

# 유분증 이동을 위한 배변훈련프로그램의 효과 연구

## THE EFFECTIVENESS OF TOILET TRAINING PROGRAM FOR CHILDREN WITH ENCOPRESIS

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요 약 : (changing conditions design and changing criterion design) 2

가  
12 13

follow - up

가

중심 단어 :

### 서 론

condary encopresis)

가 가

가

<sup>5)6)</sup>

American Psychiatric Associ-

ation<sup>5)</sup>

4

가

3

1

가

가

가

1-3)

Weisenberg가 1926

3) ;

<sup>4)</sup>

<sup>6)</sup> ;

<sup>5)</sup> ;

(primary encopresis)

(se-

<sup>5)</sup>

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7)8) . 5 1% 가 9) .  
6)9) . 2  
6)7)9) , 가  
, 가  
6) . 14)15) . 2 25%  
가 Brazelton<sup>14)</sup> 2  
2 Stehens Silber<sup>15)</sup>  
2~5 . McTaggart Scott<sup>3)</sup>  
10) . 12 10 6  
8) . Le-  
vine<sup>1)</sup> 18 102  
40 가 . East African Digo  
가  
3)8) . 가 5~6 16) .  
11) . Smeets<sup>17)</sup> 1 4 가 1  
“ ”  
2)11) . Levine<sup>6)</sup> 16)17) .  
79%가 가 1)12) , 1) .  
가 1)4)8)11)13) , history -  
가 가 taking  
가 , (bowel move- 3)7) .  
ment) 28 가 13)14) . ,  
24 , 9) . (organic) 가  
14) . 6) .  
(physiological) , 9)17) , biofeed-  
back<sup>13)</sup> , 18) , dietary<sup>19)</sup> , 3)  
가 가

가 4)6)9)

K

가

9) O'Brien 12)

(primary diurnal and nocturnal encopresis) 4

Levine Bakow<sup>7)</sup>

가

가

가

가

9)18)

가

가

13)15)20)

가

가

가

Levine Bakow<sup>7)</sup>

가

가

incontinence

Loening - Baucke<sup>13)</sup>, fecal

1. 배변훈련 프로그램

1) 목표행동

가

가

가

가

사례연구

10

2) 자료수집

1

사 례 1 :

7

1 가  
2 가  
가  
( modeling),  
(physical prompt)

3) 실험설계 및 절차

가  
(Changing conditions design)  
(Changing criterion design)

(self - instru-  
ction) 5

가  
21) 가  
(verbal prompt) ( ...).  
가 ?  
(1) 5

prompt

5

10

가

10

가

10

(2) 3) ( )

4: 5

5

가 (FR-1)

(

)

( ,

)

5: 10

10

1: 5

가 5 가

가 (FR-3)

(FR-1) (

) ( )

Follow - up

( , , ) ( )

가 follow - up

2: 10

가 10 가

가 (FR-1)

(

)

3: 5

5

가 (FR-1)

(FR- 가 <Fig. 1>

functional relationship) 1(A)

<Fig. 1> (slope) 1 (B)

(plateau line) (gradual slope) 가

2 (C) 3 (D)

2(E) 2 3 (steep slope)

