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## 乳児をもつ母親の特徴と育児支援

### Feature and child care support of the mothers having infants

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#### Abstract

This study was conducted to clarify the interrelationships among the degree of fatigue felt by mothers having infants, mothers' physical activities, their mental health and their behavior toward child-care, and thereby provide a specific suggestion about the way of supporting the child-care at home. A survey was conducted by distributing questionnaires to 214 mothers having infants. The results show that those mothers' fatigue was generally characterized by sleepiness, shoulder stiffness and the like; their physical activities are little, and the mothers having less physical activities felt more exhausted. In addition, the mothers' fatigue was found to be related to child-rearing stress. It is desired to reduce the mothers' fatigue by expanding the range of services including child-care and household chores on behalf of mothers and creating a program of physical exercise that can easily be done by mothers.

**Key words:** mothers having infants, degree of fatigue, physical activities, mental health, child-rearing stress

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**要旨:** 本研究の目的は、乳児を持つ母親の疲労、身体活動量、精神健康状態や養育態度との相互の関連を明らかにし、今後の在宅育児支援の具体的な方法の示唆を得ることである。

乳児を持つ母親214名に、質問紙調査を実施した。結果、乳児を持つ母親の疲労の特徴として、眠さや肩こりなどがあり、身体活動量は少なく、身体活動量が少ない母親ほど、疲労感が強かった。また、疲労と育児ストレスは関連していた。今後、母親の疲労を軽減するような、育児や家事代行サービスの充実や、母親が手軽に実施できる運動方法の開発が求められる。

**キーワード:** 乳児を持つ母親、疲労度、身体活動量、精神健康状態、育児ストレス

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