

Developing 'litokosagashi' communication game for adults with developmental disorders¹

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Background

- 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.
⇒they can examine and train their communication skills **in an enjoyable way** in games.
- We tried to combine **debating game** and **original 'litokosagashi' workshop style**.
- litokosagashi =The self-help group for adults with developmental disorders.
- 'litokosagashi' in Japanese means 'finding good points in oneself'. 'litokosagashi' has been conducting workshops in all over Japan for more than 280 times.

Discussion

The results showed that both participants with developmental disorders and those who are not could enjoy the 'litokosagashi 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 'litokosagashi 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%.

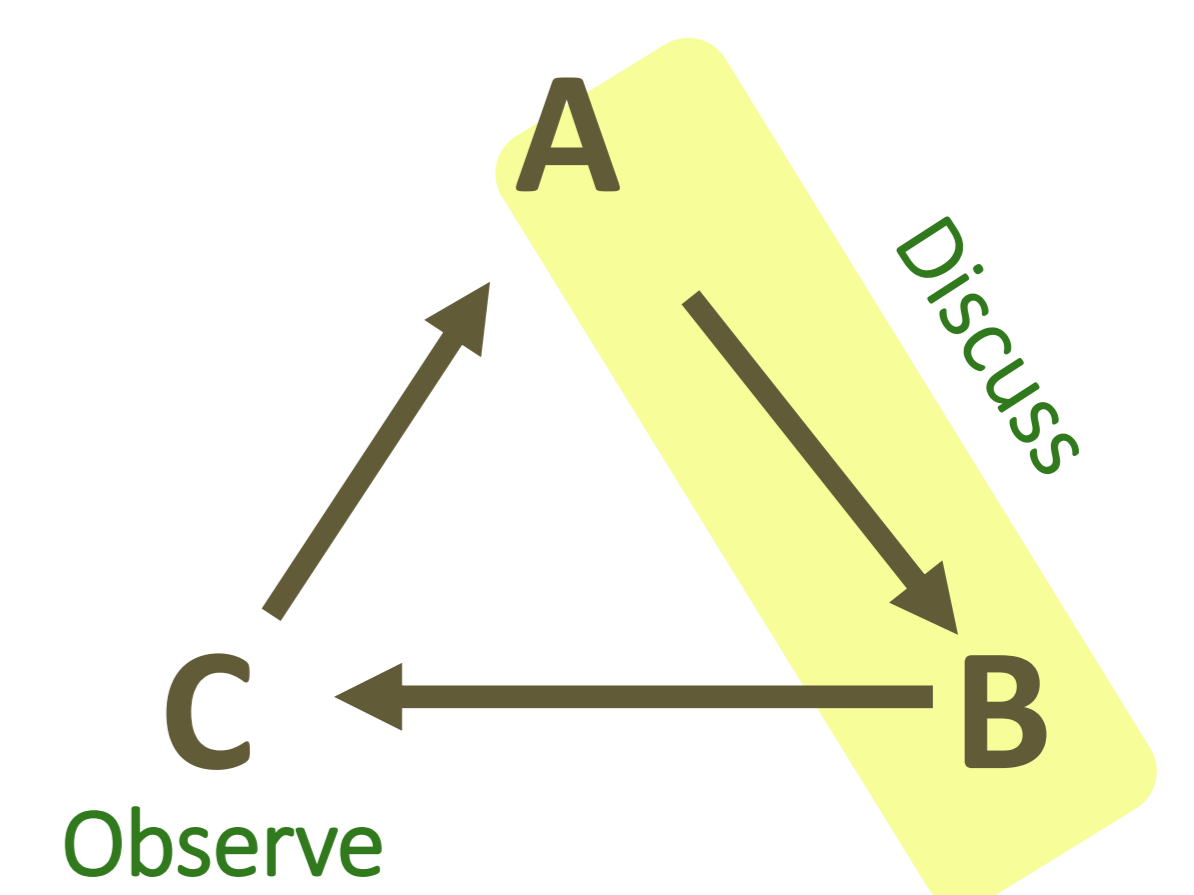
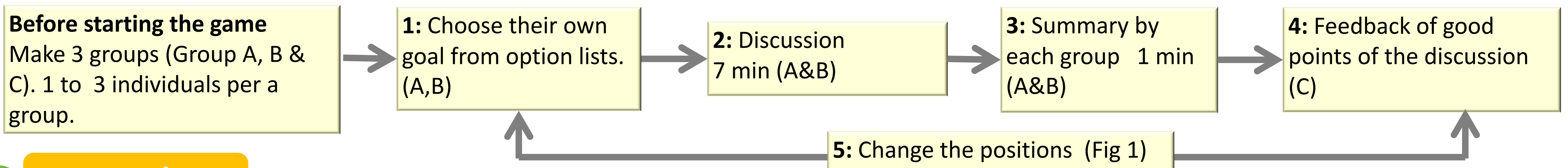