가

1 , 2

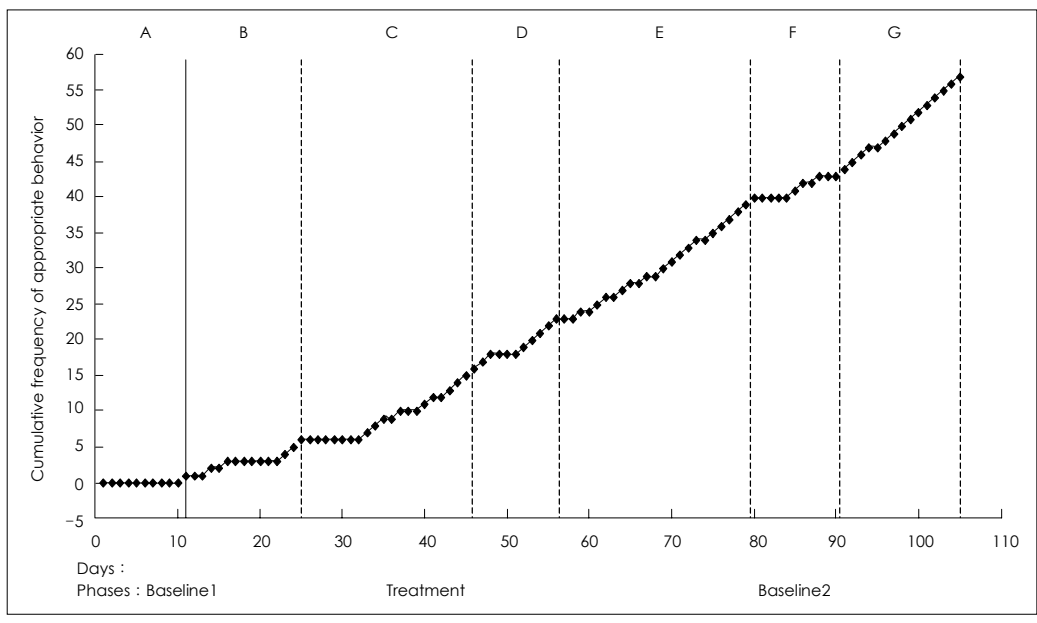
