
Abstract

Chronological change assessed by the SEIQoL-DW and self-transformation presented in the narrative of a man with an acquired disability

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This study examined the chronological changes and the process of self-determination in Mr. A's life, a man currently in his 40s with an acquired disability owing to a traffic accident in his 20s, through his narrative using the SEIQoL-DW — a method for evaluating quality of life that focuses on individuality and autonomy. Mr. A's condition was linked to changes in the five important domains of his life and his SEIQoL-DW scores. Mr. A accepted his acquired disability with a calm demeanor. He had a hard time letting go of the idea that he “must try harder,” despite the physical pain and the tremendous amount of stress from work. While wishing for a stable life without overworking himself, he faced the dilemma of not having enough time for himself. Ultimately, he recognized the importance of gratitude, thoughtfulness, trustworthy relationships, and emotional connections with people. Over time, through self-growth, he acquired a new role and evolved into the idea of the “self who lives with consideration” while maintaining his steadfast resolve.

Keywords: acquired disability, narrative, SEIQoL-DW, chronological change, self-transformation
