

## 장애 아동의 행동 특성과 가족환경이 어머니의 정서적 안녕감과 삶의 질에 미치는 영향

### FACTORS OF MENTALLY HANDICAPPED CHILDREN AND THEIR FAMILY ASSOCIATED WITH THE QUALITY OF LIFE AND THE EMOTIONAL WELLBEING OF THEIR MOTHERS

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요 약 : 본 연구는 1998년 9월과 1999년 1월 사이에 DSM-IV 기준의 정신장애 아동 51명(남자 37명, 여자 14명)의 어머니를 대상으로 KEDI-WISC, CBCL, K-SBQOL, K-BDI, K-FES, K-CBCL을 사용하여 장애 아동의 행동 특성과 가족환경이 어머니의 정서적 안녕감과 삶의 질에 미치는 영향을 조사하였다. 결과적으로 장애 아동의 행동 특성과 가족환경은 어머니의 정서적 안녕감과 삶의 질에 유의한 영향을 미쳤다. (p<.000), (p=.003), (p<.05).

중심 단어 : 장애 아동, 행동 특성, 가족환경, 어머니의 정서적 안녕감, 삶의 질

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# 서 론

1-3)  
 3/4 70 , 1/5 가  
 4)5) The American Association on  
 Mental Deficiency(AAMD)<sup>6)</sup> 가

가 , 가  
 가 7).

## 연구대상 및 방법

2/3가

### 1. 연구대상

1998 9 1999 1

가 DSM -

IV<sup>5)</sup>

, KEDI - WISC full - scale score

5 12

가 41

가 50 70 , 50 40

, 40

9-12)

37

가

Table 1

### 2. 연구방법

1) K-Child Behavior Check List(K-CBCL)

Achenbach(1983, 1991)가

가 (Child Behavior Check List)

14)

**Table 1.** Demographic data

	Handicapped	Normal	p value( <sup>2</sup> )	
Sex	Male	27	23	ns
	Female	14	12	
Age		7.89 ± 2.14	8.61 ± 1.90	ns
Diagnosis	Autistic disorder	22	-	
	MR without Autistic d.	19	-	
Intelligence	Severe retardation	12	-	
	Moderate retardation	16	-	
	Mild retardation	13	-	
SES	Middle-high	2	6	ns
	Middle-middle	19	16	
	Middle-low	19	12	
	Low	1	1	
Parental marital period	10years	20	17	ns
	>10years	21	18	
Mother's job	House wife	37	35	ns
	Store	1	0	
	Officer	1	0	

가 (Korean version - CBCL, K - CBCL ) , (SmithKline Beecham 'Quality Of Life' - Scale) (1998)<sup>15)</sup> 가 . K - CBCL (Korean version - SBQOL, K - SBQOL) 가 . , / / , / , 8 23 1~10 23~230

3) 한국판 Beck 우울증 척도(Beck depression inventory-Korean version) Beck(1978, 1979) (Beck Depression Inventory, BDI) (1995)<sup>16)</sup> Beck (Korean version - BDI, K - BDI) 가 . 가 21 0~3 가 가

2) 한국판 스미스클라인 비참 '삶의 질' 척도(K-SmithKline beecham 'Quality of Life' scale) Dunbar (1992) “

4) 한국판 가정환경척도(K-Family environment scale) cultural orientation), 가 (active - re-  
 Moos Moos(1984)가 가 (Family creational orientation), - (moral -  
 Environment Scale, FES) (1995)<sup>17)</sup> religious emphasis) .  
 가 (Korean (organization), (control)  
 version - Family Environment Scale, K - FES, 가 . , 0 1  
 K - FES ) , 가 0~9  
 . 90 - 0~90 .  
 . 10  
 9 4. 자료처리 및 분석 방법  
 SPSSWIN  
 3 , 2  
 , 가 .  
 (cohesion), (expressive - test t - test  
 (conflict) 가 , , 가  
 (independence), (achieve - Pearson  
 ment orientation), - (intellectual -

**Table 2.** Comparison of symptomatology and mother's BDI, QOL and FES between handicapped children and normal control groups

