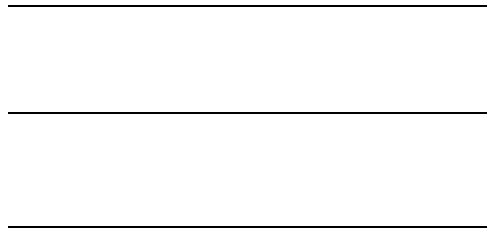


2000 6



가

가

가

가

가

가

가

가

,

.

,

, 가

가

31

.

가

, 가

,

가

,

,

,

.

,

.

,

.

가
가
가

2000. 7.

	i
	iii
	v
	v
	vi
I.	1
1.	1
2.	3
3.	가	4
4.	4
II.	6
1.	6
2.	11
3.	14
III.	17
1.	17
2.	18

3.	18
4.	20
5.	24
6.	25
IV.	26
1.	26
2. 가	28
V.	30
VI.	32
1.	32
2.	33
	35
Abstract	61

1.	17
2.	23
3.	27
4.	28
5.	29

1.	-	42
2.	-	46
3.	49
4.	51

가

2

4

8

가

2000

3

4

6

15

. 18 27 45 .
 32 36
 4

Cranley(1981) Maternal - fetal attachment scale(MFAS) .
 가 . 32 39

Cropley (1971) 2 Maternal Attachment Tool(MAT)
 (1981) . SAS

1. . (t=
 3.73, p=0.002).

2.
 (t= - 3.48, p=0.001).

가

가 .

가

: , , , ,

I.

1.

가 , ,
(, 1992).

가
가
(, 1987 ; , 1996 ; ,1995).
, 가
(, 1987 ; , 1996
,1995, ,1998).

가

, 가

가

가

가

가

가

.(, 1999)

(,1997).

가

가

가

가

(Muller, M. E., 1996).

가

(Bhakoo et al, 1994),

가

(Cranley, 1992),
interaction)

가

-

(parent - infant

(Bhakoo et al, 1994).

가

가 가

가

가

2.

1)

가

가?

2)

가

가?

3. 가

1) 1가

가

2) 2가

4.

1)

8

2 4

2)

-

:

: Cranley(1981)가 Maternal - fetal attachment scale(MFAS)
가 . , , , 5
가 가

:

: Cropley (1971) 2 Maternal Attachment Tool(MAT)
(1981) ,
2
가 .

II.

1.

가 ,
.
.
가
가
, , , ,
(, 1991),
가
가
.
.
1997 Pittsburgh 212 Meta
, ,
IQ
(IQ)
(Devlin et al, 1997)
가 가
(1999 b)
가

가 (Devoe et al, 1989; Nordstrom et al, 1988; Devlin et al, 1997; Gagnon et al, 1986; 1999).

(, 1996), 10
3 910

, ' ; '
, ' ; ' ; ' ; ' 5

가
, 가
가
(, 1998).

, '
(, 1995) , 가
가 71.4% 19.4%
가 ,

(1996) 15 ,

가 .
88%가
가 (, 1995), 가 , , ,
가
가 (, 1999 b).
,
9가 .
,
가
(Nordstrom et al, 1988)가

(McCubbin et al, 1996).
(Weinstock, 1992) 가
-
,
(, 1991). 가
.
,
가(Guerri et al, 1997),
DNA DNA가
,
(Rees, S., et al, 1999), 가

catecholamine 가
가 (Castro et al, 1993). , ,
가 .
, .
가 (Park & Kim,1989;
Devoe et al, 1989; Gagnon et al, 1986), ,
. 가 (Petrikovsky, B. M. et al.,1993),
가 .
(Menashe & Sherer, 1990).
가 .
. 가 IQ 가
(Devlin et al, 1997) .
. .
(Fifer & Moon, 1994)
. .
가
28 가
(Sherer et al, 1991).

가 (variability)가
(, 1999 b)

(Pritham, U A. & Sammons L N., 1993) 40%가

가

(Scrimshaw, 1997).

가

(Stein. Et al., 1997).

가

가 (Pritham, U A. & Sammons L N., 1993).

