

**To make a smile of all people with a stammer.**

1. Motivation behind Research Paper

I have had stuttering symptoms since childhood. Therefore, I have had many painful experiences since I was in elementary school. I wanted to speak, but I couldn't speak well. Every time I spoke, my chest became painful. My classmates made fun of me and said nasty things to me. What do I live for? There were times when I thought that. So I didn't want everyone to ever feel the same way. I hope this research paper will make many people aware of this problem. I was hoping that it would also lead to a solution for others who have similar problems.

2. Introduction

How can we help people who stutter to smile? The correct understanding of stuttering is not yet well known. Therefore, those who stutter are often laughed at, teased, and unreasonably told to speak properly. There are many people who find it hard to live. I want to save as many people as possible who are feeling that way. And I want to create a place where people can find a spiritual home.

The main sources for this research paper are papers, books, and some articles by various university professors. Expert opinions were also provided by Mr. Madoka Umezu.

### 3. Results and Analysis

Stuttering is one type of speech disorder in which words do not come out smoothly, such as stuttering the first sound when speaking. There are three kinds of stuttering. One is to repeat the first sound. The second is to elongate the first sound. The third is to speak as if there is something in one's throat. Stuttering is onset from childhood. Eventually some people get well, but some people continue to struggle into adulthood. Adults with a stutter are approximately 1% of the population, the male to female ratio is 4:1. It is said that stuttering has a mental cause and can also be due to bad parental education. However, that is not true. The cause is unknown, but most people are said to have social anxiety. It is a disease that causes strong anxiety and avoidance of public appearances and contact with people in situations where they interact with others.

This disease troubles many people, not only those who stutter. This social anxiety problem creates a vicious cycle. First, stuttering is a result of negative past experiences. For example, a failure in an interpersonal scene. Second, a bad expectation that the negative experience will happen again. Third, they try to hide their anxiety and nervousness. Fourth, they become even more nervous and anxious. Fifth, those with a stutter try to avoid contact with others. It makes them even more anxious when meeting people. It is a negative cycle, the thought that the same thing will happen again when meeting with others increases anxiety about interacting with others.

Some research done by Japanese professors suggests that social anxiety may be cured by cognitive behavioural therapy. It is a type of therapy that solves other problems by changing thoughts and actions. It will be easier to overcome and people can cope better with tough events, are less prone to that bad feeling and reduce anxiety. Professor Umestu came up with the idea of using this therapy to create a simulated experience through Virtual Reality (VR). Anxiety is caused by the avoidance of interpersonal situations. By not avoiding the situation, they can recognize and also modify their cognition of bad habits that increase their anxiety when they stammer and speak in interpersonal situations. Professor Umetsu's goal was to reduce that vicious cycle.

#### 4. Conclusion and Future Problems

I was also able to understand my weak points and avoidance behaviours through this "VR" experience, and find areas for improvement. I was not good at interpersonal situations such as introducing myself and doing presentations in front of a lot of people, and I had a lot of avoidance actions such as rephrasing words. We found that by confronting a difficult situation repeatedly and stopping avoidance, we can successfully overcome the same situation when we are confronted with it.

Future tasks are to get more involved and let people get to know about people who stutter since there are many people who only know it by name or are not involved and do not know it well. And I would also like to think about how to communicate these things.

## 5. Reflection

I was always running away. But this paper has made me face my stuttering more than in the past. The old trauma will surely never go away, and I still often feel worried about it. But I am smiling and happy now because of the support of my family, school friends, and others around me. I have a new dream in the course of this study. I want to help people who stutter and have all sorts of problems like "Chumon ni Jikan ga Kakaru Kafe" so that they can look forward to a better life. I want to open a café that will be a place of emotional support for people who have problems. As many people were saved, I wanted to be the next one to help someone else.

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