	Handicapped children(N= 41)	Normal control(N= 35)	t	Significance (t-test)
QOL score of mother	127.51 ± 42.90	167.20 ± 31.07	- 4.55	.000
BDI score of mother	15.29 ± 10.67	8.71 ± 6.91	3.13	.003
CBCL subscales				
Activity	6.24 ± 5.82	19.49 ± 6.00	- 9.74	.000
Social	3.63 ± 2.50	8.23 ± 1.75	- 9.11	.000
Internalizing	10.95 ± 7.65	4.00 ± 5.97	4.36	.000
Externalizing	12.31 ± 7.53	5.31 ± 6.10	4.40	.000
Attention problem	10.39 ± 4.61	2.17 ± 2.93	9.08	.000
Immaturity	8.09 ± 3.20	1.71 ± 1.72	10.54	.000
Total behavior problem	50.20 ± 25.03	15.68 ± 16.44	6.97	.000
FES subscale				
FF1 cohesion	6.62 ± 2.04	7.26 ± 2.04		NS
FF2 expressiveness	4.63 ± 1.51	5.00 ± 1.62		NS
FF3 conflict	2.43 ± 1.53	2.80 ± 2.31		NS
FF4 independence	5.30 ± 1.67	6.14 ± 1.30	- 2.41	.018
FF5 achievement	5.23 ± 1.82	4.80 ± 1.56		NS
FF6 intellectual/cultural	4.20 ± 2.22	5.14 ± 1.80	- 2.00	.049
FF7 active-recreational	3.15 ± 2.34	4.34 ± 2.37	- 2.18	.032
FF8 moral-religional	4.98 ± 2.14	5.66 ± 2.00		NS
FF9 organization	5.95 ± 1.69	6.17 ± 1.72		NS
FF10 control	3.58 ± 1.85	4.11 ± 1.82		NS

BDI : Korean version of Beck depression inventory score  
 QOL : Score of Korean version of the Smithkline Beecham's quality of life scale  
 FES : Family environment scale FF1 - FF10 : subscales of FES  
 NS : non significant statistics

(p = .000).

**결 과**

1. 장애아동군과 정상대조군 간의 K-CBCL, 어머니의 K-SBQOL, K-BDI, 그리고 K-FES의 비교 (Table 2)

1) K - SBQOL  
 $167.20 \pm 31.07$  vs  $127.51 \pm 42.90$  (p = .000).

2) K - BDI  
 $6.91 \pm 6.91$  vs  $8.71 \pm 15.29$  (p = .003).

3) CBCL  
 $15.29 \pm 10.67$  vs  $8.71 \pm 15.29$  (p = .000).

4) 가 , / (p = .049),  
 - 가 (p = .032)가 (p < .05).

2. 장애아동군의 진단에 따른 비교 (Table 3)

1) K - SBQOL (p = 0.78)  
 2) K - CBCL , 가  
 가

3) 가 , 가

3. K-CBCL에 의한 장애아동의 행동특성과 어머니의 K-BDI와 K-SBQOL 척도와의 상관관계 (Table 4)

1) K - SBQOL

**Table 3.** Comparison of QOL, K-BDI of mothers, FES, and CBCL subscales by diagnostic groups

	PDD group (N = 22)	MR group (N = 19)	t	Significance (t-test)
QOL score of mother	116.55 ± 35.11	140.21 ± 48.31	- 1.81	.078
BDI score of mother	16.68 ± 11.00	13.68 ± 10.33		N.S
CBCL subscales				
Activity	6.32 ± 5.54	6.16 ± 6.27		N.S
Social	2.82 ± 2.26	4.58 ± 2.50	- 2.37	.023
Internalizing	10.86 ± 6.83	11.05 ± 8.71		N.S
Externalizing	11.45 ± 5.80	13.32 ± 9.21		N.S
Attention problem	11.18 ± 3.85	9.47 ± 5.32		N.S
Immaturity	7.45 ± 2.01	8.84 ± 4.12		N.S
Total behavior problem	50.20 ± 25.03	15.68 ± 16.44		N.S
FES subscale				
FF1 cohesion	6.59 ± 1.97	6.67 ± 2.19		N.S
FF2 expressiveness	5.13 ± 1.42	4.00 ± 1.41	2.52	.016
FF3 conflict	2.50 ± 1.84	2.33 ± 1.08		N.S
FF4 independence	5.41 ± 1.56	5.17 ± 1.82		N.S
FF5 achievement	4.86 ± 1.69	5.67 ± 1.91		N.S
FF6 intellectual/cultural	4.09 ± 2.02	4.33 ± 2.50		N.S
FF7 active-recreational	3.68 ± 2.42	2.50 ± 2.14		N.S
FF8 moral-religious	4.95 ± 2.19	5.00 ± 2.14		N.S
FF9 organization	5.95 ± 1.79	5.94 ± 1.62		N.S
FF10 control	3.18 ± 1.79	4.06 ± 1.86		N.S

