

## Assessment of Mothers' Secure Attachment and Social Fear among Kindergartens Children in Babylon City

تقييم التعلق الآمن بالأُم والخوف الاجتماعي لدى الأطفال في رياض الأطفال في مدينة بابل

Iman, H. Alwan, Assist. Lecturer/ MSc. Psych. Nursing  
Mental Health Nursing Department, College of Nursing/ University of Baghdad  
E mail: eman-hussein70@yahoo.com

### الخلاصة:

**الهدف:** تهدف هذه الدراسة إلى تقييم التعلق الآمن بالأُم والخوف الاجتماعي لدى الأطفال في رياض الأطفال في مدينة بابل.  
**المنهجية:** دراسة وصفية تحليلية أجريت على عينة من أطفال الرياض في مدينة بابل والمكونة من 100 طفل. أجريت الدراسة خلال فترة شهرين شباط – آذار 2011 لتقييم التعلق الآمن بالأُم والخوف الاجتماعي لدى أطفال الرياض. تم استخدام استبانته صممت من قبل الباحث لتقييم التعلق الآمن والخوف الاجتماعي لدى أطفال الرياض من كلا الجنسين (ذكر وأنثى) صممت الاستبانته من قبل الباحث والتي تتكون من ثلاث أجزاء: الأولى، يتعلق بالمعلومات الديموغرافية للام والمتضمنة (عمر الأم، مستوى التعليم، والدخل الشهري) وكذلك المعلومات الديموغرافية للطفل والمتضمنة تسلسل الطفل في العائلة، الجنس، نوع الصف (تمهيدي، روضة) الجزء الثاني: يتضمن من 27 فقرة والمتعلقة بالتعلق الآمن: والجزء الثالث يتضمن 21 فقرة لقياس الخوف الاجتماعي تم احتساب ثبات لاستبانته من خلال استخدام الاتساق الداخلي بحساب معامل ألفا للارتباط وتم صدق الاختبار من خلال الخبراء تم جمع البيانات من خلال المقابلة وتحليل البيانات. وتم تحليل النتائج باستخدام الإحصاءات الوصفية مثل (النسبة المئوية والتكرار) والإحصاءات التحليلية مثل (مربع كاي) باستخدام تطبيق ألحزمه الاحصائية للعلوم الإنسانية النسخة 21  
**النتائج:** أظهرت نتائج الدراسة إن غالبية أعمار الأمهات تتراوح بين 50 فما فوق والتي تمثل 37% من عينة المجتمع، وتمثل 58% من الحاصلين على شهادة البكالوريوس وأعلى نسبة الذكور تمثل 58% بينما 69% تمثل صف الروضة. وقد تبين إن الأطفال لديهم تعلق آمن وخوف اجتماعي معتدل ولا توجد علاقة ذات دلالة إحصائية مع المتغيرات الأخرى عمر الام، المستوى التعليمي، المستوى الاقتصادي.  
**الاستنتاج:** توصلت الدراسة إلى إن الأطفال في رياض الأطفال لديهم مستوى معتدل من التعلق الآمن والخوف الاجتماعي بشكل ملحوظ من خلال تحليل البيانات.  
**التوصيات:** توصي الدراسة بتثقيف الأمهات بطريقة صحيحة للتعامل مع أطفالهن وخصوصا معلمات رياض الأطفال.

### Abstract:

**Objective:** The study aimed to assess secure attachment to mothers and the social fear, in kindergartens' children in Babylon city.

**Methodology:** A descriptive - analytic study was conducted on kindergarten children in the Babylon city. The study was carried out through the period of March-April, 2011. Which consist of 100 child. To assess the secure attachment and social fear to Mother of kindergarten children both gender (male and female). The questionnaire was consisted of three parts: the first part is concerned demographic characteristics of the mothers that included (age of mother, level of education, income).and characteristic of child: the consists of general information, such as order of child in the family, gender, type of class, the second one consists of 27 items concern with secure attachments and the third one consists of 21 items concerned with the social fear. The validity and reliability of the instrument was determined by using through the panel of experts, and internal consistency through the computation of Alpha Correlation Coefficient. The data have been collected through the utilization of the interview. Data were analyzed through the application of descriptive statistical (frequencies and percentages).and inferential analysis  $\chi^2$  by applying the Statistical Package for Social Science version 21.0 (SPSS)

**Result:** The finding of the study showed that (37%) the of the sample was mother, aged 50 years and more. The result show that children have attached security and fear social moderate and there is no statistically significant relationship with other variables.