가 가

가 가 (, 1980; , 1986).

1

2

가

가

(, 1986).

가

.

가

.

가

가

가

.

2.

,

가

(Olds, S. B. et al, 1988),

(Muller, 1992; Cranley, 1992).

-

,

,

(Davis & Akridge, 1987).

.

(, 1990;

, 1995;

,1996)

(,1996).

(,1991; Grace,1989; Muller, 1992;),

가

(Muller, 1992;

, 1991).

Muller(1993) 336

(Prenatal Attachment Inventory)

가

, (sex) ,

가

가

가 (, 1991),

(Bralow, 1983).

MFAS

298

(1991) 69

Grace(1989)

5 가

가

가

4 가

2

가 ‘ ,

(, 1991).

(Tulman, 1981).

(imprinting) (critical period)

(, 1990). Lorenz 가 Lorenz

Lorenz

. 36

13 16 가

(imprinting thoery)

가 (Tulman, 1981).

(Curry, 1982).

가

가

가 .

가

(Bobak & Jensen, 1987).

(, , 1981), 가

, 가

가 가 .

가 (, 1990).

(Bhakoo et al, 1994),

가 (

, 1984),

(, 1983).

가

(, 1985).

가

3.

가

“가

”

가

(Tegtmeier & Elsea, 1984),

, 1980; , 1995; , 1994; (, 1996; , 1995; , 1999)

, 1980; , 1999; , 1998; , 2000)

260

가

(1987)

(1985)

(, 1999).

(Lentner, E. & Glazer, G., 1991),

가

가 32 37
1987)

(Davis & Akridge,

3

가

가

가

(cue)

(, 10 ,

, 12)

가 2 4

, 3 -

. 3 가

가

, 가

가 (5 , 5), 2 4
가 (Carter - Jessop, 1981).

, 가 ,

가 가 가
가 (, 1996).

(, 1999).

가 (, 2000).

가

가 .

가

가 가 .

III.

1.

