



第五講 親子依附 (attachment)

By

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何謂親子依附

1. 是嬰兒尋求並企圖保持與另一人親密身體聯繫的傾向。

2. 依附的關鍵期開始於6個月左右，截止於2歲左右。

親子依附的發展過程

> 保比 (Bowlby) 將親子依附的發展行為四個階段：

1. 無特定對象的社會反應→出生~2個月。嬰兒的啼哭或微笑，並沒有特定對象(自發性的微笑)。
2. 對特定對象的社會反應→2~7個月。嬰兒已漸能辨別不同的人(社會性的微笑)。
3. 依附的建立→7~24個月。
 - (1) 此階段已正式建立起親子間的依附關係
 - (2) 此期已發展「分離抗議」：嬰兒看不見親人，或當親人要離去時會啼哭。
4. 相似目標的建立→2歲以後。嬰兒逐漸能忍受與親人暫時的分離，並且和同儕建立起關係。

陌生情境實驗 (Strange Situation)

1. 實驗者：瑪莉·安斯沃爾 (Mary D. Ainsworth)。

2. 實驗設計：

陌生情境包括6個片斷，每個片斷約3分鐘，均在一個陳設簡單的房間中進行，對象為11個月至17個月的嬰兒。

Strange situation- Experiments

- 1) The mother and baby are taken into a room supplied with toys.
- 2.) the baby plays with the toys and explores while the mother watches
- 3.) After a few minutes and unfamiliar person enters the room and talks to the mother.
- 4.) The stranger moves close to the baby and after 1 minute the mother leaves the room.
- 5) The baby is left with the stranger.
- 6.) After a few minutes the mother returns to the room

實驗結果

- The reaction of the child when they enter the room is to stay close to their mother at first, sometimes physically touching her.
- Later the child moves away but looks back from time to time checking her mother is still there.

實驗結果(續)

- When the stranger enters the room the child tends to rush back to their mother and it takes time before the child will play with the stranger.
- If the mother leaves the room most children tend to stop playing and cry.

The following video shows an example of the strange situation experiment



問題想想看

What is the main function of crying?

不穩固的依附關係

Children with insecure-avoidant

1. 焦慮-躲避依戀型

對母親的離去無所謂，母親返回時也不予理會。

- Perhaps this is because they have learned that the mother will not return.
- It could be a sign of poor parenting.
- Parent unable to offer stability.

矛盾型的嬰兒



Children with insecure-ambivalent

1. 焦慮-反抗依戀型

對母親返回時產生趨避衝突，一方面想求助於母親（趨前），一方面對母親的離去充滿敵意、憤怒（躲避）。

- ◆ Children are unable to disengage from the mother. While most children may whimper or cry when their mother leaves the room, they will begin to settle and play.
- ◆ When the mother returns, they may also begin to scream and rage with anger, rather than want comfort from their mother or they may alter between wanting their mother and then pushing her away when she attempts to comfort them.

依附關係發展正常

Children with securely attached

◆ 安全依戀型

母親是嬰兒求助或情緒不穩定時最有效的安撫者。

- ◆ They will use the mother as secure base, or a reference point, from which to explore the world, going off to play for a bit, and then coming back to reunite with the mother, only to go off and play once again.

故事分享 1

十三世紀西西里島的一個君主腓特烈二世 (King Frederick II)

想要知道若在孩童期不曾有人對他們說話的孩子，以後會說何種語言。

他命令一組養母和保姆替他們照顧孩子的飲食和沐浴，但規定不准與孩子有語言上的溝通和遊戲。

結果所有的孩子均死亡

故事分享 2

- Rene Spitz：對不滿一歲嬰兒的分析
- 對象是那些被安置在孤兒院的小孩。
- 一個護理員照顧八個嬰兒。
- 這些嬰兒進入人生第一個階段卻遇到生理與情感的退縮。

故事分享 2 (續)

Rene Spitz：對不滿一歲嬰兒的分析

- ◆ 他們躺在自己的搖籃裡，表現出有限的肢體探索和情感流露。
- ◆ 他們很少有笑容或興奮之情，動作與語言發展延遲。
- ◆ 他們的生理被忽略而惡化。
- ◆ 這些嬰兒失去依附和有意義的社會互動，也沒有感官刺激。

這些特徵被Spitz稱為**依附消沉**。