**Conclusion:** The study concluded that kindergarten children have moderate level of secure attachment and social fear significant

**Recommendation:** Researcher recommended educating mothers in correct methods for dealing with children, especially kindergarten teachers.

**Keywords:** Psychiatric Mental Health, Nursing Department, College of Nursing, University of Baghdad

## INTRODUCTION:

The early initial relationships disorder child loses a safe haven, which invoked by when feeling of fear and threat, and secure base that can build on them safely to deal with the environment in which they live the commonly observed attachment behavior of toddlers

staying near familiar people would have had safety advantages in the environment of early adaptation, and has similar advantages today<sup>(1)</sup>.

Bowlby saw the environment of early adaptation as similar to current hunter societies, that the child to grow healthy, it needs to family environment stable and safe, which gets of introduction to the emotional warmth appropriate and acceptance, so the loss of these elements makes the individual fit of mental disorders, and that the long-term absence or parental loss could create the child injury behavioral disorders and configure different behavioral responses of fear<sup>(2)</sup>.

Pre-attachment behaviors occur in the first six months of life. During the first phase (the first eight weeks), infants smile, babble, and cry to attract the attention of potential caregivers. Although infants of this age learn to separate between caregivers, these behaviors are directed at anyone in the surrounding area. During the second phase (two to six months), the infant progressively more discriminates between familiar and unfamiliar adults, becoming more responsive toward the caregiver following and clinging are added to the range of behaviors. Clear-cut attachment develops in the third phase, between the ages of six months and two years<sup>(3)</sup>.

In general, attachment is the emotional bond that individuals form with their caregivers over the course of their infancy<sup>(4)</sup>. The quality and timing of attachment could determine the quality of later development Patterns of Attachments. Attachment can be divided into two main categories: secure and insecure attachments. The parent-child relationship serves as a first of its kind for future relationships of the child. It is this first relationship that the child uses as a template to apply to future relationship experiences. In short, the quality of early relationships predicts later relationships, and success in later relationships takes root in the context of the parent-child<sup>(5)</sup>.

First years of a child's life is of great importance, as it represents the cornerstone of psychosocial growth in the following years, the psychologists as a decisive effect in shaping his personality. Attachment theory is a concept in developmental psychology according to which a strong physical and emotional bond to a preferred attachment figure, usually the mother, is crucial for a child's normal social and emotional development<sup>(6)</sup>.

Attachment behavior refers to the need of the infant to stay in close proximity to the caregiver. In cases of separation or detachment and has a protective and informative function. The protective function is in cases of danger when the infant seeks the proximity of its preferred attachment figure for security and reassurance. In the absence of danger, the instructive function allows the child to interrelate and explore its surroundings while the mother serves as a secure base<sup>(7)</sup>.

Attachments between infants and parents form even if this parents is not sensitive and responsive in social interaction with them .This has important implications. Infants cannot exit unpredictable or insensitive care giving relationships. Instead they must manage themselves as best they can within such relationships<sup>(8)</sup>. Secure attachment is when children feel secure in the presence of their caregivers. When the caregiver leaves the infant without help, the infant feels separation anxiety. Separation anxiety is what infants feel when they are separated from their caregivers<sup>(9)</sup>. The fears are more common in early childhood, as it looks familiar when age children (2-6) years. Fear itself is natural, but when it exceeds a certain limit turn into a disease or disorder worthy of treatment. This is nothing to fear researcher on our children, because it will affect all aspects of their development<sup>(10)</sup>.

The Show children that violence conveyed by the media, makes them feel scared, and the lack of the most important need for a sense of security. Studies have shown that children who watch violent movies or manifestation of killings that occur in the community, they are relatively more afraid of children who do not watch those movies or scenes<sup>(11)</sup>.

## **OBJECTIVES:**

The study aimed to assess secure attachment to mothers and social fear, in kindergartens' children and to identify the association between the secure attachment, social fear and some of mother's socio-demographic characteristics.

## **METHODOLOGY:**

**Design of the study:** A descriptive statistical analysis study using the techniques of assessment was conducted on kindergartens in the Babylon city. The study was carried out to assess the attachment to Mother of kindergarten children both gender (male and female) in kindergarten and to find out demographic data like; age of mother, level of education, economic state, child arrangement between brothers.