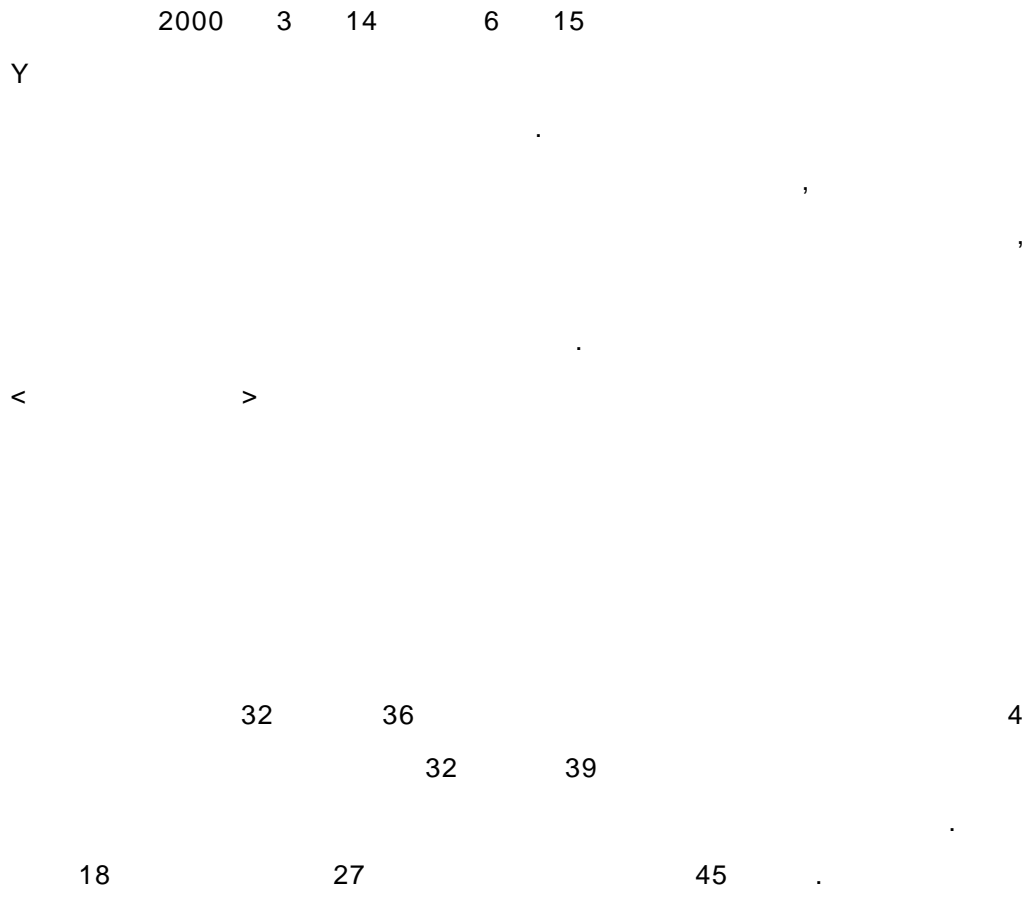
,

()

(1).

1.

2.



3.

- -
Cranley(1981) (Maternal - Fetal

Attachment Scale) . Cranley 5

가 . 4

Cranley 가 20 40

10 가 1

. . 3

, 5 , 4

6 , 6 , 4

24 4 ‘ ,

‘ .’ . - 96 가

- .

20 38 20

.89 24 .88

가 .91 가 .87

.

Cranley(1981)가 3 (35 40) 71

.85 . (1991) Cronbach .

83 .

-

Cropley(1971) 2

. .

가

가

가 10 , 12 .

(1981)

(1983), (1984), (1990) .
1 , 0
- 22 가

4.

가 .

1 1 3 1
1 , 가 , 가 ,
1999 4

(2).

() , A4 5

가

가 . 가

.

가 (, 1980; , 1986; , 1999 a).

가

(, 1996).

,

5

가

가

,

가

(,

1996)

,

.

1

. OHP pen 2 가

‘ 가

’(, 1997) 가

’(, 1999) OHP . 10

OHP

가

가

가

,

. (cue)가 (Davis &
Akridge,1987; Carter - Jessop,1981),
가 가 가

2.

	1	2	3	4
10				
10			(,)	
10	(,)	(,)		(,)
10	[redacted]	[redacted]		
10	[redacted]		(,)	()
10		()		
10		,		
10	[redacted]	[redacted]	,	
10	()	[redacted]	[redacted]	,
10		[redacted]	Tour	[redacted] II
10	[redacted]	[redacted] I	< , >	()
10	(,)	()	()	()

• [redacted]

5.

32 36
4
2000 4 6 5 4 4 1
4
12 24
2 3
1 protocol(2)
32 39

6.

SAS

χ^2 - Test

paired t - Test

t - Test

IV.

1.

29.8
(p=0.13),
3 5

31.3
가
4 10
(p=0.22).

가 61.1% 40.7% 1
가 (p=0.35)

가 22.2%

가 40.7%
(p=0.197).

가 , , , , , ,
가 .

3.

				χ^2 or t	p
		29.8	31.3		
		24~38	25~39	1.53	0.13
		5	9	27.8	33.3
		13	18	72.2	66.7
		4	11	22.2	40.7
		14	16	77.8	55.3
150		5	4	27.8	14.8
151~		4	7	22.2	25.9
200		9	16	50.0	59.3
201		41	58		
		12 ~	9 ~		
		147	204	1.53	0.22
		11	11	61.1	40.7
1		6	12	33.3	44.4
2		1	4	5.6	14.8
*	(N=18),	(N=27)			

2. 가

1) 가 1

“ . 가
.” 가 (4).
4. .

			t	p
18	80.11	8.62	3.73	0.002
18	85.39	7.45		

80.11 , 85.39
(t= 3.73, p=0.002).
가 가
가 .

2) 가 2

“ . 가
.” 가 (5).

5. ,

			t	P
18	9.33	1.97	- 3.48	0.001
27	7.26	1.95		

7.26 9.33
(t= - 3.48,
P=0.001).

가 .

V.

