

〈教育セミナー〉

第46回教育セミナー (2021)・「新しい日常における肌, 体と香粧品の役割」

ストレス・疲労に対する香りの効果

福田早苗*

Psychological Stress, Fatigue and the Effect of Fragrance

Sanae FUKUDA*

Abstract

Fragrances have long been reported to have an effect on psychological stress and fatigue. In recent years, studies that have demonstrated the effects of fragrances by scientific methods have also been reported. On the other hand, research has also been conducted for many years on the question of how to objectively assess fatigue and psychological stress. If fatigue cannot be found and it becomes a serious condition if the individual and those around him or her are unaware of it. It is possible to develop methods to objectively evaluate the amount and degree of fatigue and express it numerically. This paper first describes the evaluation methods of fatigue and psychological stress, and then outlines how the effects of fragrances on fatigue and psychological stress should be evaluated, as well as the problems and future direction of these evaluation methods.

Key words: stress, fatigue, fragrance.