**Sample of the Study:** A purposive (non- probability) sample is selected for the study which includes (100) Child with his /her mother at kindergartens, which located in Babylon city.

**Data collection:** Data was collected by using interview technique with the mothers of children and who kindly accepted to participate in the study. Data was collected from February 18<sup>th</sup> to March 7<sup>th</sup> (2011). Each interview session took approximately (15-20) minutes.

**Instrument of the Study:** Assessment questionnaire consists of three parts:

**Part I:** contains demographic characteristics which included two sections: Section1: Mothers demographic characteristics .Section2: child's demographic characteristic

**Part II:-**Attachment questionnaires. Consisted of (48) item which are measured on 3 points likert scale, the 3 points are rated as, always, sometimes, and never, .And scored as 3, 2, and 1 respectively.

Reliability and validity of this tool is determined through application of a pilot study and panel of 13 experts.

**Statistical Methods:** Data were analyzed through the application of descriptive statistical (frequencies and percentages).and inferential analysis  $\chi^2$ .

**RESULTS:**

**Table 1: Distribution of the Sample Demographic Characteristic**

The Child			The Mother		
<b>Gender of Child</b>			<b>Age of mothers</b>		
<b>Gender</b>	<b>f</b>	<b>%</b>	<b>year</b>	<b>f</b>	<b>%</b>
Male	58	58	20-29	11	11%
Female	42	42	30-39	32	32%
Total	100	100	40-49	20	20%
<b>Order in family</b>			50	37	37%
1 <sup>st</sup>	42	42.0	Total	100	100%
2 <sup>nd</sup>	26	26.0	<b>Level of Education</b>		
3 <sup>rd</sup>	16	16.0	Level	f	%
4 <sup>th</sup>	9	9.0	Primary	17	17.0
5 <sup>th</sup>	4	4.0	Secondary	25	25.0
6 <sup>th</sup>	3	3.0	College and more	58	58.0
Total	100	100	Total	100	100%
<b>Type of School</b>			<b>Income</b>		
School	f	%	Level	F	%
Kindergarten	69	69%	Not Enough	76	76
Preschool	31	31%	Enough	22	22
Total	100	100%	Good	2	2
			Total	100%	

F= frequency      %= percentage

Table 1 indicates that the age of mother ranged between (25-29) years and 32%, the level of education recorded high percentage at 58% college and more & 17% primary, 76% of mother from no enough income, 58 % of children were males, 69% of children fall in preschool class, 42% is the 1st child in the family & 3% were the sixth .

**Table 2: Levels of Secure Attachment to Mothers**

Mild	f	%
Low	31	31 %
Moderate	40	40%
High	29	29%
Total	100	100%

L=low, Mild =32-47

M= Moderate =48-57

H= high =58-74

Table 2 shows that for level of attachment 29.0% (n=100) of those with level high and moderate have a 40.0%, 31.0% have a low secure attachment.

**Table 3: Distribution in Levels of Attachment in regard to Mother's characteristics**

		Secure Attachment Levels								Significance	
		Low		Moderate		High		Total			
Mother Demographic Characteristics	Age	Years	f	%	f	%	f	%	f	%	
		20-29	3	3%	4	4%	4	4%	11	11%	Chi <sup>2</sup> = 2.6 df= 6 p-value = 0.855
		30-39	9	9%	11	11%	12	12%	32	32%	
		40-49	7	7%	9	9%	4	4%	20	20%	
		≥50	12	12%	16	16%	9	9%	37	37%	
		Total	31	31%	40	40%	29	29%	100	100%	
	Primary	5	5%	7	7%	5	5%	17	17%	Chi <sup>2</sup> = 3.021 df=4 p-value =0.554	
	Secondary	5	5%	10	10%	10	10%	25	25%		
	College ↑	21	21%	23	23%	14	14%	58	58%		
	Total	31	31%	40	40%	29	29%	100	100%		
	Income	Not Enough	27	27%	28	28%	21	21%	76	76%	Chi <sup>2</sup> = 3.4 df=4 p-value =0.141
		Enough	4	4%	11	11%	7	7%	22	22%	
		Good	0	0%	1	1%	1	1%	2	2%	

Sig= significant      df=degree of freedom      chi<sup>2</sup>= Chi-square value

Table 3 revealed that there is no significant between mother age, level of education, family income and attachment.