32

36

4

2

가 ,
가

가 , , (,
1996) ,

가 .
4

(, 1987),

가

(, 1999)
(, 1998)

, , (,
1995), 가

1 가

(, 1994), 4

가

가 22

가 9.33

가 7.26

가 96

85.39

80.11

가

가

,

가

가

(1990)

가

가

(1984)

Hale(1977)

(1985)

Cropley 2

가 가

가

가

가

VI.

1.

가

32

36

4

가

45

2000

3

14

6

15

SAS

, t - Test, paired t - Test, x^2 - Test,

가
<가 >
1) 가 1
“ ” (t= 3.73, p=0.002).
가

2) 가 2
“ ” (t= - 3.48, p=0.001)

2.

1)

가

2)

가 .
가 .

3)

, (1999). (Doula) . _____, 5(2), 224~235.

, (1998). - Q - .
_____, 27(4), 740~751.

(2000). _____ 가?. SOPHROLOGY WORKSHOP, 3~7.

(1996). . _____, 12(2), 119~153.

(1991). _____.

.

(1996). _____.

(2000). _____,
_____. SOPHROLOGY WORKSHOP, 75~96.

(1998). _____.

.

(1997). _____ 101가 . : .

.

(2000). _____ .

(1999). _____ .

(1980). - .
. _____, 10(1), 11~17.

(1999 a). _____ !. : .

(1999 b). _____ , 3~29.

(2000). _____ : .

, , , , , (1999). _____ “

alpha - " " .
 (1987). 가. _____,
17(1), 52~63.
 , (1996). 가 .
 _____, 2(1), 108~117.
 (1998). _____ .
 (1983). _____ .
 (1999). _____ :
 가 .
 , , , (1999). _____ .
 (1984). _____ 가 _____ .
 (1991). _____ .
 (1985). _____ 가 _____
 _____ .
 (1990). _____ .
 (1986). (Psychoprophylaxis in obstetrics; Lamaze
 method) - . _____, 25(5), 52~61.
 (1999). _____, 204~215.
 (1980). _____, 19(3), 41~43.
 , (1981). _____,
11(2), 9~19.
 (1991). _____ : _____ .
 (1994). _____ .

(1999). _____
(1992). _____
(1996). _____
26(20), 345~358.
(1999). _____
105~117.
(1998). _____
4(2), 187~200.
(1995). _____

(1990). _____, 20(2), 153~171.
가 (1990). _____
(1990). _____
(1995). _____, 1(2),
153~173.
(1995). _____
(1993). _____

(1985). Lamaze _____
_____, 15(2), 16~24.

Bhakoo, O. N., Pershad , D., Mahajan, R., Gambhir, S. K.(1994). Development Of Mother - Infant Attachment Scale. Indian Pediatrics, 31, 1477~ 1482.

Bobak, I. M., Jenson, M. D. (1987). Attachment. essentials of maternity

- nursing, The Nurse & the childbearing family. the C.V. Mosby company. 641~658.
- Bralow, L.(1983). Maternal bonding in early fetal ultrasound examinations. The New England Journal of Medicine, 14, July, 114.
- Bristor, M. W., Helfer, R. E., Coy, K. B.(1984). Effects of perinatal coaching on mother - infant interaction. AJDC, 138, March, 254~257.
- Carter - Jessop, L.(1981). Promoting maternal attachment through prenatal intervention. American Journal of Maternal Child Nursing, 6, March/April, 107~112.
- Castro, L C., Allen, R., Ogunyemi, D., Roll, K., Platt, L D., (1993). Cigarette smoking during pregnancy: Acute effects on uterine flow velocity waveforms. Obstetrics & Gynecology, 81(4), 551~555.
- Cranley, M S.(1981). Development of a tool for the measurement of maternal attachment during pregnancy. Nursing Research, 30(5), 281~285.
- Cranley, M S.(1992). Response to “A critical review of prenatal attachment research”. Scholarly Inquiry for Nursing Practice: An International Journal, 6(1), 23~26.
- Cropley, C., Lester, P., Pennington, S. (1976). Assessment tool for measuring maternal attachment behaviors. Current Practice in OB. & GY. Nursing, 1st ed., The C. V. Mosby Co., 16~28.
- Davis, M S., Akridge, K M. (1987). The Effect of promoting intrauterine attachment in primiparas on postdelivery attachment. JOGNN, November/December, 430~437.
- Devlin, B., Daniel, M., Roeder, K. (1997). The heritability of IQ. Nature, 388(31), July, 468~471.
- Devoe, L D., Searle, N. A., Ruedrich, D. A., Castillo, R. A., Metheny, W. P. (1989). The effects of vibroacoustic stimulation on baseline heart rate,

