The present study aims to develop a communication game for adults with developmental disorders and to examine their experiences in the game. It is essential for people with developmental disorders to train their communication skills because it is pointed out that social communication skills are core problems for them.

We tried to combine debating game and original ‘Iitokosagashi’ workshop style.

‘Iitokosagashi’ in Japanese means ‘finding good points in oneself’. It is essential for people with developmental disorders to train their communication skills.

Background

The results showed that both participants with developmental disorders and those who are not could enjoyed the ‘Iitokosagashi communication game’. In daily communication, it is necessary to try to estimate others’ feelings and opinions because people do not always show the true feelings. But in this ‘Iitokosagashi communication game’, they did not need to guess the others’ true opinions because it is set in a game rule. Under such circumstances, adults with developmental disorders could enjoy discussion without worries to misunderstand others’ feelings.

Method

Workshops: After 3 pre-workshops, workshops were conducted 7 times during Feb. to Oct. 2014.

Respondents:
Number of total participants: 38 (46 % were females)
Participants’ age: 20s to 40s consisted of 84 %
Those who answered to have developmental disorders were 57%.

Procedures of the Game

Before starting the game
Make 3 groups (Group A, B & C). 1 to 3 individuals per a group.

1: Choose their own goal from option lists (A&B)
2: Discussion 7 min (A&B)
3: Summary by each group 1 min (A&B)
4: Feedback of good points of the discussion (C)
5: Change the positions (Fig 1)

Results

Speak slowly
Others
Make soft introductory remarks
Enjoy discussion
Speak with over-reactions
Speak looking at others’ eyes
Pay attention so as everyone to speak equally
Make a clear statement
Talk with a humor
Speak with sympathy
Summarize the discussion

0 10 20 30 40 50
31.6
26.3
23.7
18.4
15.8
13.2
13.2
5.3
5.3

Fig.2 Goals selected in the game

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Discussion

The present study aims to develop a communication game for adults with developmental disorders and to examine their experiences in the game.

We tried to combine debating game and original ‘Iitokosagashi’ workshop style.

‘Iitokosagashi’ in Japanese means ‘finding good points in oneself’. ‘Iitokosagashi’ has been conducting workshops in all over Japan for more than 280 times.

Experiences in the game

The experiences in the game were categorized into 6 groups

1: Good points about the game
a) Changing the point of view
It was fun to experience the both point of view.
b) Practicing discussion
We could discuss with someone who are just met because it has fixed theme.
c) Atmosphere during the game
It was difficult to express my opinion, but I can talk a lot in a friendly atmosphere.

2: Fun
I think we were able to have an enjoyable debate. I could give my opinions without worrying about what other people thinks of me.

3: Difficulty
It was difficult to discuss in a fixed time while listening to others’ opinions.

4: Findings in communication skill
I usually play the listener in a chatting, I think experience like this improves various skills for conversation with several people.

5: Findings in the game
I could realize that we can enjoy the conversation with someone with different opinion if we ‘listen’ to their opinion.

6: Suggestions for the game
I suggest to change the time of discussion based on the number of people in a group.

Fig.1 Roles of each group

Fig.3 Evaluation of the activities in the game

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