

자폐아동을 위한 모-아애착증진 프로그램의 효과

EFFECTS OF THE MOTHER-CHILD ATTACHMENT PROMOTION
PROGRAM FOR AUTISTIC CHILDREN

임숙빈*† · 이소우** · 홍강의***

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요 약 : 본 연구는 자폐아동의 모-아애착 증진을 위한 프로그램의 효과를 평가하기 위하여 실시되었다. 연구 대상자는 서울시에 거주하는 자폐아동 10명(남자 7명, 여자 3명)과 그 어머니 10명이었다. 연구 기간은 2000년 4월 1일부터 2000년 6월 30일까지로 총 12주간이었다. 연구 방법은 Wilcoxon Rank(Sign) Sum Test을 사용하여 모-아애착 점수, 자폐아동 행동 점수, 어머니의 자각된 스트레스 점수, 어머니의 자각된 자애를 평가하였다. 연구 결과는 다음과 같다. 첫째, 모-아애착 점수는 연구 전(평균 4.5)에 비해 연구 후(평균 6.2)에 유의적으로 증가하였다($p < 0.05$). 둘째, 자폐아동 행동 점수는 연구 전(평균 7.5)에 비해 연구 후(평균 6.8)에 유의적으로 감소하였다($p < 0.05$). 셋째, 어머니의 자각된 스트레스 점수는 연구 전(평균 3.5)에 비해 연구 후(평균 2.8)에 유의적으로 감소하였다($p < 0.05$). 넷째, 어머니의 자각된 자애는 연구 전(평균 2.5)에 비해 연구 후(평균 3.2)에 유의적으로 증가하였다($p < 0.05$). 결론적으로, 본 프로그램은 자폐아동의 모-아애착 증진에 효과적이며, 자폐아동의 행동 개선과 어머니의 자각된 스트레스 감소, 자각된 자애 증가에 긍정적인 영향을 미친 것으로 나타났다.

중심 단어 : 자폐아동, 모-아애착, 자각된 스트레스, 자각된 자애

서 론

자폐아동은 2000년 1월 1일부터 2000년 12월 31일까지의 기간 동안 1) 2) 3) 4) 5) 6)

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2) - Fullard, McDevitt Carey³⁰⁾가³¹⁾
 가 TTQ(Toddler Temperament Questionnaire) Caldwell Bradley³²⁾가³³⁾가

3) - HOME(Home Observation for Measurement of the Environment)³⁴⁾가
 CARS(Childhood Autism Rating Scale)

연구 방법

1. 연구대상

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 54%, 18%,
 28%
 81%가 1
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 가

2. 자료수집 및 분석

1996 3 8
 ward⁴³⁾ Nursing Child Assessment
 "Teaching Scale" 50
 15
 Bar -

결과

Fisher's Exact Test , -
 Wilcoxon Rank
 Sum Test, Wilcoxon Signed Rank
 (content analysis)

1. 참여군의 프로그램 참여 전 · 후 애착행동의 변화

Table 1

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 220 , 18 가
 가

3. 측정도구

North Carolina
 PEP²⁹⁾
 (Ewha - Psycho Educational Profile) ,

가 , 가 , 가 , 가 (Table 1).

Table 1. Comparison of attachment behaviors between pre and post-test in PG

Attachment	Pre Mean	Post Mean	Post-pre Mean	Max	Min
Total	120	233	113*	220	18
Child attachment	72	155	83*	165	-11
Mother attachment	48	78	30*	55	13
Proximity	43	71	28*	43	14
Orienting b. ¹⁾	18	35	17*	26	11
Proximity-seeking b.	18	21	3	7	-6
Contact-maintaining b.	7	15	8*	16	2
Mutuality	47	101	54*	85	4
Differentiating b.	24	50	26*	38	2
Responsive b.	23	51	28*	47	3
Affect	23	43	20*	63	-2
Affectionate b.	21	42	21*	63	1
Empathic b.	2	1	-1	1	-4
Synchrony	8	16	8	34	-11
Synchronized b.	4	9	5	21	-6
Joint-attention b.	4	7	3	13	-5

1) b is the abbreviation for behavior

* : Values are significantly different based upon Wilcoxon sign test (p<0.05)

Table 2. Comparison of attachment behaviors between pre and post-test in NPG

Attachment	Pre Mean	Post Mean	Post-pre Mean*	Max	Min
Total	184	208	24	55	-12
Child attachment	110	134	24	49	-1
Mother attachment	74	74	0	10	-11
Proximity	54	61	7	23	-4
Proximity-seeking b.	30	33	3	23	-9
Contact-maintaining b.	16	17	1	23	13
Mutuality	8	11	3	6	0
Differentiating b.	69	102	33	51	12
Responsive b.	36	47	11	18	4
Affect	33	55	22	33	7
Affectionate b.	40	30	-10	-4	-17
Empathic b.	37	26	-11	-6	-14
Synchrony	3	4	1	2	-3
Synchronized b.	20	18	-2	5	-8
Joint-attention b.	12	10	-2	4	-6
Total	8	8	0	1	-3