BDI : Korean version of Beck depression inventory score  
 QOL : Score of Korean version of the Smithkline Beecham's quality of life scale  
 FES : Family environment scale FF1 - FF10 : subscales of FES  
 NS : non significant statistics

( $r = -.62, p < .01$ ), ( $r = -.60,$   
 $p < .01$ ), ( $r = -.50, p < .01$ ), 가  
( $r = -.53, p < .01$ )  
, ( $r = -.38, p < .05$ ) ( $r = -.39,$  2) K - BDI 가  
 $p < .05$ ) 가  
( $p < .01$ ), 가  
( $r = .51, p < .05$ ).  
2) K - BDI ( $r = .39, p < .05$ ). -  
( $r = .46, p < .01$ ), ( $r = .40, p < .01$ ),  
( $r = .39, p < .05$ ), ( $r = .39, p < .05$ ) ( $p < .05$ ).  
4. 장애아동의 가정환경척도와 어머니의 삶의 질과 우울정도와의 상관관계 (Table 5)  
5. 장애아동의 문제행동과 가정환경 특성이 어머니의 우울과 삶의 질에 미치는 영향 : 단순회귀분석에 의한 결과 (Table 6)  
1) 가 K - CBCL 가  
( $p < .01$ ), K - BDI

**Table 4.** Correlation between CBCL subscales, BDI, and QOL in handicapped children group

	1	2	3	4	5	6	7	8	9	10
1. QOL score of mother										
2. BDI score of mother	-.74**									
CBCL subscales										
3. Activity	.07	-.11								
4. Social	.51**	-.30	.09							
5. Internalizing	-.60**	.46**	-.26	-.24						
6. Externalizing	-.38*	.37	-.08	-.23	.55**					
7. Attention problem	-.62**	.39*	-.30	-.47**	.79**	.57**				
8. Immaturity	-.39*	.30	-.32*	-.43**	.70**	.69**	.71**			
9. Thought	-.50**	.40**	-.19	-.52**	.55**	.41**	.73**	.49**		
10. Total behavior problem	-.53**	.39*	-.28	-.27	.79**	.60**	.78**	.78**	.54**	

**Table 5.** Correlation between FES, BDI, and QOL in handicapped children group

	QOL	BDI	FF1	FF2	FF3	FF4	FF5	FF6	FF7	FF8	FF9	FF10
QOL score of mother												
BDI score of mother	-.74**											
FES subscale												
FF1 cohesion	.51**	-.46**										
FF2 expressiveness	.28	-.43**	.42**									
FF3 conflict	-.39*	.39*	-.43**	-.21								
FF4 independence	.45**	-.43**	.50**	.66**	-.19							
FF5 achievement	.31	-.07	.24	-.09	-.14	.33						
FF6 intellec.cultural	.37*	-.30	.46**	.43**	-.26	.38*	.33*					
FF7 active-recreational	.21	-.21	.31	.54**	-.06	.37*	-.06	.68**				
FF8 moral-religional	.32*	-.35*	.44**	.57**	-.28	.52**	.11	.57**	.42**			
FF9 organization	.30	-.36*	.36*	.35*	-.19	.45**	.13	.28	.26	.35*		
FF10 control	.01	.14	-.03	-.00	.13	.09	-.32	.25	.24	.26	.32*	

