

• 养育照护与生长发育专栏 •

幼儿社会情绪能力与母亲回应性照护的相关性

李平*, 郭佳佳*, 王艺诺

武汉大学中南医院儿科, 湖北 武汉 430071

摘要: **目的** 分析 12~36 月龄幼儿社会情绪能力与母亲回应性照护行为的关系, 为促进幼儿社会情绪发展提供干预依据。**方法** 采用便利抽样法, 于 2025 年 5—9 月对武汉大学中南医院儿科病房 269 名 12~36 月龄幼儿的母亲进行横断面调查, 采用中国城市婴幼儿社会情绪评估量表和婴幼儿回应性照护评价量表分别评估幼儿社会情绪能力及母亲回应性照护水平。采用单因素分析比较不同人口学特征幼儿社会情绪能力得分差异, 采用相关分析及多元线性回归分析母亲回应性照护与幼儿社会情绪能力的关系。**结果** 共回收有效问卷 248 份, 男童 130 人(52.42%), 女童 118 人(47.58%), 12~24 月龄幼儿 176 例(70.97%)。不同家庭子女数($t=6.76$)、居住地($F=23.11$)、母亲学历($F=3.88$)及家庭人均月收入($F=16.02$)幼儿社会情绪能力得分差异有统计学意义($P<0.05$)。母亲回应性照护总分与幼儿社会情绪能力总分呈正相关($r=0.596, P<0.01$)。线性回归分析显示, 回应性照护中的尊重自主性($\beta=1.102, 95\%CI: 0.543\sim1.661$)和回应性($\beta=0.856, 95\%CI: 0.317\sim1.395$)两个维度是幼儿社会情绪能力的正向预测因子($P<0.01$)。**结论** 12~36 月龄幼儿母亲回应性照护水平与幼儿社会情绪能力密切相关。建议加强对母亲养育技能的指导, 提升其敏感性与回应能力, 从而促进幼儿社会情绪健康发展。

关键词: 回应性照护; 社会情绪能力; 幼儿; 母亲

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Association between social-emotional competence of toddlers aged 12 - 36 months and maternal responsive caregiving

LI Ping*, GUO Jiajia*, WANG Yinuo

Pediatrics, Zhongnan Hospital of Wuhan University, Wuhan, Hubei 430071, China

Corresponding author: WANG Yinuo, E-mail: 404227419@qq.com

Abstract: **Objective** To analyze the association between social-emotional competence of toddlers aged 12 - 36 months and maternal responsive caregiving, in order to provide scientific basis for promoting the social-emotional development of children. **Methods** A cross-sectional survey was conducted from May to September 2025 using convenience sampling. A total of 269 mothers of 12- to 36-month-old children were recruited from the pediatric ward of Zhongnan Hospital of Wuhan University. The Chinese Version of Urban Infant-Toddler Social and Emotional Assessment Scale and Responsive Caregiving Rating Scale were used to assess the social-emotional competence of children and the responsive caregiving level of mothers, respectively. Univariate analyses were used to compare differences in social-emotional competence scores across demographic characteristics. Correlation analysis and multiple linear regression were performed to examine the association between maternal responsive caregiving and toddlers' social-emotional competence. **Results** A total of 248 valid questionnaires were collected. There were 130 boys (52.42%) and 118 girls (47.58%), with 176 (70.97%) children aged 12 - 24 months. Social-emotional competence scores differed significantly by number of children in the family ($t=6.76$), place of residence ($F=23.11$), maternal education level ($F=3.88$), and monthly family income per capita ($F=16.02$) ($P<0.05$). Maternal responsive caregiving was positively correlated with toddlers' social-emotional competence ($r=0.596, P<0.01$). Multiple linear regression analysis demonstrated that after adjusting for demographic confounders, the dimensions of respecting autonomy ($\beta=1.102, 95\% CI: 0.543 - 1.661$) and responsiveness ($\beta=0.856, 95\% CI: 0.317 - 1.395$) remained significant positive predictors of toddlers' social-emotional competence ($P<0.01$). **Conclusions** Maternal responsive caregiving is closely associated with social-emotional competence in toddlers aged 12 - 36 months. It is recommended to strengthen guidance on parenting skills, focusing on enhancing maternal sensitivity and responsiveness, so

