

애착과 애착의 발달

ATTACHMENT AND ATTACHMENT DEVELOPMENT

장 휘 숙

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요약 : 가 가

가

중심 단어 :

가

애착이란 무엇인가?

(attachment)

Ainsworth (1978)³⁾

가

6~7

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가

Zimmerman(1959)⁴⁾ Harlow (self) 가 ,

Harlow Zimmerman (contact comfort) ,

가 가 , 가 가

가 ⁵⁾ 가 가 가

(secure base) ⁶⁾ 가 ,
(felt security)⁷⁾ 가 ,

가 , 8-12)

가 , 가 가

가 1991)

Bowlby(1969)²⁾

애착연구의 역사
1930 John Bowlby(1907~
가 Mary Ainsworth(1913~)
1950
Bowlby가
(ethological theory)

가 , Bowlby
 , Ainsworth Bowlby 가
 Ainsworth가 (가
) Bowlby가 Bowlby
 1). 가
 1. Bowlby의 애착이론
 S. Freud 가
 가 가
 Bowlby 가
 Bowlby Freud
 . Bretherton(1992)⁷⁾
 Bowlby
 가
 가 Bowlby
 Bowlby
 Bowlby
 Konrad Lorenz(1935)¹³⁾
 . (imprinting)
 ()
 가 (2~6, 7)
 가 Bowlby
 Bowlby
 3 2 「 」 가
 Bowlby
 . Bowlby(Robertson & Bowlby, 1952)¹⁶⁾

가 , 2. Ainsworth의 연구
 가 Ainsworth (security th-
 . eory) .
 1 「 」 . (secure dependence) .
 , Ainsworth ,
 William Blatz , 가
 가 가 7).
 . 2 가
 Bowlby 가
 Bowlby Bowlby . 3 1953
 Bowlby 가
 가 가
 가 Ainsworth가
 (1953~1954) 2 1 24
 가 26 가
 Bowlby .
 Ainsworth Bowlby
 가 Bowlby
 가 가
 가 가
 Bowlby
 . 3 3 ,
 「 」
 ,
 가
 가
 Bowlby가 3 ,
 20 , , Baltimore 1963
 4 17). Ainsworth
 1

Baltimore

26 가

1 54 가

(Strange Situation)

Ainsworth

(secure base)

. 8

3

가

. 3, 4

가

3 가 6, 7

가

가

, Ainsworth Bowlby

Ainsworth 가

가

1

가

Ainsworth (1978)³⁾

(secure attachment), (avoidant attachment) / 가 (anxious/ambivalent)

Main Solomon

(1990)¹⁹⁾ 가

4 /

(insecure/disorganized)

애착발달과 세대간 전달

. Bowlby

Ainsworth(1963)¹⁸⁾

1

2, 3 , 2 2, 3

6, 7 , 3 6, 7 3, 4

4 3, 4

1 , , ,

. 2

가

. 2

가

가

가 / 가 / 가 / 가

가 26) 가

5~10% 가

가 Main Solomon

가 De Wolff

van IJzendoorn(1997)²⁰⁾

가 Benoit Parker(1994)²⁷⁾ 가

AAI 가 12

AAI

가 1)21)22) 가 AAI

George (Adult Attachment Interview ; AAI) AAI 11 3 (90% 4)

(1985)²³⁾ ()

77%가 1

AAI

3 가

AAI

82% 4 가

68% AAI

24)25) 3 AAI

75% 4 49%

/ 가 - - 3

4

3 가 65%

가

18

Van IJzendoorn(1995)²⁴⁾

애착형성의 영향과 임상적 시사점

Kirsh Cassidy(1997)³³⁾

3

/ 가

6

2

Moss St - Laurent

(2001)³⁴⁾

가

Ainsworth (1978)³⁾

가 - , , / 가 -

가

Stams

7
(2002)³⁵⁾

Schneider (2001)²⁸⁾, 63

(d)
Q -

가

Hazan Shaver(1987)³⁶⁾

가

. Ainsworth

가

. 1980

3
Hazan Shaver

/ 가

29),

30),

31),

가

9

37 - 39)

33

Kochanska(2001)³²⁾

40),

가

41)42)

43)

44)45),

46)

47)48)

Ainsworth(1967)¹⁴⁾

12 17.5
Warren (1997)⁴⁹⁾

가

50)

51 - 54)

가

결론

가 가⁵⁶⁾,
57)

58), 59)

/ 가

Main(1996)⁶⁰⁾

1) 6

가

3

, 2)

가

, 3)

가

4)

, 5) 가

가 가

가

Q- George
, Hazan Shaver

가

가

가가

가

, AAI

49,61 - 63)

가 (2000)⁵⁶⁾ 가

가

Ainsworth

3 4

Ainsworth

(, 가)

Main Solomon

Zeanah (1993)⁶⁴⁾ 가

Crittenden(1995)⁶⁵⁾

7가 (, ,)

가 가

Bowlby(1973)⁶⁷⁾ 가

(anxious attachment), 가

(compulsive),

(compulsive care - giving) . West Sheldon - Keller(1994)⁶⁸⁾

가 Bowlby

Lapsley

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ABSTRACT

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ATTACHMENT AND ATTACHMENT DEVELOPMENT

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The purpose of this article is to review the recent studies about what attachment is, which historical background it has, how it develops and affects on the following development. Also the clinical implications of attachment and problems for its clinical application were discussed. As the quality of the attachment formed at earlier years is continued for a lifetime as the form of the internal working model, it affects persons' pathological development as well as normal one. Accordingly this article will be able to give a insight for prevention and treatment of pathological attachment and various psychological disorders.

KEY WORDS : Attachment · Internal working model · Pathological development.