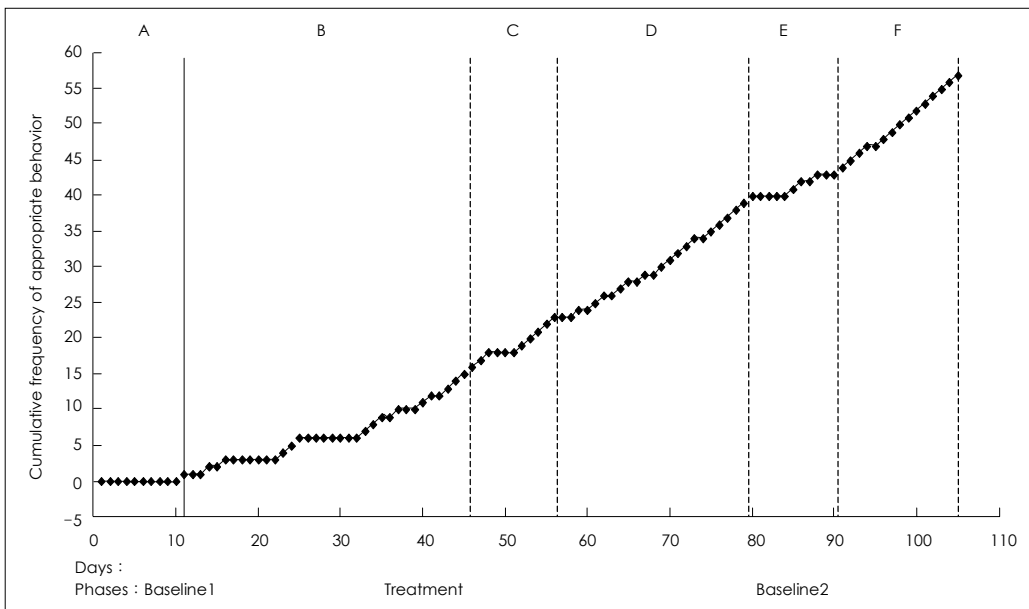
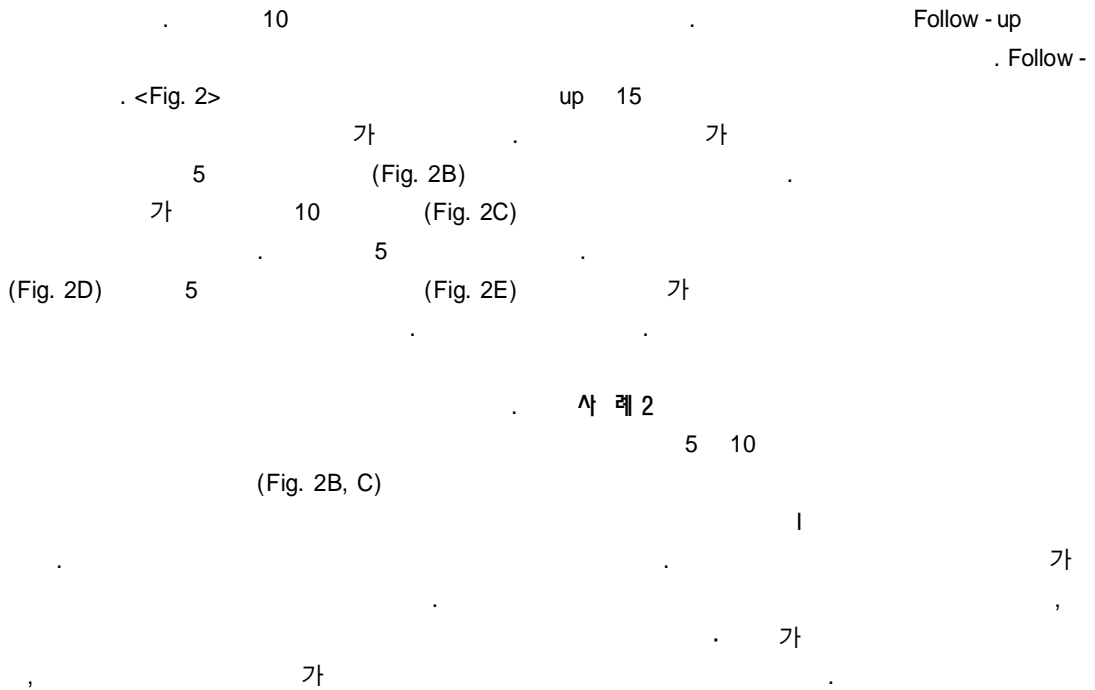


