

아동 우울에 관련된 요인 및 부모 우울과의 관계 연구*

THE STUDY OF RELATION TO VARIABLES RELATED TO CHILDREN'S DEPRESSION AND PARENTS' DEPRESSION

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목 적 : 아동의 우울과 부모의 우울과의 관계를 알아보고, 아동의 우울과 부모의 우울과의 관련성을 밝히기 위하여 연구하였다.

방 법 : 서울시에 소재한 초등학교 5, 6학년 258명(남자 128명, 여자 130명)을 대상으로 아동의 우울을 측정하기 위하여 CDI, 부모의 우울을 측정하기 위하여 BDI를 사용하였다. 자료 분석은 Pearson 상관관계, t-검정, p<.05를 기준으로 하였다.

결 과 : 1) 아동의 CDI 점수는 13.5±6.77, 부모의 BDI 점수는 13.3±7.25였다. 2) 아동의 BDI 점수는 11.6±7.03, 부모의 BDI 점수는 13.3±7.25였다. 3) 아동의 CDI 점수와 부모의 BDI 점수 사이에 유의한 상관관계가 있었다. 4) 아동의 BDI 점수와 부모의 BDI 점수 사이에 유의한 상관관계가 있었다. 5) 아동의 CDI 점수와 부모의 BDI 점수 사이에 유의한 상관관계가 있었다. 6) 아동의 BDI 점수와 부모의 BDI 점수 사이에 유의한 상관관계가 있었다. 7) 아동의 CDI 점수와 부모의 BDI 점수 사이에 유의한 상관관계가 있었다.

결 론 : 아동의 우울과 부모의 우울은 유의한 상관관계가 있는 것으로 나타났다. ()

중심 단어 : 아동의 우울 (CDI) · 부모의 우울 · Beck (BDI).

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연구방법 및 절차

1. 연구대상

(: $12.72 \pm .58$) 279

5, 6

21

258

가 142 , 116

2. 연구도구

1)

, , (/), (,)

2) 가 Kovacs

Beck²³⁾ Children's Depression Inventory²⁴⁾

(Children's Depression Inventory, CDI ; CDI)

Beck (Beck's Depression Inventory, BDI ; BDI)²⁵⁾ 8 13

, 27

, 2 가

가 0 2 가

가 0 54 , 가

가 가

3)

(,), (/), (, ,)

가

가 (, ,)

가

4)

²⁶⁾가

21 , 0 3

가 0 63 , 가

가 가

3. 연구절차

1998 9 17 26

CDI

BDI

가

가

가

4. 통계방법

SPSS/Window

1) 가

one - way ANOVA

Scheffe test

2)

Student's t - test

3)

Pearson

4)

CDI

Student's t - test ,

CDI

one - way ANOVA

$p < .05$

결 과

1) CDI 13.5 ± 6.77 (Table 1),

BDI 13.3 ± 7.25 , BDI

11.6 ± 7.03

2)

CDI

(12.63 ± 5.60)

(14.73 ± 7.68)

($p < .05$),

Table 1. Demographic characteristics of subjects

	Child	Father	Mother
Sex : No.(%)			
Male	142(55)		
Female	116(45)		
Age : years(M ± S.D.)	12.72 ± .58	Age : years(M ± S.D.)	42.17 ± 3.65
		Age : years(M ± S.D.)	39.01 ± 3.64
Health state : No.(%)		Health state : No.(%)	Health state : No.(%)
Good	184(71.3)	Good	202(78.3)
Poor	74(28.7)	Poor	56(21.7)
School Achievement : No.(%)		Religion : No.(%)	Religion : No.(%)
Upper	27(10.5)	Yes	115(44.6)
Middle	183(70.9)	No	143(55.4)
Lower	48(18.6)		
Family economic status : No.(%)		Education Level : No.(%)	Education Level : No.(%)
Upper	26(10.1)	Elementary school	21(8.1)
Middle	219(84.9)	Middle school	38(14.7)
Lower	13(5.0)	High school	155(60.1)
		University	44(17.1)
			University
			20(7.8)

Table 2. Comparison of CDI scores among children related variable groups

Variables	CDI(Mean ± S.D.)		F-value (t-value)	p	Post Hoc	
Sex	Male(N=142)	Female(N=116)	-2.44	p<0.05		
	12.63 ± 5.60	14.73 ± 7.68				
Health	Good(N=184)	Poor(N=74)	-2.58	p<0.05		
	12.89 ± 6.62	15.27 ± 6.89				
School Achievement	1	2	28.21	p<0.05	1 2*	
	Upper(N=27)	Middle(N=183)				3
	9.37 ± 5.21	12.72 ± 5.97				Lower(N=48)
Family Economy Status	1	2	7.36	p<0.05	1 2**	
	Upper(N=26)	Middle(N=219)				3
	9.46 ± 4.98	13.84 ± 6.83				Lower(N=13)

