

原著

親の訴える高校生の適応障害

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High School Students' Mental Health : What Annoys Their Parents ?

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Abstract

The author discussed high school students' mental health on which their parents came to consult him. Forty-eight parents came to the consulting room in a public school at Okayama city on the regular two days a year during 8 years from 1984 to 1991. The contents of the consultation were divided by their complaints into 3 groups. Thirty-two cases were behavioral problems such as school refusal, laziness, rebellious posture against parents, etc. Nine cases were neurotic symptoms which were anthropophobia, mysophobia, etc. And also 9 cases were psychosomatic symptoms which were diarrhea, abdominal pain, headache, etc. The onset of these issues mostly was the first trimester in first grade just after the entrance of school, and such tendency obviously decreased as the time went. Most of the consultees were mothers and only 5 consultees were fathers. The characteristics of mothers' attitude toward their children were "pampering" and "regarding adolescent mentality as pathological phenomena". It was the typical attitude of overreacting to children's rising self-awareness, emotional instability and aggressiveness which made the parents anxious and confused.

要約

本稿は高校生のメンタルヘルスについて、親に対して面接相談をおこなった結果を検討したものである。対象は岡山市内の某公立高校で年2回の定期相談日に1984年から1991年の8年間に来談した48例である。相談内容は不登校、不勉強、親に反抗的態度などの問題行動がもっとも多く(32例)、次いで対人恐怖、不潔恐怖などの神経症症状(9例)と下痢、腹痛、頭痛などの精神身体症状に関するもの(9例)であった。問題の発症時期は入学直後の1年1学期がもっとも多く、以後時間の経過と共に減少傾向が著明であった。来談したのはほとんど母親だけであって、父親の来談は5例にすぎ

なかった。母親の態度は子供に過保護的で、青年期心性を病的とみて、子供の過度の自意識や情動不安定性、攻撃性などに過敏に反応し不安、困惑する態度が特徴的であった。
