

Title	アイデアマラソン発想システムの創造性への増進効果
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Citation	
Issue Date	2014-06
Type	Thesis or Dissertation
Text version	ETD
URL	<a href="http://hdl.handle.net/10119/12615">http://hdl.handle.net/10119/12615</a>
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**Title of Dissertation:**                    **Enhancement Effects of the Idea-Marathon System on Creativity**

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**Dates**                                      **June 30, 2014**

**Abstract**

A concept of the Idea-Marathon System (hereafter referred to as the Idea-Marathon, IMS) considers “Thinking and Writing” as inseparable and simultaneous. And the main hypothesis is that if anybody, who can read and write, tries to think ideas every day and immediately write them down into designated notebooks, he or she can improve his/her creativity.

IMS rules and actions are:

- 1    Keep one notebook always with you for your ideas and records. Only if you finish one notebook, you start using another notebook. You never discard these notebooks and keep them forever.
- 2    Think or create at least one idea (preferably 3 ideas) everyday. As soon as you get any idea, write it in your notebook regardless of any specific area. Ideas can be inventions, devices, plans, schedules, dreams, concepts, opinions, sketches, drawings, poems, etc. Put running numbers on each idea written in your notebook.
- 3    Add hand drawings and designs of ideas as much as possible which will help you to come back to that idea.
- 4    Talk about the written ideas to your colleagues or friends to get their comments. If you talk about your written ideas to your colleagues, your colleagues might give you their opinions.
- 5    Reread the notebooks and select the good ideas out of the written ideas in the notebooks for implementation.

For continuation of the group Idea-Marathon, in companies, laboratories and universities, the support system such as regular e-Training System and weekly supplies of the thinking hints were administered during the Idea-Marathon practice.

To demonstrate the effects of the Idea-Marathon System on creativity quantitatively for various generation of people, such as children of kindergartens and nursery schools, university students, company staff and laboratory researchers, Torrance Tests of Creative Thinking (TTCT) figural tests were introduced in this dissertation for the Idea-Marathon practice of about 3 months with the Pretest and Posttest.

For kindergarten pupils, daily Drawing Idea-Marathon was adopted and also analyzed by TTCT Figural tests.

Those experiments were administered with the Experimental Group and Control Group, and also with the Pretest and Posttest in reversed type in universities and kindergartens. The analysis between the Pretest and Posttest were all administered in Student t-tests and two factor factorial ANOVA.

From the result of analysis, the Idea-Marathon practices have shown statistically significant effects on various creativity factors in the children of kindergartens and nursery schools, university students, company staff and laboratory researchers.

From these results, we may say that the Idea-Marathon practice has an enhancement effects on creativity.

**Keywords:** Idea-Marathon System (IMS), Torrance Tests of Creative Thinking, Pretest and Posttest, Thinking and Immediate Writing into notebooks, Support System of e-Training System and Thinking Hints