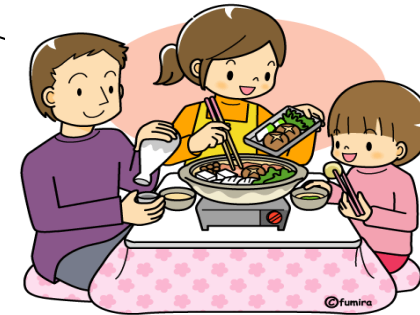


There is a tendency to focus on
respect for the individual



community

school



home



The grass is always greener on the other side of the fence.

How should we do

**The grass is always greener
on the other side of the fence.**

One parent may be present
during one meal, hopefully every day.

Changing the perception

Changing the perception

Father dose absent eating time at home,

→ **Mother** said, “I wonder if Dad had to eat.
He is willing to work hard well for me”

To hear the words, children will be
grateful to working father.

→ **Mother** said, “ Father does not come back home,
what do you do?”

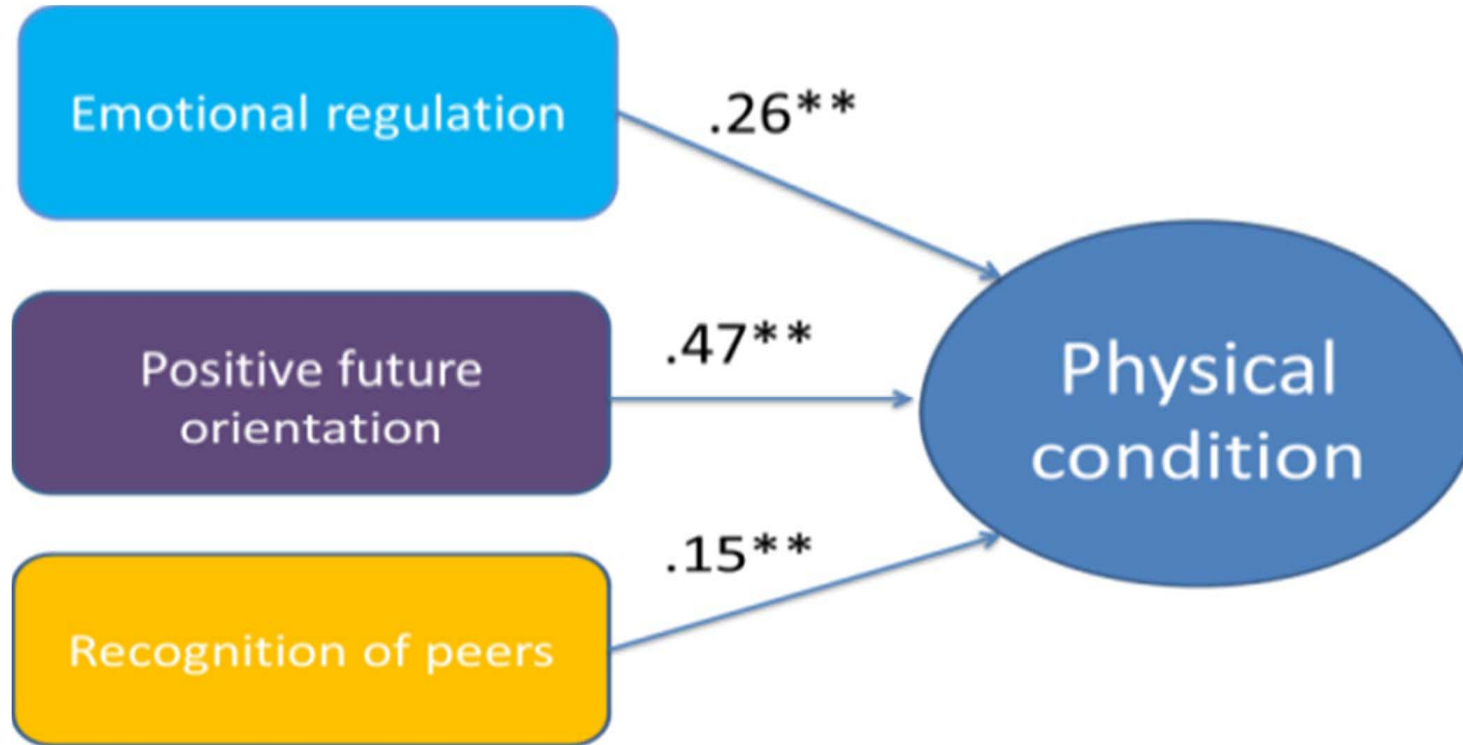
To hear the words, children hate his
working father, and he would think their
tragedy, leave not notice the part of blessed.

Today's Group Work

Shall we do positive reframing?



