
Abstract

The power of care in the reasonable accommodation process for students with anxiety disorders

WAKI, Takanori
Ube Frontier University

The intricacies of the transformation process involved in tailoring reasonable accommodations for students with mental disabilities in higher education settings, including the accommodation application process and monitoring of students with disabilities, remain obscure. This study delved into the repercussions of a reasonable accommodation process on students diagnosed with anxiety disorders. Through interviews conducted between students and the student disability support department, and by observing students' engagement in classes and examinations facilitated by reasonable accommodations, this study showed the process of alleviating students' anxiety through exposure to anxiety-inducing situations and also highlighted the removal of social barriers through consultations with the educational institutions' student disability support departments. In addition, the importance of supporting students with disabilities in deepening their self-understanding and expressing their intentions through the application of reasonable accommodations is discussed. Furthermore, the study shows that supporting students with mental disabilities as they encounter new facets of themselves throughout these processes are forms of care for these students.

Keywords: reasonable accommodation, anxiety disorders, students, consultation, self-understanding