- breathing activity, and body movements of normal term fetuses. American Journal of Obstetric Gynecology, 161(3), September, 524~529.
- Fifer, W.P., Moon, C.M. (1994). The role of mother's voice in the organization of brain function in the newborn. Acta Paediatric, Suppl, 397, 86~93.
- Gaffney, K., Choi, E., Yi, K., Jones, G. B., Bowman, C., & Tavangar, N. N. (1997). Stressful events among pregnant Salvadoran women: A cross-cultural comparison. JOGNN, 26(3), 303~309.
- Gagnon, R., Hunse C., Carmichael, L., Fellows, F., Patrick, J. (1986). Effects of vibratory acoustic stimulation on human fetal breathing and gross fetal body movements near term. American Journal of Obstetric Gynecology, 155(6), December, 1227~1230.
- Guerri C., Renau - Piqueras J. (1997). Alcohol, astroglia, and brain development. Molecular Neurobiology, 15(1), August, 65~81.
- Grace, J. T. (1989). Development of maternal - fetal attachment during pregnancy. Nursing Research, 38(4), 228~232.
- Hale, D. J., Lozoff, B., Sosa, R. (1977). Defining the limits of the maternal sensitive period. Development Medicine Child Neurology, 19, 454~461.
- Ishii, T., Horiguchi, S., Kato, T., Watari, N., Hirose, M., Hirota, K. (1991). If the fetus can vocalize, how can we detect it?. Biology of the Neonate, 60(Suppl 1), 52~61.
- McCubbin, J. A., Lawson, E. J., Cox, S., Sherman, J. J., Norton, J. A., Read, J. A. (1996). Prenatal maternal blood pressure response to stress predicts birth weight and gestational age: A preliminary study. American Journal of Obstetric Gynecology, 175(3), Part 1, 706~712.
- Menashe, M., Sherer, D. M. (1990). Caution regarding fetal acoustic

- stimulation in oligohydramnios. American Journal of Obstetric Gynecology , 162(2), February, 603~604.
- Muller, M E.(1992). A critical review of prenatal attachment research. Scholarly Inquiry for Nursing Practice: An International Journal, 6(1), 5~22.
- Muller, M E.(1993). Development of the prenatal attachment inventory. Western Journal of Nursing Research, 15(2), 199~215.
- Muller, M E.(1996). Prenatal and postnatal attachment: A modest correlation. JOGNN, 25(2), February, 161~166.
- Nordstrom, U L., Dallas, J H., Morton , H G., Patel, N B. (1988). Mothering problems and child morbidity amongst “Mothers with emotional disturbances”. Acta Obstetrica et Gynecologica Scandinavica, 67(2), 155~158.
- Olds, S. B., London, M. L., Ladewig, P. A.. (1988). Maternal newborn nursing - A family centered approach. Addison - Wesley Publishing Company, Third Edition. 1128~1149.
- Park, Moon Il., Kim, Doo Sang. (1989). The acoustic stimulation test in the anencephalus: preliminary results. Journal of Perinatal Medicine, 17, 329~331.
- Petrikovsky, B.M., Schifrin, B., Diana, L. (1993). The effect of fetal Acoustic stimulation on fetal swallowing and amniotic fluid index. Obstetrics & Gynecology, 81(4), April, 548~550.
- Pritham, U A., Sammons, L N. (1993). Korean women’ s attitudes toward pregnancy and prenatal care. Health Care for Women International, 14, 145~153.
- Rees, S., Breen, S., Loeliger, M., McCrabb, G., Harding, R. (1999). Hypoxemia near mid - gestation has long - term effects on fetal brain development. Journal of Neuropathology and Experimental Neurology,