作者简介: 李平(1990—), 女, 主管护师, 硕士在读, 主要研究方向为婴幼儿养育照护及儿童早期发展; 郭佳佳(1986—), 女, 主管护师, 本科学历, 主要研究方向为婴幼儿养育照护及儿童早期发展。

通信作者: 王艺诺, E-mail: 404227419@qq.com

注: * 共同第一作者。

as to foster healthy social-emotional development of toddlers.

Keywords: responsive caregiving; social emotional competence; toddlers; mothers

社会情绪能力是能够识别和管理情绪,建立并处理好人际关系,设定并实现积极目标,做出负责任决定的能力^[1]。在婴幼儿阶段,社会情绪能力包括情绪识别与表达、情绪调节、持续的注意力、求精动机、移情和亲社会同伴互动^[2]。社会情绪能力会影响个体认知、情感和行为的发展、人际关系及学业水平^[3],是未来人格和社会性发展的基础^[4-5],而社会情绪能力的不足易造成不安全的依恋,社交退缩、类孤独症行为等。相关研究表明,回应性照护和幼儿社会情绪能力发展紧密相关^[6]。

2016 年,《柳叶刀》儿童早期发展系列报告^[7]提出,高质量的养育照护是儿童早期发展的关键。WHO 等机构据此建立养育照护框架(2018)^[8],将回应性照护列为五大核心要素之一,要求照护者通过动作/声音识别、身体接触与语言互动及时响应儿童需求^[9]。该照护模式可降低发育迟缓风险^[10-11],促进认知、运动、语言及社会情绪等多领域发展^[6,12-15]。因此,本研究旨在探讨 12~36 月龄幼儿社会情绪能力与回应性照护的关系,为制定提升幼儿社会情绪能力发展策略提供依据。

1 对象和方法

1.1 对象 采用便利抽样法,于 2025 年 5—9 月在武汉大学中南医院儿科病房招募 12~36 月龄幼儿的母亲参与调查。纳入标准:1)幼儿年龄介于 12~36 个月;2)母亲年龄 ≥ 18 周岁;3)母亲自愿参加研究。排除标准:1)幼儿被诊断为发育行为障碍、遗传代谢性疾病或精神类疾病;2)母亲存在精神障碍病史。研究共发放并回收问卷 269 份,其中有效问卷 248 份,有效回收率为 92.19%。所有研究对象均签署知情同意书,本研究方案通过武汉大学中南医院医学伦理委员会审核(伦理批件号:2025120K)。

1.2 方法

1.2.1 一般人口学资料 一般人口学资料包括儿童年龄、性别、家庭子女数、是否为早产儿、居住地、母亲学历、家庭人均月收入、家庭结构等。

1.2.2 婴幼儿回应性照护评价量表 采用黄楹等^[16]开发的婴幼儿回应性照护评价量表(Responsive Caregiving Rating Scale, RCRS)评估 0~4 岁儿童家长的回应性照护水平。该量表包含促进认知与情感发展、回应性、尊重儿童的自主性 3 个核心维

度,共 16 个条目。量表采用 Likert 5 级评分法,选项从“非常不符合”(1 分)到“非常符合”(5 分),总分越高表示儿童家长的回应性照护水平越强。原始量表的内部一致性信度优异,整体 Cronbach's α 系数为 0.97。本研究 Cronbach's α 系数为 0.908。