**Table 6.** Relations between behavioral problems of handicapped children, FES, and BDI and QOL of their mothers

Dependent variable	Predictor variable	B	R <sup>2</sup>	t	Sig.
<b>Mother's depression</b>					
CBCL subscales	Internalizing	.64	.21	3.22	.003
	Thought	1.48	.16	2.74	.009
	Total behavior problem	.17	.15	2.66	.011
	Attention problem	.89	.15	2.60	.013
FES Subscales	FF1 cohesion	- 2.42	.21	- 2.43	.003
	FF2 expressiveness	- 3.07	.19	- 2.94	.006
	FF4 independence	- 2.75	.18	- 2.90	.006
	FF3 conflict	2.80	.16	2.68	.011
	FF9 organization	- 2.29	.13	- 2.37	.023
	FF8 moral-religion	- 1.75	.12	- 2.29	.028
<b>Mother's quality of life</b>					
CBCL subscales	Attention problem	- 5.74	.38	- 4.91	.000
	Internalizing	- 3.34	.36	- 4.62	.000
	Social	8.71	.26	3.70	.001
	Thought	- 7.89	.25	- 3.59	.001
	Total behavior problem	.17	.15	- 3.93	.011
FES subscales	FF1 cohesion	10.53	.26	3.61	.001
	FF4 independence	11.55	.20	3.12	.003
	FF3 conflict	- 10.98	.16	- 2.65	.012
	FF6 intellect/cultural	7.146	.14	2.47	.018
	FF8 moral-regional	6.30	.10	2.06	.047

10%(p=.047)

1) K - CBCL  
 가 21%(p=.003) 가  
 가 16%(p=.009),  
 가 15%(p=.011), 가 15%(p=.013)  
 . 가  
 21%(p=.003), 19%(p=.006),  
 18%(p=.006), 16%(p=.011), 가 13%  
 (p=.023), - 가 12%(p=.028)

2) K - CBCL  
 가 38%(p=.000) 가  
 . 36%(p=.000),  
 26%(p=.001), 25%(p=.001),  
 15%(p=.011)  
 . 가 26%(p=.001),  
 20%(p=.003), 16%(p=.012), -  
 14%(p=.018), - 가

6. 아동의 행동특성과 가정환경특성이 동시에 고려되었을 때, 어머니의 우울 및 삶의 질을 예언해주는 요인들 : 위계적 다중회기분석의 결과(Table 7)

K - CBCL K - FES  
 K - BDI K - SBQOL

1) K - CBCL  
 21%(p=.003) 가  
 , 가 가 14%(p=.008)  
 가 가 6% 가  
 (p=.048).

2) 가 36%(p=.000) 가  
 , 가 7%(p=.038) 가  
 , 가 16%(p=.001)  
 가 .

**Table 7.** Prediction of mother's depression and quality of life by family environment and child's behavioral problems

Dependent variable	Predictor variable	B	R <sup>2</sup>	R <sup>2</sup> change	F change	Significance
<b>Mother's depression</b>						
Step1	Internalizing problems of handicapped child	.68	.21	.21	10.36	.003
Step2	FF1 cohesion	- 1.99	.35	.14	7.74	.008
Step3	FF2 expressiveness	- 1.90	.41	.05	3.57	.067
Step4	Thought problems of handicapped child	1.15	.47	.06	4.19	.048
<b>Mother's quality of life</b>						
Step1	Attention problem of handicapped child	- 5.64	.36	.36	21.50	.000
Step2	Social competence of handicapped child	5.11	.43	.07	4.61	.038
Step3	FF1 cohesion	8.42	.59	.16	13.62	.001
Step4	FF4 independence	5.78	.63	.04	3.50	.07

