

# 論文の欧文要旨

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**(Title)**

**The actual situation and measures for enhancement during free time for Japanese children**

**(Abstract)**

This study aimed to elucidate the current state of Japanese children's free time activities and to suggest policies for their enrichment.

In Chapter 1, I defined 'free time activity' as indoor play, outdoor play, talking to families, and time spent not doing anything, outside of children's school hours. 'Default living activity' was defined as school and living activities. I used structural equation modelling to assess how these simultaneously affected both the mental and physical. In a model that drew a path from both 'default living activity' and 'free time activity' to both 'unidentified complaint' and 'self-image', the predicted values of the paths drawn to 'unidentified complaint' and 'self-image' were higher in 'free time activity' than in 'default living activity.' However, it was unclear whether the 'free time' was at the discretion of children. As such, in Chapter 2, I focused on free time that is at the discretion of children. I identified freedom of decision as the desire to 'want to do something' and studied the association between life activity time and things they wanted to do for free time. In children who desired 'the use of electronics', the time spent indoors was long. Those who desired to 'physical activity' spent a longer time at play outdoors. These results may be attributed to lack of time and experience. In Chapter 3, I studied the association between the desire for and experience in each play type among children. I found a significant association between each play experience by children and desire, which confirmed that experienced play leads to desire. Moreover, for those with more play experience, compared with those with less, the tendency to choose 'physical activity' was high and that for 'watch TV/DVD' was low.

These results were suggested that we will ensure various play experiences that enhance children's 'desire to do something' as a policy to enrich free time activities.