Fig.1 Roles of each group

Procedures of the Game



Results

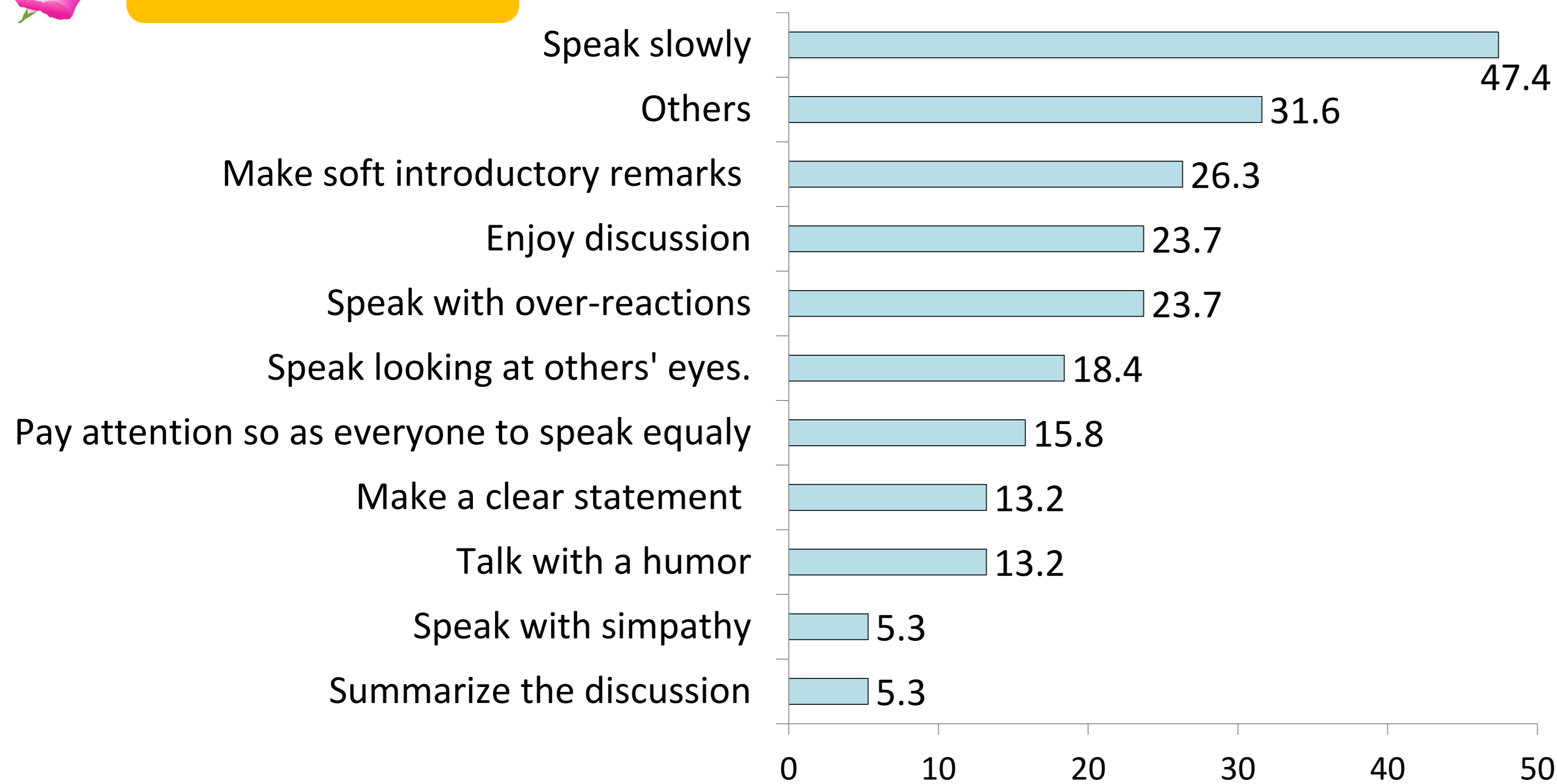


Fig.2 Goals selected in the game