(12.89 ± 6.62) (15.27 ± 6.89) . 가 CDI
 가 (p<.01). 9.46 ± 4.98, 13.84 ± 6.83,
 CDI 9.37 ± 5.21, 17.38 ± 5.44 , 가
 12.72 ± 5.97, 19.21 ± 7.23 (p<.01)
 (Table 2). (p<.01)가 ,
 Scheffe (Table 2).
 (p<.05) (p<.001), 3) , ,
 (p<.001) 가 CDI (p=0.05)

Table 3. Comparison of CDI scores among parent related variable groups

Variables	Mean ± S.D.				F-value (t-value)	p			
Mother	Good(N=169)	Poor(N=87)			- 1.95	N.S.			
	Health	12.88 ± 6.90	14.57 ± 6.04						
	Religion	Yes(N=144)	No(N=113)						
Education	Elementary school (N=22)	Middle school (N=68)	High school (N=148)	University (N=20)	2.16	N.S.			
	15.14 ± 8.03	14.29 ± 5.59	13.44 ± 7.11	10.40 ± 5.73					
	Father	Good(N=202)	Poor(N=55)				- 1.59	N.S.	
		Health	7.29 ± 6.57	13.11 ± 8.45					
Religion	Yes (N=115)	No(N=143)			- 1.00	N.S.			
	11.63 ± 6.72	11.54 ± 7.29							
Education	Elementary school (N=21)	Middle school (N=38)	High school (N=155)	University (N=44)	1.00	N.S.			
	15.57 ± 7.39	13.74 ± 4.88	13.57 ± 7.07	12.48 ± 6.77					

* : p<06

Table 4. Correlation of among CDI score and BDI scores

	Father's BDI	Mother's BDI	Boy's CDI	Girl's CDI	Total CDI
Father's BDI		.371**	.094	.163	.146*
Mother's BDI			.266***	.456**	.379***

* : p<05 , ** : p<01, *** : p<001

(p<.001)가
(p<.001).
BDI
(p<.001),
(p<.05) ,
(p<.05)(Table 5).
(r=.146, p<.05),
BDI
(r=.379, p<.001).
BDI
(r=.456, p<.001) (r=.266, p<.001)
BDI (Table 6). , 가
(r=.371, p<.01) (p<.06),
(Table 4). BDI (Table 6).
5) BDI (Table 5). 7) CDI
BDI 10 (1, 7, 9, 10, 12, 13, 16, 20, 21,
11.33 ± 7.24, 12.47 ± 6.70, 23), 8 (3, 8, 9, 16,
17.48 ± 7.82 , 17, 18, 19, 23), 6
BDI (1, 7, 9, 14, 24, 27)

Table 5. Comparison of mother's BDI scores among children and mothers' related variable groups

Variables	Mean \pm S.D.				F-value (t-value)	p	Post Hoc
Child	1	2	3				
School Achievement	Upper(n=27) 11.3 \pm 7.24	Middle(n=183) 12.47 \pm 6.70	Lower(n=48) 17.48 \pm 7.82		10.970	p<0.05	1<3*** 2<3***
Family Economic Status	1 Upper(n=26) 9.46 \pm 4.24	2 Middle(n=219) 13.38 \pm 7.31	3 Lower(n=13) 19.23 \pm 6.81		8.485	p<0.05	1<2* 1<3*** 2<3*
Health Statue	Good(n=184) 13.22 \pm 7.00	Poor(n=74) 13.43 \pm 7.87			-.210	N.S.	
Mother	Good(n=170)	Poor(n=88)			-.835	N.S.	
Health statue	13.01 \pm 6.77	13.81 \pm 8.11					
Religion	Yes(n=145) 13.26 \pm 6.74	No(n=113) 13.31 \pm 7.88			.052	N.S.	
Education	Elementary school (n=22) 13.91 \pm 8.74	Middle school (n=68) 13.60 \pm 7.04	High school (n=148) 13.18 \pm 7.10	University (n=20) 12.30 \pm 7.64	.230	N.S.	