**Table 4: Relationship between child demographic characteristic an level of secure attachments**

		Secure Attachment Levels								sig	
		Low		Moderate		High		Total			
Child Demographic Characteristics	Gender		f	%	f	%	f	%	f	%	
		Male	19	19%	24	24%	15	15%	58	58%	Chi <sup>2</sup> = .672 df=2 p-value=0.715
		Female	12	12%	16	16%	14	14%	42	42%	
	Total	31	31%	40	40%	29	29%	100	100%		
	Order in Family	Ist	14	14	13	13	15	15%	42	42%	Chi <sup>2</sup> = 8.27 df=10 p-value = 0.947
		2 <sup>nd</sup>	10	10	11	11	5	5 %	26	26%	
		3 <sup>th</sup>	3	3	7	7	6	6 %	16	16%	
		4 <sup>th</sup>	3	3	4	4	2	2 %	9	9%	
		5 <sup>th</sup>	0	0	3	3	1	1 %	4	4%	
		6 <sup>th</sup>	1	1	2	2	0	0	3	3%	
	Total	31	31%	40	40%	29	29%	100	100%		
	Class	Kindergarten	20	20%	25	25%	24	24%	69	69%	Chi <sup>2</sup> = 3.648 df=2 p-value =0.161
		Preschool	11	11%	15	15%	5	5%	31	31%	
Total		31	31%	40	40%	29	29%	100	100%		

Sig= significant      df=degree of freedom      chi<sup>2</sup>= Chi-square value

Table 4 shows that there is no significant in Levels of Attachment in regard to Child Order in Family at p-value more than 0.05

**Table 5: Levels of Social Fear to mothers**

Social fear	f	%
Mild	31	31.0%
Moderate	38	38.0%
Severe	31	31.0%
Total	100	100.0%

Mild= 27=46      Moderate= 47-53      High= 54-65

Table 5 indicates that 38% of those who were moderate level of social fear, 31% respectively mild and severe level.

**Table 6: Association between mothers demographic characteristic and level of social fear**

		Social Fear Levels								sig	
		Low		Moderate		High		Total			
Mother Demographic Characteristics	Age	Years	f	%	f	%	f	%	f	%	Chi <sup>2</sup> = 4.11 df= 6 p-value=0.661
		20-29	2	2%	5	5%	4	4%	11	11%	
		30-39	7	7%	15	15%	10	10%	32	32%	
		40-49	8	8%	6	6%	6	6%	20	20%	
		≥50	14	14%	12	12%	11	11%	37	37%	
		Total	31	31%	38	38%	31	31%	100	100%	
	Level of Education	Primary	7	7%	3	3%	7	7%	17	17%	Chi <sup>2</sup> = 3.76 df=4 p-value =0.439
		Secondary	7	7%	10	10%	8	8%	25	25%	
		College ↑	17	17%	25	25%	16	16%	58	58%	
		Total	31	31%	38	38%	31	31%	100	100%	
	Income	Not Enough	22	22%	28	28%	26	26%	76	76%	Chi <sup>2</sup> = 2.05 df=4 p-value=0.726
		Enough	8	8%	9	9%	5	5%	22	22%	
Good		1	1%	1	1%	0	0%	2	2%		
Total		31	31%	38	38%	31	31%	100	100%		

Sig= significant      df=degree of freedom      chi<sup>2</sup>= Chi-square value

Table 6 shows that there is no significant relationship between the child s social fear levels and all of their mothers demographic characteristic at p-value more than 0.05

**Table 7: Association between child demographic characteristic and level of social fear**

		Social Fear Levels								significant	
		Low		Moderate		High		Total			
Child Demographic Characteristics	Gender	Male	f	%	f	%	f	%	f	%	Chi <sup>2</sup> = .227 df=2 p-value=0.893
		Female	17	17%	23	23%	18	18%	58	58%	
		Total	14	14%	15	15%	13	13%	42	42%	
	Order in Family	1st	31	31%	38	38%	31	31%	100	100%	Chi <sup>2</sup> = 7.86 df=10 p-value = 0.642
		2 <sup>nd</sup>	14	14%	14	14%	14	14%	42	42%	
		3 <sup>th</sup>	7	7%	11	11%	8	8%	26	26%	
		4 <sup>th</sup>	4	4%	8	8%	4	4%	16	16%	
		5 <sup>th</sup>	4	4%	2	2%	3	3%	9	9%	
		6 <sup>th</sup>	0	0%	3	3%	1	1%	4	4%	
	Class	Total	2	2%	0	0%	1	1%	3	3%	Chi <sup>2</sup> = 1.65 df=2 p-value =0.427
		Kindergarten	31	31%	38	38%	31	31%	100	100%	
		Preschool	21	21%	24	24%	24	24%	69	69%	
	Total	10	10%	14	14%	7	7%	31	31%		
	Total	31	31%	38	38%	31	31%	100	100%		