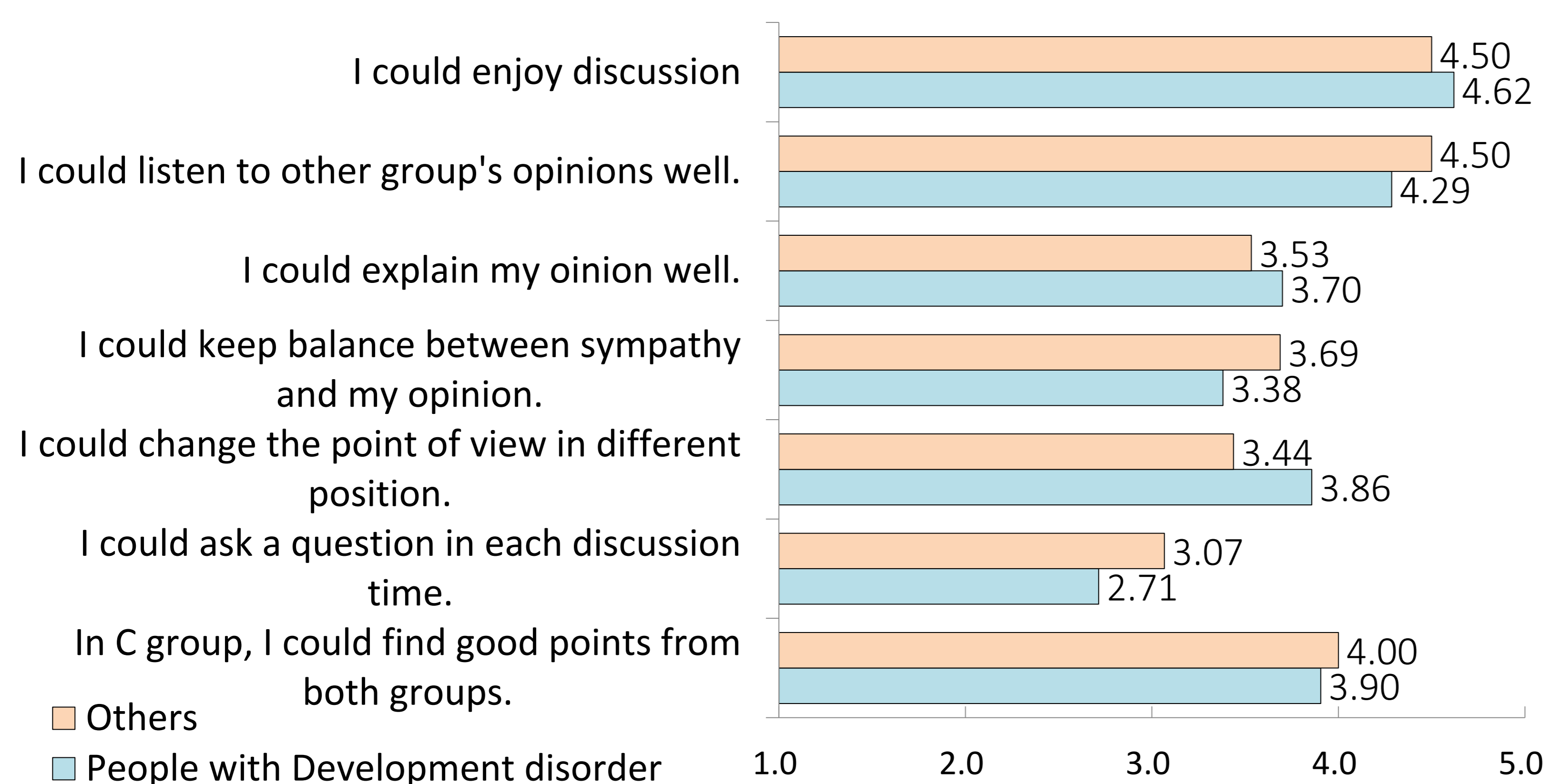


Fig.3 Evaluation of the activities in the game

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.