- 58(9), September, 932~945.
- Scrimshaw, N. S. (1997). The relation between fetal malnutrition and chronic disease in later life. BMJ, 315(4), October, 825~826.
- Sherer, D. M., Abramowicz, J. S., D' Amico, M. L., Allen, T., Woods, J. R. (1991). Fetal panting: Yet another response to the external vibratory acoustic stimulation test. American Journal of Obstetric Gynecology, 164, 591~591.
- Stein, C. E., Kumaran, K., Fall, C. H. D., Shaheen, S. O., Osmond, C., Barker, D. J. P. (1997), Relation of fetal growth to adult lung function in South India. Thorax, 52, 895~899.
- Stoppard, Miriam. (1993). Conception, Pregnancy and Birth. Dorling Kindersley. Tegtmeier D., Elsea S. (1984). Wellness throughout the maternity cycle. Nursing Clinics of North America, 19(2), 219~227.
- Tulman, L J. (1981). Theories of maternal attachment. Advances in Nursing Science, July, 7~14.
- Weinstock, M., Matlina, E., Maor, G I., Rosen, H., McEwen, B S. (1992). Prenatal stress selectively alters the reactivity of the hypothalamic - pituitary adrenal system in the female rat. Brain Research, 13, 595(2), 195~200.

1. -

□ □ □ □ □ □ □ □ □ □ □ □ □ □

?

가

가

2000. 3.

□ □ □ □ □ □ □ □ □ □ □ □ □ □

A.

“4”

			가	
가 가				
가				
가				
가				
“ 가!”				
가				

			가	
가				
가				
가				
가			가	
가				
가				

B. 다음은 귀하의 일반적 사항에 관한 질문입니다. 다음을 읽고 해당란에 “✓” 표해 주십시오.

1. 연령: 만.....세
2. 교육정도: 무학.....초등졸.....중졸.....고졸.....대졸이상.....
3. 임신 주수:.....주
4. 직업: 있음.....없음.....
5. 가족의 월 수입: 100 만원 이하.....101 만원~150 만원.....151 만원~200 만원.....
201 만원~250 만원.....251 만원 이상.....
6. 결혼 상태: 기혼.....이혼.....별거.....미혼.....기타.....
7. 결혼기간:년.....개월
8. 자녀 수:.....명
원하는 아이의 성별: 여자아이.....남자아이.....상관없음.....
9. 이번 임신은 누가 계획한 임신입니까?
남편과 나.....나 혼자.....남편만.....계획하지 않음.....
11. 이번 임신을 원했습니까? 예.....아니오.....
12. 이번 임신에 대해서 누가 얼마나 기뻐합니까?
나 | ① | ② | ③ | ④ | ⑤ | ⑥ | ⑦ | ⑧ | ⑨ | ⑩ |
남편 | ① | ② | ③ | ④ | ⑤ | ⑥ | ⑦ | ⑧ | ⑨ | ⑩ |
시댁 | ① | ② | ③ | ④ | ⑤ | ⑥ | ⑦ | ⑧ | ⑨ | ⑩ |
친정 | ① | ② | ③ | ④ | ⑤ | ⑥ | ⑦ | ⑧ | ⑨ | ⑩ |
(숫자값을수록 기쁨이 큼)
13. 최근에 생활상에 어려움이 있었습니까?
경제적 문제.....남편과의 관계.....시댁과의 관계.....없음.....기타.....
14. 유산이나 조산의 경험이 있습니까? 유산.....회 조산.....회 없음.....
15. 초음파 검진을 통해 현재 임신 된 태아의 형태를 보신적이 있습니까?
예.....아니오.....

(작성해 주셔서 감사합니다.)

2. -

protocol

< >

1. (Sex) :: .
2. (Size) :: 가 .
3. :: 가 .
4. :: .
5. :: (, ,) .

6. :: 가 .

7. 가 :: 가 가 .
가

8. :: , .

9. :: , .

10. :: 가 .

< >

1. :: 가 .

2. :: 가 .

3. :: .

4. :: 가 .

