

要 旨

研究目的

本研究は、気管切開を実施して家庭で生活する幼児の療養行動獲得に向けた動機づけを支援する看護支援プログラムを開発するため、気管切開を行って生活している幼児の療養行動獲得の過程とその関連要因、および幼児の動機づけとの関係性を明らかにすることを目的とした。

研究方法

対象は、便宜的抽出により、気管切開を実施して家庭で生活し、外来に通院している 2 歳から 9 歳までの子ども 23 名とその親 23 名である。データ収集は、親への半構成的面接法および診療場面の観察であった。面接の逐語録と診察時の観察記録の質的記述的分析を行った。分析は、幼児の療養行動の記述および療養行動獲得に影響を与える内容について、動機づけとの関係を検討しながらカテゴリー化した。本研究は、聖路加看護大学研究倫理審査委員会の承認を得て行った（承認番号 10-044）。

結果

気管切開を行って家庭で生活している幼児の療養行動は、【幼児の関心と行動欲求】による内的な行動への動機づけと、【幼児の欲求と能力を読み取る親の関わり】との相互作用の中で動機づけが行われて獲得されていた。【幼児の関心と行動欲求】には、【身体の違和感と苦痛の回避欲求】、【環境操作自体の欲求】、【主体性の保証欲求】、【有能感獲得欲求】、【療養行動のチャレンジ欲求】が抽出された。幼児の行動欲求の性質は発達や社会化に伴い、自らの目標や価値づけによる動機づけが行われていた。幼児が生起した行動に対して、親は、『生命の脅かし』と【子の育ち】のバランスを計る判断基準《療養に適う》によって働きかけ、幼児の療養行動獲得の動機づけに関与していた。親の働きかけ方には、＜欲求に応える＞、＜行動の承認＞、＜行動の制止・抑制＞、＜行動の修正＞、＜行動の強化＞があり、幼児の欲求に応えながら、『生命の脅かし』に陥らない調整を行っていた。幼児が獲得する療養行動の段階は、【療養行動の生起】【療養行動の指向と強化】【療養行動の継続・日常化】が抽出された。

結論

気管切開を実施して家庭で生活する幼児は、親と相互作用しながら、自らの内発的な行動欲求に動機づけられて療養行動を獲得していた。親は、幼児の行動欲求を、療養行動獲得に向けた欲求として認知する《療養に適う》という判断基準を持ち、幼児に外的に動機づけの働きかけを行いながら、幼児の内発的な行動欲求を変化させる循環をつくっていた。これらの動機づけの過程を用いて、気管切開を実施して生活する幼児の療養行動獲得の看護介入の枠組みを構築し、療養行動を獲得する幼児の動機づけ過程の理解や、動機づけ支援の方略を提供する親への看護支援プログラムを提案した。

ABSTRACT

Purpose The purpose of this research was to clarify the self-care behavior process in preschool children with tracheotomies living at home, its relevant factors, and the relation thereof to the motivation of these children, in order to develop a nursing support program for the motivation of self-care behavior in preschool children with tracheotomies living at home.

Methods The research subjects, selected through opportunity, were 23 children aged 2 to 9 years, with tracheotomies living at home and visiting outpatient, and their 23 parents. Data collection was carried out through semi-structured interviews and observation of medical examinations. Transcripts of interviews and observation records of examinations were subjected to qualitative descriptive analysis. In addition, self-care behavior acquisition and its relation to motivation were investigated and detailed. This Study was approved by the Ethics Committee of St. Luke's College of Nursing (approval number 10-044).

Results Self-care behaviors of the children who live at home with tracheotomies were acquired through motivation created by the interaction between the intrinsic motivation that arouse them to act with [interest and behavioral desires of the child] and [involvement of parents aware of children's desires and abilities]. The self-care behavior of the children was arising from the [need for avoidance of physical discomfort and pain], the [need for environmental manipulation itself], the [guarantee of autonomy], the [need for gaining the sense of competence] and the [need for the challenge of self-care behavior]. The characters of the children's behavioral desires were influenced by their development and socialization, and motivation was shaped by their goals and values. The parents were involved in developing children's motivation to acquire self-care behaviors, by appealing to the children's aroused behaviors based on the criterion, "appropriateness as therapy", which aims to balance "risk of life" with "growth of child". The parents made an adjustment not to fall into "risk of life", while meeting the children's desires. The stages of the self-care behavior, [emergence of self-care behavior], [orientation and enhancement of self-care behavior] and [continuation and routinization of self-care behavior] were extracted.

Conclusion The children who live at home with tracheotomies acquired self-care behaviors motivated by their own intrinsic behavioral desires, while interacting with their parents. The parents created a circulation in which the children's intrinsic behavioral needs could be varied, by working on extrinsic motivation for the children, based on the criterion "appropriateness as therapy" which recognizes the children's behavioral desires as needs to acquire self-care behaviors. By utilizing these motivational processes, a framework for the nursing intervention was established for the acquisition of the self-care behaviors of the children who live at home with tracheotomies, and a nursing program for the parents was proposed to facilitate their understandings on the motivational processes of the children to acquire self-care behaviors, as well as to provide strategies to support motivation of the children.