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研究課題名(和文) 養育期家族のウェルビーイングに向けた予防的支援～効果的家族支援の探求

研究課題名(英文) Preventive intervention for well-being of families with children -exploring effective family support

研究代表者

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交付決定額(研究期間全体)：(直接経費) 7,100,000円

研究成果の概要(和文)：本研究は、6歳未満の子どもを養育する親の育児ストレスと親性発達を調査した。子どもの特性に基づき3グループ間の育児ストレスの変化と違いを分析した。コロナ禍で6歳以下の子どもを育てる親652人を対象に3回の縦断調査を実施した。子どもの特性に応じ、アレルギー群・NICU群・対照群の3グループ間で比較した。育児ストレスはアレルギー群が最も高く、次いでNICU群、対照群となった。育児ストレスの推移を見ると、第3回調査が最も高かった。また、育児ストレスと親性発達スコアとは負の相関があった(-.515～-.714)。

日常的に悩みを抱えている人は、育児ストレスが著しく高く、親性発達スコアは低かった。

研究成果の学術的意義や社会的意義

日本におけるコロナ禍の6歳以下の乳幼児を養育中の親のストレスや親性発達の程度とその推移を3回の縦断調査で明らかにすることができた。コロナ禍では人との接触が制限され、養育期に必要なサポートが得られにくい現状にあり、その影響が危惧されていた。日本における感染状況の推移と各調査時点で育児ストレス・親性発達のスコアを分析したところ、推測通り、長期化の影響を把握することができた。また、エピソードのない対照群では「心身ともに快調」多く、アレルギー群やNICU群では「心身のいずれかが不調」など「心身快調」以外が多いなど有意に分布が異なっており、より手厚いサポートの必要性が確認された。

研究成果の概要(英文)：This study examined the parenting stress of parents raising children under six years of age. It analyzed the changes and differences in parenting stress among three groups based on child characteristics. Three longitudinal surveys were conducted on 652 parents raising children aged six years or younger during the COVID-19 crisis to compare parenting stress among people divided into three groups in accordance with their children's characteristics. Parenting stress was highest in the allergy group, followed by the NICU group and control group. In terms of changes in the total parenting stress score, the third survey showed the highest figure. The parenting stress score was negatively correlated with the parental development score (-.515 to -.714). People with daily concerns had significantly high parenting stress and a low parental development score.

研究分野：看護学

キーワード：育児ストレス 養育期の家族 well-being NICU 親性発達 COVID-19パンデミック

### 1. 研究開始当初の背景

Japan has experienced a prolonged period of low birth rates despite the government's implementation of various measures to counter this. Recent concerns have emerged on the effect of reduced social interactions among parents during the COVID-19 pandemic on child-rearing families. The number of childbirths was about 1.2 million a year around 1990; however, it fell to below 1.2 million in 2020 and 771,000 in 2022. Therefore, birthrate is declining faster than expected.

The total fertility rate in 2022 was 1.26—the lowest on record.

In addition, the COVID-19 pandemic, which began in 2019, led to restrictions on social interactions, such as person-to-person contact and group activities as a means of preventing the spread of infection, raising concerns about its various effects on child-raising families. The COVID-19 pandemic and subsequent disease-control measures have impacted the health and wellbeing of children and parents worldwide, especially their financial situation, social isolation, combination of working from home and homeschooling, and stress symptoms, including anxiety, worry, and depression. The COVID-19 pandemic poses an acute threat to the well-being of children and families due to challenges related to social disruption such as financial insecurity, caregiving burden, and confinement-related stress (e.g., crowding, changes to structure, and routine; Prime, Wade, & Browne, 2020).

In a study of parents of firstborns in Israel, the father's stress increased during the COVID-19 pandemic (O. Taubman et al., 2021). In addition, a systematic review suggested that the pandemic increased the stress of parents and children (L. Arantes de Araujo et al., 2021).

### 2. 研究の目的

This study examined the parenting stress of parents raising children under six years of age. It analyzed the changes and differences in parenting stress among three groups based on child characteristics.

