



Original Article

# A Study on the Relationship Between State Anxiety and Maternal Fetal Attachment of Unmarried Mothers in a Welfare Center

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## Abstract

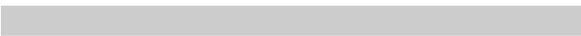
**Purpose:** The Purpose of this study was to investigate the relationship between state anxiety and maternal fetal attachment of unmarried mothers in a welfare center. **Methods:** The subjects were 25 unmarried mothers in a welfare center. The data was collected through personal interviews using a questionnaire. The instruments used for this study were the modified Spielberger's state anxiety inventory and Cranley's Maternal-Fetal Attachment Scale. Data was analyzed descriptive statistics, mean, standard deviation, t-test and the pearson correlation coefficient with the SPSS computer program. **Results:** The age of the subjects ranged from 15 to 25, and their average age was 20.0. The mean score of state anxiety was 58.2. There was significant difference in the degree of maternal state anxiety between the group whose pregnancy was known by their family and the group whose pregnancy was hidden. The group whose pregnancy was known showed a low state anxiety score. There was a significant difference in the degree of maternal

state anxiety by the gestational period. The group who were in the second and third gestational trimester showed lower state anxiety score than in the first trimester. The mean score of maternal-fetal attachment (MFA) was 64.9. There were significant differences in the degree of maternal fetal attachment, by an ultrasound scan experience. The most frequently practiced attachment item was "I think the fetus is able to feel(mean 3.8)". Unmarried mothers degree of state anxiety showed a negative correlation with the degree of maternal fetal attachment( $r=-.25$ ), but there was no significant difference between the two variables. **Conclusions:** The unmarried mothers made an effort in striving to reduce their high state anxiety and to enhance maternal fetal attachment. They also realize how to take care of their state anxiety.

**Key words :** State anxiety, Maternal fetal attachment, Unmarried mother

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(unmarried mother)

가

(Hwang, 2004)

(Jung, Jung, & Kim, 2000),

가

가

가 가

가

(Kim & Lee, 1993).

가 가

가

(Jung et al., 2000),

가

, 가

(Ju, 1999).

, 가

가

가

가

가

(Reeder, Martin, & Koniak-Griffin,

1997).

(Burstein, 1974) 50 63.3%가

(Reeder et al., 1997; Kang, 1980),

1.

가

(Light & Fenster, 1974),

가 (Lee & Park, 1996).

(Grace, 1989).

2.

(Jo,

1987).

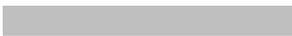
가

1)

가

(Kim, 1986),

20



2) 가 , 25 가 25 125  
 Attachment Scale Cranley(1981)가 Maternal Fetal , Cronbach's  $\alpha$  .85  
 가 , Kim(1991) .83 ,  
 .91 .

3) 가 4.  
 가 SPSS  
 Gorsuch Lushene(1970) Spielberger, ,  
 Trait Anxiety Inventory) (State , , t-test, ANOVA  
 Pearson

1. 1.

2. 20.0 (SD=2.75) 15  
 25 . 19-21 가 40.0%, 15-18 가 32.0%, 22-25  
 가 28.0% 48.0%,  
 52.0% . '가 80.8%, '가 16.0%  
 , ' 가 '가 68.0%, ' 가  
 '가 32.0% . ' 가  
 ' 88.0%, ' 가 '가 12.0%  
 1 25 , 2003 ' 가 ' 54.5%, '  
 1 3 , 가 가 45.5% .  
 가 .

3. 가  
 1) (P=.05). 1 (  
 13wks) 66.0 (SD=1.41), 3 ( 40wks) 58.4  
 (SD=9.98) 3 가  
 (State-Trait Anxiety Inventory) 가 (t=2.92, P=.01).  
 (1978) 20 4 가 61. 4  
 20 80 가 (SD=8.45), 가  
 . Cronbach ' s  $\alpha$  .84 , 52. 8 (SD=9.08) 가  
 .87 . 가  
 가 (t=2.24, P=.04)<Table 1>.