* : p<05, ** : p<01, *** : p<001

Table 6. Comparison of father's BDI scores among children and fathers' related variable groups

Variables	Mean \pm S.D.				F-value (t-value)	p	Post Hoc
Child	1	2	3				
School Achievement	Upper(n=27) 11.33 \pm 6.88	Middle(n=183) 11.04 \pm 6.31	Lower(n=48) 13.77 \pm 9.14		2.935	N.S.	2<3*
Family Economic Status	1 Upper(n=26) 10.65 \pm 6.40	2 Middle(n=219) 11.50 \pm 6.98	3 Lower(n=13) 14.77 \pm 8.66		1.586	N.S.	
Health State	Good(n=184) 13.22 \pm 7.00	Poor(n=74) 13.43 \pm 7.87			-.210	N.S.	
Father	Good(n=202)	Poor(n=56)			-1.827	N.S.	
Health status	11.16 \pm 6.57	13.09 \pm 8.38					
Religion	Yes(n=115) 11.63 \pm 6.72	No(n=143) 11.54 \pm 7.29			-.099	N.S.	
Education	Elementary school (n=22) 11.62 \pm 5.59	Middle school (n=68) 11.03 \pm 5.40	High school (n=148) 11.77 \pm 7.04	University (n=20) 11.36 \pm 8.81	.128	N.S.	

* : p<06

Table 7. Children's depression inventory items

1. Sadness	8. Self accusation	15. School work difficulty	22. Lack of Friendship
2. Pessimism	9. Suicidal ideation	16. Sleep disturbance	23. Low self esteem
3. Sense of failure	10. Crying spell	17. Fatigability	25. Feeling unsolved
4. General lack of fun	11. Irritability	18. Loss of appetite	26. Disobedience
5. Misbehavior	12. Social withdrawal	19. Somatic preoccupation	27. Aggression
6. Self victimized ideation	13. Indecisiveness	20. Loneliness	
7. Self hate	14. Negative body image	21. Lack of fun at school	

, 27²⁷⁾ CDI 가 14.96 ±
 20 (1, 2, 3, 4, 5, 6, 7, 8, 9, 12, 13, 14, 15, 5.82, 16.55 ± 6.54
 16, 20, 21, 23, 24, 25, 27)
 (Table 7). 4, 5, 6 24)

고 찰

CDI 13.5 ± 6.77 .
 Green 가 2
 9.72 ± 7.00, Kline
 8.50 ± 7.75, Friedman Butler 9.28 ±
 7.30 24)
 27) CDI 가 15.75 ± 가
 6.23, 28) CDI 가 13. 가
 80 ± 8.40, 24) CDI 가 2)
 14.72 ± 7.13 , 5, 6 가
 CDI CDI 가
 가 가 가?
 28) 가 가 28)
 가 가 13)
 CDI BDI, MMPI 가
 가 가
 29) CDI 가
 CDI 12.63 ± 5.60
 CDI 14.73 ± 7.68 28)
 가 30)
 6 28) 가
 CDI 12.93 ± 5.68, CDI 가
 14.81 ± 7.01 37)

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THE STUDY OF RELATION TO VARIABLES RELATED TO CHILDREN'S DEPRESSION AND PARENTS' DEPRESSION

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Objectives : This study was conducted to investigate variables related to children's depression, and also the relationships between children's depression and parents' depression.

Methods : 258 5th and 6th grade elementary school students in Taegu, and their parents were asked to complete self-report questionnaires including the children's depression Inventory (CDI) and the Beck's depression Inventory (BDI). Correlation analysis, T-test, One-way ANOVA were used for the statistical analysis and the statistically significant level is $p < 0.05$.

Results : 1) CDI mean for total children is 13.5 ± 6.77 , BDI mean for their mother is 13.3 ± 7.25 , and BDI mean for their father is 11.6 ± 7.03 . 2) There are significant differences in CDI for children variables related to sex, health, school achievement, economic status. 3) Mother's health slightly affect children's depression, but there are no significant differences in CDI for parents' education, religion, father's health. 4) Children's school achievement and economic status among variables related to children affect mother's BDI scores and children's school achievement affect father's BDI scores. 5) For CDI item analysis, there are significant differences in 10 items for children's sex, in 8 items for health, and in 6 items for economic status. Especially, there are significant differences in 20 items among 27 items for children's school achievement. 6) There is significant correlation between parents' BDI scores and children's CDI scores, and especially high correlation to mother for both boys and girls.

Conclusion : Children's depression are significantly affected by children's sex, health, school achievement, economic status. And especially school achievement affect grossly children's depression and their mother's depression, so we know that children and their mother have much burden about school achievement. There is high correlation between children's depression and parents' (especially mother) depression. Therefore, these result imply that in the therapy for children's depression, we must include not only children's problems but also parents' depression and parent-children relationship.

KEY WORDS : Child depression · CDI · Parents' depression · BDI.