Group A consisted of parents raising children with allergies; Group N consisted of parents of children admitted to an NICU (high-risk newborn children, such as children with a low birth weight), and the control group consisted of parents of children without these diseases or problems. This study analyzed the differences in parenting stress based on these children's characteristics.

### 3. 研究の方法

A longitudinal online survey was answered by 1,030 parents. Among the sample, 206 were in the allergic disease group (A), 206 in the NICU hospitalization experience group (N), and 618 in the control group (C). The study was approved by the university's research ethics review board.

Online Surveys were conducted in December 2021, May 2022, and September 2022.

This figure shows trends in COVID-19 infections in Japan and the timing of the longitudinal surveys. The first survey was conducted in early December 2021, when the fifth wave ended; the second survey was conducted in early March 2022, after the peak of the sixth wave, and the third survey was conducted in mid-September 2022, about six months after the first survey and at the peak of the seventh wave.

The survey included the participants' attributes, such as the parents' age and gender, children's characteristics, parents' daily concerns, parents' perceptions of their own mental and physical health, and parents' perceptions of family communication and family support (i.e., family functions).

(The survey covered child characteristics, parents' mental and physical health)

This study used the Japanese version of the parenting stress index short form (PSI-SF; 19 items) to

measure the primary outcome of parenting stress, and the parental development scale (33 items) to measure the secondary outcome of parental development. The PSI-SF is a reliable and validated tool consisting of two subscales of parental aspects (10 items) and child aspects (nine items). The parental development scale (33 items) is a reliable and validated scale consisting of three aspects: parental perceptions, non-parental perceptions, and perceptions toward the child. Data were analyzed using SPSS Version 22.

#### 4. 研究成果

A total of 652 people responded to all three surveys, including 126 people in the allergy group (19.3% of the total), 119 in the NICU group (18.3%), and 407 in the control group (62.4%). This indicates the total parenting stress score of the three surveys and how the score has changed. All groups had the highest score in the third survey; however, the changes in the NICU group were somewhat different from those of the other groups. A comparison among the three groups showed that the allergy group had the highest score for all three surveys, and the control group had the lowest stress. Nevertheless, the one-way analysis of variance (ANOVA) showed significant differences only in the first and the third surveys regarding the aspect of the child.

The correlation between the total parenting stress score and total parental development score, indicating that parenting stress and parental development were negatively correlated in a relatively strong manner, as expected. The results of the cross-lagged correlation analysis between Time1 (first time) and Time2 (third time) regarding the relationship between parenting stress and parental development. For both the first and third surveys, parenting stress and parental development had the strongest negative correlation with respect to the cross-sectional interaction. Conversely, the cross-correlation between family development and parenting stress in the first survey was  $-.520$ —lower than that of  $-.715$  in the first survey and that of  $-.715$  in the third survey. Therefore, it was not necessarily the case that parental development mitigated parenting stress.

The total parenting stress score and total parental development score based on the presence or absence of daily concerns (worries) in the first survey. The t-tests showed significant differences in all three surveys for both parenting stress and parental development. For those with concerns, the parental development score was low, and the total parenting stress score was high.

Finally, a comparison was made between the three groups regarding the parents' perceptions of their own mental and physical health. The chi-square test showed that many people in the control group were "physically and mentally fit." Many people in the allergy group and NICU group reported conditions other than "physically and mentally fit," such as "either physically or mentally unfit." In this way, distribution was significantly different.

The results suggest that the COVID-19 pandemic impacted the parenting stress and parental development of those who were raising children aged six years or younger. In particular, the third survey, conducted at the peak of the seventh wave, showed the highest parenting stress. This was also a period when increasing infections within families, such as between parents and children, became a concern. This was consistent with an overseas systematic review also indicating that the COVID-19 crisis increased stress for both parents and children (L. Arantes de Araujo et al., 2021).

Parents had lost opportunities to interact one another at various events such as “parenting” classes held at health centers and medical institutions and opportunities to receive professional support due to the COVID-19 crisis; this may have increased parenting stress. In addition, the three groups, which were based on the children’s characteristics, differed from one another with respect to the level of parenting stress and the parents’ perceptions of their own physical and mental conditions. Moreover, parenting stress was high for those who had daily concerns. For this reason, a need for early, extensive, and preventive support for families that require support based on assessments focusing on the child’s characteristics and family background was suggested.