1) b is the abbreviation for behavior

* : Values are significantly different based upon Wilcoxon sign test (p<0.05)

2. 비참여군 애착행동의 변화

Table 2

가 , 가

3. 프로그램 참여 전·후 참여군과 비참여군 애착행동 변화의 비교

3

p<.05

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Table 3. Comparison of the changes on attachment during program between PG & NPG

Attachment	PG Post-pre Mean	NPG Post-pre Mean
Total	113	24*
Child attachment	83	24*
Mother attachment	30	0*
Proximity	28	7*
Orienting b. ¹⁾	17	3
Proximity-seeking b.	3	1
Contact-maintaining b.	8	3*
Mutuality	54	33*
Differentiating b.	26	11
Responsive b.	28	22
Affect	20	-10*
Affectionate b.	21	-11*
Empathic b.	-1	1
Synchrony	8	-2
Synchronized b.	5	-2
Joint-attention b.	3	0

1) b is the abbreviation for behavior

* : Values are significantly different based upon Wilcoxon sign test (p<0.05)

Table 4. Comparison of changes on mother's nurturing behaviors between PG & NPG

Nurturing behavior	PG			NPG		
	Pre Mean	Post Mean	Post-pre Mean	Pre Mean	Post Mean	Post-pre* Mean
Positive	28.0	71.0	43.0	65.0	74.0	9.0
Negative	2.14	.71	- 1.43	.25	0.0	- 0.25

* : Values are not significantly different based upon Wilcoxon sign test(p<0.05)

Table 5. Comparison of autistic behavioral characteristics between pre and pcst-test

	Pre	Post	Post-pre*	
	Mean	Mean	Mean	MAX MIN
Total score	44.1	39.7	- 4.4*	- 1 - 11
	10.6	7.9	- 2.7	0 - 8

* : Values are not significantly different based upon Wilcoxon sign test(p<0.05)

4. 아동의 성장발달을 위한 어머니의 양육행위 변화의 그룹간 비교

1) 접촉유지 행동의 변화

Table 4

가 가가

5. 애착증진이 아동의 자폐적 행동 특성에 미치는 영향

(14)

가

Table 5

40 , 53

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/ 가

(p<.05).

2) 차별적 행동의 변화

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가

가

6. 참여군 애착행동의 질적 변화 관찰

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가

가

가

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72 , 110

1)44)

가

가

Barnard⁴³⁾

47)48)

가 가

Graham⁴⁵⁾ 가 6

Dawson Lewy¹²⁾

49) 가 1

Table 3

가

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Sander³⁵⁾

Condon

가 가

Bowlby⁴⁶⁾ 가 가

가

(p<.005), 가 11)

worth가¹⁶⁾ Ains - Ainsworth

27)

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50)

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가 Beal⁵¹⁾

52)

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Beal⁵¹⁾

Volkmar ¹⁾

Marino⁵³⁾

. Sroufe⁵⁴⁾

가

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EFFECTS OF THE MOTHER-CHILD ATTACHMENT PROMOTION PROGRAM FOR AUTISTIC CHILDREN

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Objectives : This study was conducted to evaluate the effects of the attachment promotion program which was designed to promote attachment between autistic children and their mothers. The program was consisted of play activity centered mother-child interaction, educational activity for mothers by lecture, video-feedback session, and emotional supports.

Methods : The subjects were consisted of 11 pairs of mother and child(7 for participant group : PG, 4 for non-participant group : NPG), who were 2-4 years-old autistic children. The data were collected by video-taping, behavioral observations, and analyzed by Wilcoxon Rank(Sign) Sum Test and Content Analysis.

Results : The total attachment score increased from pre test to post-test of PG was significantly higher than that of NPG. The scores of attachment behaviors indicating proximity, mutuality and affect increased significantly($p < .05$), while some behaviors indicating synchrony and jointattention did not. Especially the affectionate behaviors of PG demonstrated the most notable changes and they became more active, voluntary and reciprocal.

After the program, the mother's nurturing behaviors of PG increased more than that of NPG, with no significant difference between two groups. The mother's behaviors to her child of PG became more child-centered, positively responsive, supportively expressive. As the attachment was promoted, there were also positive changes in the children's autistic behaviors with a great deal of individual differences.

Conclusion : Our findings suggest that Mother-Child Attachment Promotion Program could be an effective early intervention model for autistic children.

KEY WORDS : Autistic child · Attachment · Mother-child attachment promotion program · Nurturing behavior for child's development.