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授与した学位	博士
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学位論文の題目	Risk Behavior among Adolescents in Nepal
学位審査委員会	主査 井上 幸子 副査 荻野 哲也 副査 池田 理恵 副査 坂野 純子 副査 伊東 秀之

学位論文内容の要旨

Introduction: Adolescence is an important formative phase of life during which many behavioral patterns are initiated and established, providing a valuable base for a positive, productive, successful and healthy adult life. Personal characteristics and a range of environmental factors make adolescents vulnerable to risky behaviors, which can lead to various negative consequences for health and overall aspects of life. Adolescents in the South East Asia Region (SEAR) have the highest prevalence of tobacco use, the second highest birth rate, and the highest suicide rate in the world (8.7 per 100,000). Recently, the World Health Organization conducted a global school-based student health survey in the SEAR, and its 2017 report revealed the prevalence of various problems among Nepalese adolescents, providing the first national level study of risky behavior among Nepalese adolescents. The survey indicated that a significant proportion of the adolescent population use substances, are sexually active, and have the highest prevalence of suicidal ideation and suicide attempts among the SEAR countries. Biological and environmental factors function together, and several social contexts, including family, peers, and school, influence adolescent development. Although self-esteem, perceived social support (PSS), and social capital (SC) are important concepts affecting adolescents' risky behavior, few studies have examined this issue in developing countries, and none have been conducted in Nepal.

Objectives: The first objective of this study was to identify the roles of self-esteem, three sources of PSS (family, friends, and significant others), and SC (family, school, and neighborhood) in adolescents' substance-use, suicidal behavior and sexual behavior. In addition, parents can play an important role in enhancing protective factors and preventing adolescents from exhibiting risky behaviors. However, parenting and suicidal risk behavior have been minimally studied, with a small number of previous studies on self-esteem and parenting producing variable results. To the best of our knowledge, no previous studies in Nepal have examined parenting and mental health outcomes among adolescents (i.e., self-esteem and suicidal behavior). Therefore, the second

objective of this study was to assess the association between parents' knowledge of adolescents' self-esteem and their parenting (practice and style), and to examine the effects of parenting on adolescents' self-esteem and suicidal behavior.

Methods: The Cross-sectional study was conducted among 13–19-year-old Nepalese adolescents studying in classes 9–11 ($n = 943$) and either of their parent ($n=575$). A multistage cluster random sampling technique was used to select participants from eight higher secondary schools (four private and four public) in three provinces of Nepal. Data were collected with self-administered questionnaires and the response rate from adolescents and parents was 92% and 63% respectively. Data was analyzed in SPSS version 26 with descriptive and inferential statistics (bivariate and multivariate linear and logistic regression analysis) at <0.05 level of significance and 95% confidence interval.

Results: Adolescents with higher levels of support from family and higher family SC were less likely to use substances. Adolescents with higher self-esteem, higher levels of support from family and friends, and higher family and school SC were significantly less likely to exhibit suicidal behavior. However, self-esteem was positively associated with sexual behavior, and peers had a consistent positive influence on substance use and sexual behavior. Although self-esteem was found to be a strong protective factor against suicidal behavior, 29.8% Nepalese adolescents were found to have low self-esteem. The linear and logistic regression analysis of cross-sectional data from pairs of adolescents and either of their parents revealed significant positive associations between scores reflecting parents' knowledge about self-esteem in adolescents and scores reflecting their parenting practice (communication, support, and positive-reinforcement), and authoritative parenting. Importantly, authoritative parenting was positively associated with adolescents' self-esteem. In contrast, adolescents with authoritarian parents were prone to suicidal risk. Homemaker mothers and parents from Province 5 were more likely to be authoritative, whereas parents from low SES families were less likely to be authoritative.

Conclusion: The current study expanded our understanding of how self-esteem and different sources of PSS and SC influence different risky behaviors, indicating that some previously observed associations were the consequences of unmeasured confounding by controlling for several contextual factors, such as demographics, SES, family, school, and peer relationships. In addition, parental knowledge was found to have beneficial effects on parenting, suggesting that parents can contribute to adolescents' self-esteem through authoritative parenting, and that suicide can be prevented by reducing authoritarian parenting.

Implications: These findings might have important practical and educational implications for health workers, including school/community health nurses, teachers, families, communities and others who work in adolescent health and development. Interventions such as assessment of self-esteem, counseling for peer selection, and raising awareness of risky behavior can be performed

at the adolescent and school-peer levels. Focusing on PSS and SC at school and in the family, and monitoring peer influence among adolescents, are also important. On the basis of the current findings, knowledge-based interventions, parenting training, and counseling of parents should be undertaken. Overall, this is the first study of its kind in Nepal, and the current findings have important implications for positively impacting Nepalese adolescent development.

主業績

No.1	
論文題目	Self-esteem, Perceived Social Support, Social Capital, and Risk-Behavior among Urban High School Adolescents in Nepal
著者名	Banstola RS, Ogino T, Inoue S
発表誌名	SSM-Population Health. 11, 100570. 2020.

副業績

No.1	
論文題目	Impact of parents' knowledge about the development of self-esteem in adolescents and their parenting practice on the self-esteem and suicidal behavior of urban high school students in Nepal
著者名	Banstola RS, Ogino T, Inoue S
発表誌名	Int. J. Environ. Res. Public Health, 17(17), 6039, 2020.
No.2	
論文題目	
著者名	
発表誌名	

関連業績

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論文審査結果の要旨

本論文は、ネパールの青年期の自殺関連行動、喫煙・飲酒・薬物などの物質使用、妊娠や妊娠中絶につながる性行動の3つのリスク行動の減少に寄与する要因を明らかにすることを目的に実施された研究についてまとめたものであり、得られた成果は次のとおりである。

本研究では、1) 子どもの自尊感情、ソーシャルネットワーク、ソーシャルキャピタルが、自殺関連行動、物質使用、性行動の3つのリスク行動にそれぞれ関連しているか、2) 親の子どもへの関わり方が子どもの自尊感情及び自殺関連行動に関連しているかについて検証した。ネパール都市部在住の高校生およびその親を対象とし、無記名自記式調査票を用いて情報収集しデータを分析した。高校生のデータを使用した分析では、家族からのソーシャルサポートと家族のソーシャルキャピタルが高いことは物質使用の抑制と関連があり、自尊感情が高いこと、家族、友人からのソーシャルサポート、家族、友人とのソーシャルキャピタルが高いことは自殺リスクの低下に関連していることが認められた。一方で、自尊感情の高さは性行動のリスク増加に関連していた。また、親から情報収集した子どもへの関わり方に関するデータと子どもの情報を結合させたデータを用いた分析では、毅然とした態度でかつ受容的な関わり方の親の群では子どもの自尊感情が高いことに関連していたが、権威的な関わり方の親の群では自殺関連行動のリスク増加と関連が認められた。これらの結果は、青年期の自殺リスクや物質使用の割合が高いネパールにおいて予防対策や支援を行ううえで有用な基礎情報を提供するものである。

以上の結果より、学術上、實際上寄与するところが少なくない。よって、本論文は博士（看護学）の学位論文として価値あるものと認める。