

ABSTRACT

A vinyl alcohol-based polymer having an aqueous solution viscosity X (cp) at 20°C and a shear rate of 1 (1/s) of an aqueous solution in an aqueous solution state having a content rate of the vinyl alcohol-based polymer of 1.5% by mass and a pH of 4 at 20°C, and an aqueous solution viscosity Y (cp) at 20°C and a shear rate of 1 (1/s) of an aqueous solution in an aqueous solution state having a content rate of the vinyl alcohol-based polymer of 1.5% by mass and a pH of 10 at 20°C, that satisfy the following expression (1): $1.5 < Y/X < 1,500$ (1).