1. (Sex)
2. (Size)
3.
4.
5.
6.
7. 가
가
8.
9.
10.

1.
2.
3.
4.
5.
6.
7.
8.
9. 가
10. 가
11.
12.

3.

(Cronbach Coefficient Alpha)

for STANDARDIZED variables: 0.912199

Deleted Variable	Correlation with Total	Alpha
- BEFORE01	0.513129	0.901922
BEFORE02	0.195117	0.909950
BEFORE03	0.566467	0.901098
BEFORE04	0.514298	0.902116
BEFORE05	0.635390	0.900136
BEFORE06	0.241179	0.906199
BEFORE07	0.494936	0.902264
BEFORE08	0.606961	0.899889
BEFORE09	0.414527	0.904093
BEFORE10	0.281620	0.909539
BEFORE11	0.378918	0.904961
BEFORE12	0.634062	0.899744
BEFORE13	0.555651	0.901966
BEFORE14	0.607788	0.900946
BEFORE15	0.605154	0.900758
BEFORE16	0.622080	0.899324
BEFORE17	0.503468	0.902112
BEFORE18	0.468308	0.902838
BEFORE19	0.667833	0.898767
BEFORE20	0.465705	0.903001
BEFORE21	0.771293	0.894966
BEFORE22	0.686523	0.897711
BEFORE23	0.580958	0.900525
BEFORE24	0.544450	0.901213

(Cronbach Coefficient Alpha)

for STANDARDIZED variables: 0.870293

Deleted Variable	Correlation with Total	Alpha
AFTER01	0.621559	0.858654
AFTER02	0.226285	0.872543
AFTER03	.	0.871942
AFTER04	0.343040	0.868145
AFTER05	0.082196	0.871915
AFTER06	0.172479	0.870993
AFTER07	0.643823	0.860333
AFTER08	0.370267	0.867339
AFTER09	0.586716	0.860208
AFTER10	0.311058	0.879151
AFTER11	0.665951	0.857538
AFTER12	0.633047	0.858696
AFTER13	0.523242	0.864239
AFTER14	0.483778	0.864773
AFTER15	0.257986	0.870309
AFTER16	0.573162	0.861236
AFTER17	0.492050	0.867350
AFTER18	0.447369	0.865587
AFTER19	0.180473	0.871044
AFTER20	0.635379	0.858417
AFTER21	0.706533	0.859254
AFTER22	0.601478	0.859765
AFTER23	0.484017	0.865055
AFTER24	0.649719	0.861018

4.

‘ , - - (, 1993),
 - - (, 1998), Conception, Pregnancy and Birth(Stoppard,
 Miriam.,1993)

	(CM)	(GM)	(, , ,)
1	0.2	1	.
2	2	4	, , . , , . , , .
3	9	20	, 가 , 가 , 가 가 , 가 . 가 .
4	17	110	, 가 , .
5	23	300	. , 가 , , .
6	30	600 - 700	가 , .

7	35	1000 - 1200	가 가
8	40	1500 - 1600	가
9	45	2000 - 2500	가
10	50	3000	가 가 가

1.

;

가

2.

;

가

가 , 가

가 , .

가 가 .

가 .

3. ; .

3. 가 , .

가 .

4. “ ” .

가 가 .

5. 10 20% .

12Kg 가 .

6. 가 , , .

가 가 .

8. 가 .

가 가 .

_____;
2,100~2,400cal
protein;
46g 76g 가 가

_____; hemoglobin 가
3

vitamin C 가

_____;

_____ 2

_____ C;

_____ D;

_____ A;

7.

가

가 가 가

가 가

가

가 ()

Davis & Akridge(1987), Carter - Jessop(1981), (1991)

1.

2. 가 가

가

3. 가 가 가 (cue)

(, 1999).

가

(1999)

(I)

가

가

가

가

“ 가

가

”

(, II)

가

가

가

가
가

가
가

.
;

(, 1980; , 1986; , 1999 a). 가
catecholamine 가
(norepinephrine) (epinephrine) .
(norepinephrine)
(epinephrine)
(, 1999).