Sig= significant df=degree of freedom chi<sup>2</sup>= Chi-square value

Table 7 show that there is no significant relationship between the child s social fear levels and all of their mothers demographic characteristic at p-value more than0.05

## DISCUSSION:

The results of the presented study reflected means members of the sample have a secure attachment towards their own mothers, that matter may be related to the nature of the social circumstances that makes mother the essential educated for the child, as well as, the person who meets the financial and the moral needs in the first step. Bad security circumstances in the country may let the child stay with mother for longer time than his staying with others.

It has been known out of the table 2 that patients are experience moderate level of secure attachment. This means that the sample have attached to their mothers, possibly due to the nature of social circumstances that make the parent educator preschool of the child and based on meeting the needs of the physical and moral in the first place, as well as the circumstances of the country due to the presence of the child with his mother a longer time than he was with other people. According to psychological researcher, a child becomes securely attached when the parent is available and able to meet the needs of the child in a responsive and appropriate manner. At infancy and early childhood, if parents are caring and attentive towards their children, those children will be more prone to secure attachment<sup>(9)</sup>.

The distribution in level of secure attachment in regard to child characteristics table 3 the result may indicated that the male and female live together in same environment and they are treated with the similar treatment by their mothers. the secure attachment is familiar for both male and female equally, by Howe, D who reported that a toddler who is securely attached to its parent (or other familiar caregiver) will explore freely while the caregiver is

present, typically engages with strangers, is often visibly upset when the caregiver departs, and is generally happy to see the caregiver return<sup>(10)</sup>.

children in the age (4-5 years), as was the difference for them, which of a group of kindergartners, reaching the level of attachment (69%), their attachment to the mother more than a preschool attached a group of children aged 5-6 years, as reached their attachment level (31%)<sup>(11)</sup>. Perhaps explains that children kindergarten still need their mothers to have meals, sleeping and changing clothes and other things that reflect secure attached child safe with his\her mother, while the children of the preschool stage have become more dependent upon and their self to meet some of needs, as well as the increased mixer with others, and so become less attached to their mothers. Then, they will be become less attachment to their mothers. This result is consistent with the opinion of psychoanalysis, which sees feeding the baby and meeting his \her satisfy biological needs which is considered the main and essential consent to form the vary the formation of President emotional intimacy Association (secure attachment) between mother and child<sup>(12)</sup>.

Regarding level of social fear, the table (6) indicate that 38% of those who were moderate social fear this means that social fear exists among members of the sample, and perhaps the reason for this is due to the quality of the treatment that the child receives from his\her parents which is characterized with excessive caution and vigilance as a result of the anxious circumstances that our country live in. As well as the negative social changes which our society recently. That led to spread of the social fear phenomenon, Mahmud<sup>(13)</sup>.

The distribution in level of social fear in regard to child characteristics the result indicates that children aged 4-5 years, which is the first stage to move away from his\her mother and the start of the merger in society mediated by enrollment kindergarten and mixing with peers, they are more cautious and fearful of others compared to children in the age (5-6 years) who are familiar with the kindergarten and the environment outside the home and other people, so that social fear less. This study is consistent with Apogzal<sup>(14)</sup> his opinion that a child transition from his mother's lap to kindergarten is a quantum leap influential on a child's life, a child lives amid his family is difficult for him to leave, and for this reason there may be some psychological and social problems and these result is consistent with Alusi<sup>(15)</sup> the view as it believes that the child loses his sense of security when moving to a strange environment for is not familiar to him, especially when away from the people who love and respect them.

## **CONCLUSIONS:**

The kindergarten children have moderate secure attachment and social fear to their Mothers.

## **RECOMMENDATION:**

Health and safety education program should be provided systematically and continuously for child care teachers.

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