**Table 8.** Comparison of psychopathology scores and family environment with mother's BDI scores

	BDI<17(n=25)	BDI 17(n=15)	t	Significance(t-test)
QOL score of mother	148.96 ± 36.15	93.14 ± 21.51	5.24	.000
CBCL subscales				
Activity	6.19 ± 5.98	6.79 ± 5.67		N.S
Social	4.15 ± 2.67	2.86 ± 1.95		N.S
Internalizing	8.81 ± 6.44	14.00 ± 8.27	- 2.20	.034
Externalizing	10.46 ± 6.23	15.50 ± 9.01	- 2.08	.044
Attention problem	9.23 ± 4.56	12.07 ± 4.05	- 1.95	.059
Immaturity	7.38 ± 3.53	9.36 ± 2.21		N.S
Thought	2.19 ± 2.13	4.71 ± 3.45	- 2.86	.007
Total behavior problem	44.50 ± 21.39	57.64 ± 27.88		N.S
FES subscale				
FF1 cohesion	7.23 ± 1.45	5.69 ± 2.53	2.42	.020
FF2 expressiveness	5.08 ± 1.29	3.85 ± 1.63	2.57	.014
FF3 conflict	2.12 ± 1.11	2.92 ± 2.10		N.S
FF4 independence	5.85 ± 1.46	4.23 ± 1.64	3.13	.003
FF5 achievement	5.08 ± 1.76	5.38 ± 1.98		N.S
FF6 intellectual/cultural	4.54 ± 2.28	3.62 ± 2.10		N.S
FF7 active-recreational	3.42 ± 2.28	2.69 ± 2.56		N.S
FF8 moral-religious	5.62 ± 2.10	3.85 ± 1.77	2.61	.013
FF9 organization	6.42 ± 1.30	5.08 ± 2.10	2.47	.018
FF10 control	3.54 ± 1.75	3.62 ± 2.18		N.S

7. 장애아동 어머니의 K-BDI를 17점을 기준으로 두 군으로 나누어 비교한 결과(Table 8). (p = .034, p = .044, p = .007).

1) K - BDI 가 17 이하인 군은 93.14 ± 21.51 이고, 17 이상인 군은 148.96 ± 36.15 이었다. (p = .000).

2) K - CBCL

8. 장애아동의 지능지수에 따른 비교(Table 9)  
KEDI - WISC 50



**Table 9.** Comparison of psychopathology scores and family environment with the intelligence of handicapped children

	IQ<50(n=27)	IQ 50(n=14)	t	Significance(t-test)
QOL score of mother	120.18 ± 45.11	141.64 ± 35.57		N.S
BDI score of mother	16.29 ± 11.71	13.35 ± 8.37		N.S
CBCL subscales				
Activity	5.51 ± 5.14	7.64 ± 6.93		N.S
Social	3.18 ± 2.45	4.50 ± 2.47		N.S
Internalizing	11.96 ± 7.76	9.00 ± 7.31		N.S
Externalizing	13.14 ± 7.67	10.71 ± 7.25		N.S
Attention problem	11.48 ± 4.12	8.28 ± 4.92	2.20	.034
Immaturity	8.37 ± 2.74	7.57 ± 4.01		N.S
Thought	3.48 ± 3.01	2.50 ± 2.62		N.S
Total behavior problem	53.59 ± 24.99	43.64 ± 24.69		N.S
FES subscale				
FF1 cohesion	6.53 ± 2.08	6.78 ± 2.04		N.S
FF2 expressiveness	4.88 ± 1.50	4.14 ± 1.46		N.S
FF3 conflict	2.84 ± 1.66	1.64 ± 0.84	2.54	.016
FF4 independence	5.65 ± 1.54	4.64 ± 1.73	1.88	.067
FF5 achievement	5.15 ± 1.78	5.35 ± 1.94		N.S
FF6 intellectual/cultural	3.61 ± 1.79	5.28 ± 2.58	- 2.40	.021
FF7 active-recreational	2.92 ± 2.38	3.57 ± 2.31		N.S
FF8 moral-religious	4.76 ± 2.35	5.35 ± 1.69		N.S
FF9 organization	6.11 ± 1.84	5.64 ± 1.39		N.S
FF10 control	3.69 ± 1.91	3.35 ± 1.78		N.S

, 50 50 , 가  
 K - BDI , K - CBCL 15). 가  
 , 가 , 가  
 , K - CBCL ,  
 가 가 50 ,  
 (t=2.20, p=.034). 가 가  
 가 가 50  
 (t=2.54, p=.016), -  
 가 (t= - 2.40,  
 p=.021). KEDI - WISC full - scale  
 , 가 ,  
 가 가 ,  
 (Quality of life) , , 가  
 18), 가 가 19 - 22).  
 가