가
(, 1996).
, 가

가
(
, 2000).
가 ,
가 가

가
(, 1996)

가 OHP
(, 1997) 가

‘ (, 1999) OHP

OHP

- 가
가

가 가

가

가

가

가

가

가

가

(, 2000) ‘ , ‘
 가 1999 가 , ‘
 , 가 가 , ,
 ‘ , OHP .

- 1.
- 2.
- 3.
- 4.
- 5.

가

- 1.
- 2.
- 3.
- 4.
- 5.

가

가

- 1.
- 2.
- 3.
- 4.
- 5.

가

가

Abstract

Effects on Maternal - Infant Attachment by the Taegyo Perspective Prenatal Class

Kim, Ki Young
Dept. of Nursing,
The Graduate School,
Yonsei University

(Directed by professor Soon - Bok, Chang)

Pregnant women, generally, have some fear of fetus freak in the early stage of pregnancy and that of labor in the late stage. For this reason, many maternity hospitals and obstetric clinics offer some prenatal educations for pregnant women and it helps them to have an active attitude toward delivery and to have a positive delivery experience, through decreasing delivery fear and pain. However, this education deals with only delivery and maternal health of matters, overlooking the health problem of fetus and the maternal - fetal relationship. The present study with the Taegyo perspective, which regards as of great importance of unborn child in Korean culture, measured

effects on maternal - infant attachment by operating the prenatal class for the pregnant women in the last pregnancy period. The reason to measure the effects on maternal - infant attachment is that the attachment becomes a motive power for mother to raise her infant and a mental and physical important factor for a baby.

The program of the Taegyo perspective prenatal class was based on the results from various domestic and abroad studies on Taegyo. The program covers the following contents: fetal growth development and its responding ability , the importance of uterine environment, the formation of maternal - fetal relationship and its solidification, writing letters or prayers to baby, sharing Taegyo meditation, sharing of experience about pregnancy, sharing of prejudice against delivery, and declaration of loving maternity; for delivery itself, it also includes understanding delivery, relaxation breathing technique, maternity exercise which is practiced for 2 hours a week for 4 weeks, thus 8 hours in all.

As the study method, the pseudo - experiment was designed in order to research how the Taegyo perspective prenatal class effects on maternal - infant attachment and it was done in a university hospital from March 4 to June 15 of the year 2000. The experiment group consists of 18 women and the contrast group was 27; so 45 in total. The experiment group, which consists of pregnant women placed in the pregnancy period 32nd week to 36th week, was measured their general characteristics and maternal - fetal attachment, and, again, maternal - fetal attachment 4 weeks after. Maternal -

fetal attachment was measured by this Maternal - fetal attachment scale(MFAS), a self reported tool written by Cranley(1981)and translated and mended by soonbok Chang and author. The contrast group, which consists of pregnant women placed in the pregnancy period 32nd week to 39th week, also was measured their general characteristics. The maternal - infant attachment was measured after delivery on both groups, for this Maternal Attachment Tool (MAT), an observative tool, written by Cropley and other two (1971) and translated by Jahyung Lee and Jinhyang Kim (1981), was used. Every collected data were taken statistics and analyzed by SAS.

The followings are the study results:

1. The maternal - fetal attachment was shown higher after prenatal class than before the class. ($t=3.73$, $p=0.002$)
2. The delivered women who took the prenatal class showed higher maternal - infant attachment than whose who didn't take the class. ($t= - 3.48$, $p=0.001$)

The above results proved that the present Taegyo perspective prenatal education program has great effects in increasing maternal - infant attachment and thus it is applicable to a nursing arbitration program; it demands that the existing prenatal class should include those contents of uterine environment for fetal growth by Taegyo perspective and maternal - fetal relationship. Lastly, the examination of effects on maternal - infant attachment by the Taegyo perspective prenatal class shows that we have to

study more about the Taegyo perspective prenatal class's effects on delivery pain, delivery time, delivery experience, and breast feeding; and that we need to develop a reasonable and reliable tool to measure maternal - infant attachment.

Key words :

prenatal class, Taegyo perspective prenatal class, maternal - infant attachment