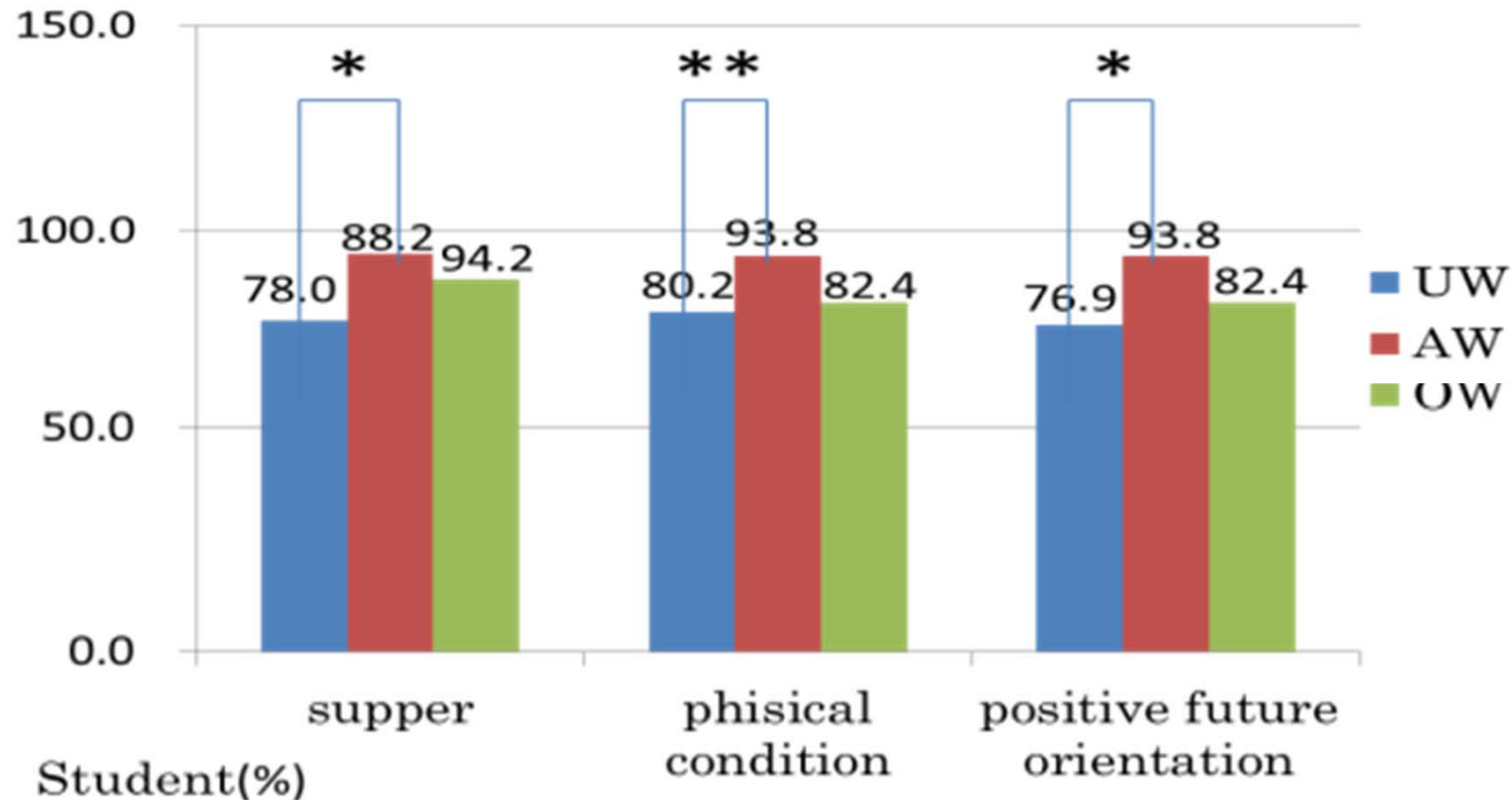
Multiple regression of physical condition.



R²(adjusted-R²) .21(.19). F 10.07** p<.01**

Hiroshi Hirata(2012)**Influences of psychological stress, parenting, and lifestyle behaviors on growth during.**
Childhood & Adolescent Obesity, Halifax ,NS,CANADA

Results from the questionnaire have shown differences between the BMI groups



Hiroimi Hirata(2012)**Influences of psychological stress, parenting, and lifestyle behaviors on growth during. Childhood & Adolescent Obesity, Halifax ,NS,CANADA**

Do you always eat breakfast/supper regularly?

	Junior (n=82)		Senior (n=227)	
Physical condition	Yes	No	Yes	No
Breakfast(%)	87.8	12.2 **	88.5	11.5 *
Supper (%)	57.3	42.7 n.s.	65.6	34.4 n.s

p<.05 p<.01***

Hiroimi Hirata(2012)**Influences of psychological stress, parenting, and lifestyle behaviors on growth during Childhood & Adolescent Obesity, Halifax ,NS,CANADA**

Challenge

to family relationships rediscover

★★★ education for proper meals ★★★