CBCL

, Paul(1987)<sup>12)</sup> , (1980)<sup>28)</sup> 6~14  
 가 7 , 1/4  
 30 80% ( period) 가 , (preschool ) , 가 , Cooper  
 가 , 가 (1981)<sup>29)</sup> , , 가  
 , 가 , K - BDI (1995)<sup>16)</sup>  
 , 17 , K - BDI  
 , 가 17 , ,  
 21% 가 , 가 ,  
 가 36% 가 (1998)<sup>23)</sup> , 50 ,  
 . 가 , Quine Pahl  
 가 , 가 (1985)<sup>30)</sup> 가 ,  
 가 , Wikler (1981)<sup>24)</sup> , Tausig  
 , 가 (1985)<sup>31)</sup> 가 가  
 . 가  
 . Morgan(1988)<sup>25)</sup> , McDougle (1994)<sup>32)</sup>  
 가 , 가 ,  
 가 , 가 ,  
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 , 가 ,  
 (1993)<sup>26)</sup> , 가 ,  
 가 , Margalit Raviv  
 , 가 (1983)<sup>33)</sup> 가 가 ,  
 , 가 (1998)<sup>27)</sup> , -  
 , 가 , Dupont . Bristol(1984)<sup>34)</sup> 가

가 , - 가 ,  
가 가 .  
가 .  
가 50 , ,  
- 가  
가 Nihira (1983)<sup>35)</sup> 가  
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가 , , , -  
가 , - .  
가 , , , , ,  
- , 가  
, (Table 7).  
가 . Bristol  
(1984)<sup>34)</sup> 가 ,  
, ,  
Black(1985)<sup>8)</sup> 가 가 ,  
가 가 , ,  
가 가 , 가

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**FACTORS OF MENTALLY HANDICAPPED CHILDREN AND  
THEIR FAMILY ASSOCIATED WITH THE QUALITY OF LIFE AND  
THE EMOTIONAL WELLBEING OF THEIR MOTHERS**

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**Objective :** In life-long disabilities like autism and mental retardation, the authors thought that it is important for clinician to consider the quality of life of a primary caregiver for long-term management and prognosis. This study was to investigate the factors of children and family environment affecting the quality of life and depression in mothers with autistic and/or mentally retarded children.

**Methods :** 41 autistic and/or mentally retarded children aged 5 -12 years with their mothers were surveyed from September, 1998 to January, 1999, with K-CBCL, K-BDI, K-FES, and K-SBQOL scale and compared with data from 35 normal control subjects.

**Results :**

1) Total K-BDI and K-SBQOL scores of mothers with mentally handicapped children were significantly poorer than the scores of normal control group. Independence, intellectual/cultural orientation and active recreation subscales of K-FES in mentally handicapped children were significantly decreased than those in normal control group.

2) Total K-BDI score of mothers with mentally handicapped children was correlated with their children's behavioral problems, especially internalizing and thought symptoms, and with family cohesion, expressiveness, conflict and independence.

3) Total K-SB quality of life score of mothers with mentally handicapped children was correlated with their children's behavioral problems, especially attention problem, and with family cohesion, conflict, independence, intellectual/cultural orientation, and moral-religious emphasis.

4) The quality of life of mothers with mentally handicapped children was predicted by attention problem ( $R^2 = .36$ ,  $p = .000$ ) and social competence ( $R^2 = .07$ ,  $p = .038$ ) in children and family cohesion ( $R^2 = .16$ ,  $p = .001$ ).

5) Depression of mothers with mentally handicapped children was predicted by internalizing symptom ( $R^2 = .21$ ,  $p = .003$ ) and thought disorder ( $R^2 = .06$ ,  $p = .048$ ) in children and family cohesion ( $R^2 = .14$ ,  $p = .008$ ).

**Conclusion :** Reducing behavioral problems and family therapeutic intervention in autistic and mentally retarded children can improve the quality of life of primary caregivers and long-term prognosis of the children, although those are not curative.

**KEY WORDS :** Autistic disorder · Mental retardation · Quality of life.