2) Cranley(1981)가 2.  
 (Maternal-Fetal Attachment Scale) 가  
 . 5가 5 64.9(range: 25 125)



<Table 2> The degree of fetal attachment behavior by subjects

(N=25)

Item	Mean	S.D.
Differentiation of self from fetus	9.7	
I enjoy watching my tummy jiggle as the baby kicks inside.	2.8	1.33
I'm really looking forward to seeing what the baby looks like.	3.6	1.35
I have decided on a name for a girl baby.	1.5	1.01
I have decided on a name for a boy baby.	1.8	1.62
Interaction with fetus	13.8	
I talk to my unborn baby.	2.6	1.32
I refer to my baby by a nickname.	3.0	1.37
I poke my baby to get him/her to poke back.	2.8	1.25
I stroke my tummy to quiet the baby when there is too much kicking.	3.1	1.32
I grasp my baby's foot through my tummy to move it around.	2.3	1.28
Attributing characteristics to the fetus	17.8	
I wonder if the baby feels cramped in there.	2.8	1.15
I can almost guess what my baby's personality will be from the way s/he moves around.	2.0	1.14
I wonder if the baby can hear inside of me.	3.7	1.49
I wonder if the baby can think inside of me.	3.8	1.29
I wonder if the baby can feel inside of me.	3.1	1.54
It seems my baby kicks and moves to tell me.	2.4	1.23
Giving of self	14.3	
I feel all the trouble of being pregnant is worth it.	2.3	1.31
I do things to try to my health.	3.4	1.25
I do things to try to my fetus's health.	2.9	1.29
I eat meat and vegetables to be sure my baby gets a good diet.	2.1	.95
I feel my appearance is proud.	1.3	.90
I give up doing certain things because I want to help my baby.	2.3	1.18
Role taking	9.5	
I picture myself feeling the baby.	1.5	.92
I imagine myself taking care of the baby.	2.4	1.33
I can hardly wait to hold the baby.	3.0	1.67
I try to picture what the baby will look like.	2.6	1.38
Total (minimum-maximum)	64.9 (31.0-91.0)	16.61

<Table 3> Jung (2000) 30.5%

가

<Table 4>

(Lee, 2001).

가 32.0%가  
가 45.5%가

20.0 (SD=2.75) 15 43.2%가 가  
25 19-21 가 40.0% 가 19.0%가 가

Han(1998)

가 28.0%가 (36.7%),

<Table 3> The degree of state anxiety by subjects

Item	Mean	S. D.
calm mind	2.6	.91
reliable mind	3.2	.99
strained mind	2.8	1.01
repentant and regrettable mind	3.2	1.10
relaxed mind	3.0	1.02
perplexed mind	2.2	.93
worried and miserable mind	2.3	1.03
eased mind	3.1	.95
anxious mind	2.9	.97
comfortable mind	3.2	.88
self-confident mind	3.1	1.02
irritated mind	2.2	1.02
nervous mind	2.6	1.04
extreme mind	2.3	1.05
comfortable warm mind	3.3	.95
satisfied	3.5	.88
worried	3.0	.98
exited	1.8	.85
pleased	3.4	1.01
happy	3.5	.78
Total	58.2	9.47
(minimum-maximum)	(40.0-71.0)	

<Table 4> Correlation on fetal attachment behavior and state anxiety

	State anxiety
Fetal attachment behavior	-.25 (.27)

(89.6%)가

(41.9%)

가

가

64.9(SD=16.61)

Hwang(2000)

88.3( SD=15.04)

가

25

G

가

가

1 ( 13wks)

가 가

66.0 (SD=1.41),

3 ( 40wks)

58.4(SD=9.98)

3

가

Hwang(2000), Kim(1991), Cranley(1981)

가

(t=2.92, P=.01).

가

61.4 (SD=8.45),

가

52.8

Hwang(2000)

가

(SD=9.08)

가

Cranley

가

가

(t=2.24,

P=.04). 64.9(range: 25  
 125)(SD=16.61) , 31.0 , 91.0  
 가 가  
 '가 3.8 가 가  
 ; 가  
 가 가  
 '가 1.3 가  
 ;  
 58.2(range: 20 80)(SD=9.47) , 40.0 , 71.0  
 가  
 가 3.5 가 ; ;  
 가가 가  
 '가 1.8 가  
 ;  
 가

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