

## The Effects and Methods of Teaching Sashiko Stitching

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### Abstract

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We observed 151 second-year junior high students in a homemaking class work on Sashiko embroidery stitching, conducted a questionnaire survey on their consciousness towards learning to sew Sashiko and evaluated their sewing skills from their actual workmanship. An after-class survey was conducted to inquire into their self-evaluation on their self-efficacy, on their attitude towards Sashiko, and on their skillfulness in fingers / hands. Their actual skill level was measured by conducting a thread-tying test. Based on the results from these surveys, we considered the effects of teaching Sashiko and the points to keep in mind in class.

- (1) More than 80% of the students replied that "Sashiko studies were enjoyable to an extent, or, enjoyable." That all answers became more affirmative in the last survey indicates that their interest was maintained or grew as the class progressed. The consciousness towards their own sewing skills did not have any gender gap, but interest was higher amongst the girls.
- (2) There were great differences between individuals in the progress of stitching. On the whole, girls were superior. Because a moderate correlation was detected between the progress in stitching and the movement of their hands, it has become clear that it is important to teach the correct movement of hands in stitching in order to achieve a smoother progress.
- (3) Skillfulness in fingers / hands was estimated through a thread-tying test. No clear relationship between the actual skillfulness and the self-evaluation on the skillfulness in fingers / hands was found, testifying a gap between the two amongst some students. Sashiko stitching can lead students to experience feelings of accomplishment and contentment, and a clear correlation was found between their attitude towards the study and their self-efficacy. We suggest a teaching method in which students are classified into 4 types according to their level of consciousness towards skillfulness in fingers / hands, so that their self-efficacy can be fully enhanced in the study.

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*Key words;* Sashiko stitching, skillfulness in fingers / hands, sewing skill, self-evaluation on skillfulness in fingers / hands, self-efficacy