#### Conclusion

- Three longitudinal surveys were conducted on 652 parents raising children aged six years or younger during the COVID-19 crisis to compare parenting stress among people divided into three groups in accordance with their children’s characteristics. Parenting stress was highest in the allergy group, followed by the NICU group and control group.
- In terms of changes in the total parenting stress score, the third survey showed the highest figure.
- The parenting stress score was negatively correlated with the parental development score (-.515 to -.714).
- People with daily concerns had significantly high parenting stress and a low parental development score.

5. 主な発表論文等

〔雑誌論文〕 計1件（うち査読付論文 1件 / うち国際共著 0件 / うちオープンアクセス 0件）

1. 著者名 河村江里子、浅野みどり	4. 巻 29
2. 論文標題 NICU入院児の父親の職場における育児支援の現状と退院後の親性の関連	5. 発行年 2020年
3. 雑誌名 日本小児看護学会誌	6. 最初と最後の頁 159-166
掲載論文のDOI（デジタルオブジェクト識別子） 10.20625/jschn.29_159	査読の有無 有
オープンアクセス オープンアクセスではない、又はオープンアクセスが困難	国際共著 -

〔学会発表〕 計13件（うち招待講演 1件 / うち国際学会 1件）

1. 発表者名 Midori Asano, Tomoko Omura, Ayako Furuzawa, Yukimi Ohashi, Tomo Nonoyama
2. 発表標題 Comparing Parenting Stress among Child-Rearing Families Based on Child Characteristics: A Longitudinal Study
3. 学会等名 EAFONS 2024（国際学会）
4. 発表年 2024年

1. 発表者名 浅野みどり、大村知子、山口知香枝
2. 発表標題 コロナ禍における養育期の家族の育児ストレスの縦断調査：アレルギー疾患をもつ家族の状況
3. 学会等名 第39回日本小児臨床アレルギー学会
4. 発表年 2023年

1. 発表者名 浅野みどり、大村知子、大橋幸美、野々山友
2. 発表標題 養育期家族の育児ストレスと親性発達に関する縦断調査：子どもの特性による群別比較
3. 学会等名 日本小児看護学会第33回学術集会
4. 発表年 2023年

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2. 発表標題 コロナ禍の養育期家族の育児ストレス・親性発達の縦断調査：性差による検討
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4. 発表年 2023年

1. 発表者名 大村知子、大橋幸美、古澤亜矢子、山口知香枝、浅野みどり
2. 発表標題 新型コロナウイルス感染症流行下での子育ての経験と工夫 ～NICU入院経験をもつ子どもの親を対象として～
3. 学会等名 日本家族看護学会第30回学術集会
4. 発表年 2023年

1. 発表者名 浅野みどり、大村知子、大橋幸美、山口知香枝、小野里衣、河村江里子、清水いづみ、野々山友
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2. 発表標題 NICUに入院する子どもの両親の入院初期の思いと現在の育児ストレスの関連
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4. 発表年 2020年

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3. 学会等名 日本家族看護学会第27回学術集会
4. 発表年 2020年

1. 発表者名 浅野みどり
2. 発表標題 未来をひらく
3. 学会等名 日本家族看護学会第27回学術集会（招待講演）
4. 発表年 2020年

〔図書〕 計0件

〔産業財産権〕

〔その他〕

2024年2月18日（日）名古屋市安保ホールにて、特別講演会とともに成果報告会を実施した。特別講演には、共立女子大学家政学部教授守随香先生をお招きし「包括的で継続的な育児支援」を講演いただいたのち、科研メンバ<sup>^</sup>でこれまでの研究成果発表を4演題実施した。当日の参加者は30名ほどであった。

6. 研究組織			
	氏名 (ローマ字氏名) (研究者番号)	所属研究機関・部局・職 (機関番号)	備考
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## 6. 研究組織（つづき）

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## 7. 科研費を使用して開催した国際研究集会

〔国際研究集会〕 計0件

## 8. 本研究に関連して実施した国際共同研究の実施状況

共同研究相手国	相手方研究機関