Fig. 1. Cumulative records of adequate toileting behavior frequencies across training conditions. A : baseline phase, B : directive instruction phase, C : indirective instruction phase, D : self-instruction phase, E : baseline recovery phase, F : self-instruction phase.

(G)



**Fig. 2.** Cumulative records of adequate toileting behavior frequencies across target behavior criteria. A : baseline, B : five successes, C : ten successes, D : five-in-a-row successes, E : two five-in-a-row successes, F : baseline recovery, G : ten-in-a-row successes.

5 가 , 가 .

2 가 가 가

3) 실험설계 및 절차

가

가 가 가

1 가 (1) 가 4

가

1. 배변훈련 프로그램

1) 목표행동

가 19 가

가

가

15

2) 자료수집

1: 가 3 /3

가 3

3

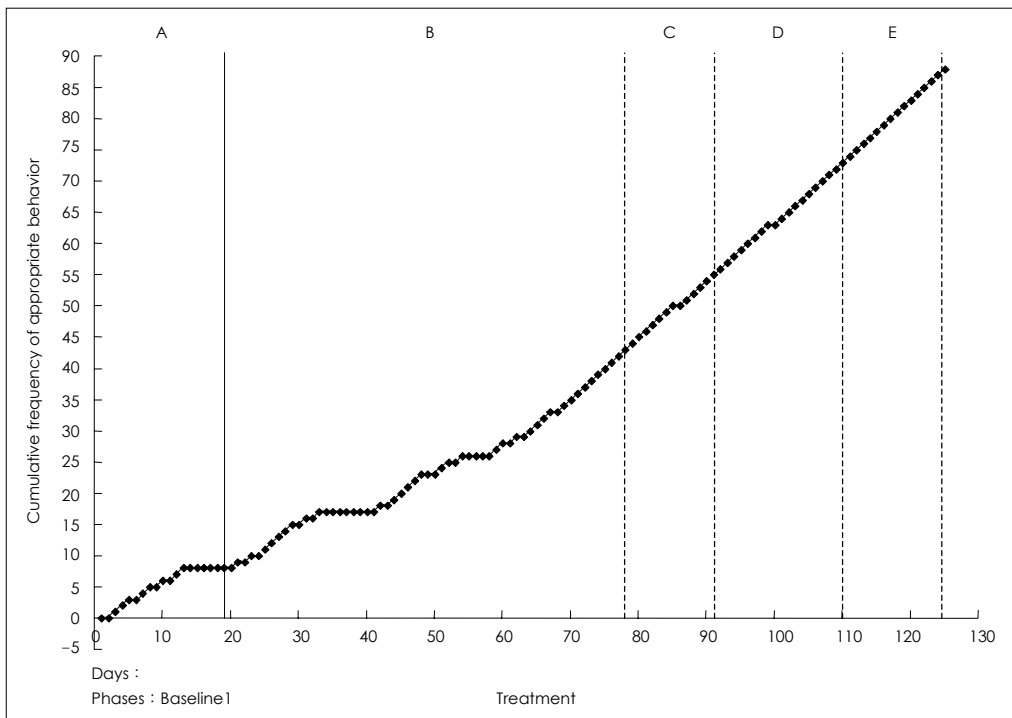
1 가

(FR-1)

( , ,



) 가  
 가  
 ( , )  
 2 : 5 /2  
 5 Follow - up  
 Follow - up 가  
 가  
 (FR - 3), (FR - 1)  
 ( )  
 2. 배변훈련 프로그램의 결과  
 3 : 10 /1 13 . <Fig. 3>  
 10 가  
 (FR - 3)  
 ( ) <Fig. 3> A  
 4 : 15 /1 (B E)  
 15



**Fig. 3.** Cumulative records of adequate toileting behavior frequencies across target behavior criteria. A : baseline, B : three-day-in-a-row successes(3 times), C : five-day-in-a-row successes(2 times), D : ten-day-in-a-row successes(1 time), E : fifteen-day-in-a-row successes(1 time).

follow -  
 up 가  
 (3 가  
 /3 -Fig. 3B) 57  
 (5 /2 -Fig. 3C) 13 , 고 찰  
 (10 /1 -Fig. 3D)18 ,  
 (15 /1 -Fig. 3E) 15  
 가  
 (48 ), (3 ), (8 ), 7).  
 (0 )  
 3)6).  
 가 가 1).  
 가 (single - subject design)  
 2  
 가 21).  
 1  
 , 2  
 가 4)7)  
 ( 3 /3 가 가  
 ) 가 가 9).  
 7)20)  
 , Follow - up 2  
 , 가  
 and autonomy stage) 가 (training  
 가 6).

retention - pain cycle) . (pain -

7)14)16)

가 1 가 7)9)13) 가 11) 가

가 【 (Changing conditions design)】

【 (Changing criterion design)】

가 2

가 가

3)

(intrinsic) , (extrinsic) 22)

가

가 가 20)

Levine Bakow<sup>7)</sup>

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ABSTRACT

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This article describes and illustrates cases the treatment of primary and secondary encopresis using a changing conditions and criterion design with two subjects. The dependent variables measured were increase in appropriate toileting behavior and decrease in inappropriate toileting behavior. After 12 and 13 weeks of treatment encopresis was completely eliminated. In a two-month follow-up and one year follow-up inappropriate toileting behavior was not reported. Appropriate toileting behavior was also reported generalized to settings outside the home.

**KEY WORDS** : Encopresis · Changing conditions design · Changing criterion design · Applied behavior analysis.