1.2.3 幼儿社会情绪能力评估量表 采用美国学者 Carter 编制,国内学者张建端等^[17]翻译并修订的 12~36 月龄中国城市婴幼儿社会情绪评估量表(Chinese Version of Urban Infant-Toddler Social and Emotional Assessment, CITSEA)中的能力域量表评估 1~3 岁幼儿社会情绪能力发展水平。该分量表共包含依从性、注意力、模仿/游戏、求精动机、移情和亲社会同伴关系 6 个维度,共 35 个条目,采用 Likert 3 级计分法,从“不符合/偶尔”到“经常符合”分别记 0~2 分,量表总得分越高,反映幼儿的社会情绪能力发展越好。原量表内部一致性信度良好,Cronbach's α 系数为 0.94。本研究 Cronbach's α 系数为 0.945。

1.3 质量控制 2 名数据收集员均通过统一培训,规范指导语与流程;获取知情同意后发放纸质问卷;数据收集后进行统一审核,双人录入并核对数据。

1.4 统计学方法 用 SPSS 25.0 软件对资料进行统计分析,符合正态分布的计量资料以 $\bar{x} \pm s$ 描述,计数资料以频数(%)表示,采用 t 检验、单因素方差分析进行组间比较,各个维度的相关性采用 Pearson 相关性分析。幼儿社会情绪能力与回应性照护的关系采用多重线性回归进行分析。 $P < 0.05$ 为差异有统计学意义。

2 结果

2.1 一般人口学资料分析 本次回收有效问卷 248 份,其中男童 130 人(52.42%),女童 118 人(47.58%);幼儿平均年龄(22.44 ± 5.96)月,12~24 月龄段幼儿占比较高(70.97%);独生子女的家庭居多(79.84%);家庭人均月收入 ≤ 5000 元/月为 116 人(46.77%)。见表 1。

2.2 幼儿社会情绪能力的单因素分析 单因素分析显示,不同居住地、母亲学历、家庭人均月收入及家庭子女数的幼儿社会情绪能力得分差异有统计学意义($P < 0.05$)。见表 1。

表 1 不同人口学特征的幼儿社会情绪能力得分($n=248$)

Tab. 1 Social emotional competence scores of toddlers with different demographic characteristics ($n=248$)

变量	例数(%)	社会情绪能力得分($\bar{x} \pm s$)	t/F 值	P 值
儿童性别	男	130 (52.42)	0.39 ^a	0.700
	女	118 (47.58)		
儿童月龄	12~24	176 (70.97)	1.09 ^a	0.278
	25~36	72 (29.03)		
家庭子女数	1 个	198 (79.84)	6.76 ^a	<0.001
	≥2 个	50 (20.16)		
儿童是否为早产儿	否	238 (95.97)	1.16 ^a	0.246
	是	10 (4.03)		
母亲年龄(岁)	18~25	14 (5.65)	0.28 ^b	0.759
	26~30	186 (75.00)		
	31~40	48(19.35)		
居住地	农村	28 (11.29)	23.11 ^b	<0.001
	城镇	81 (32.66)		
	城市	139 (56.05)		
母亲学历	高中/中专	28 (11.29)	3.88 ^b	0.020
	大专	93 (37.50)		
	本科及以上	127 (51.21)		
家庭人均月收入(元)	≤5 000	116 (46.77)	16.02 ^b	<0.001
	>5 000~10 000	109 (43.95)		
	>10 000	23 (9.27)		
家庭结构	核心家庭	218 (87.90)	1.70 ^a	0.089
	非核心家庭	30 (12.10)		
母亲职业	在职	208(83.87)	1.33 ^a	0.185
	非在职	40 (16.13)		

注:^a t 值,^b F 值。

2.3 幼儿社会情绪能力与回应性照护相关性分析

Pearson 相关分析显示幼儿社会情绪能力与回应性照护总分呈正相关($r=0.596, P<0.01$)。幼儿社会情绪能力与回应性照护中的促进认知与情感发展、回应性、尊重自主性维度均呈正相关($r=0.440$ 、 0.557 、 $0.579, P<0.01$)。见表 2。

表 2 幼儿社会情绪能力与回应性照护的相关分析(r)

Tab. 2 Correlation analysis between toddlers' social-emotional competence and responsive care scores(r)

项目	1	2	3	4	5
1 社会情绪能力	1				
2 促进认知与情感发展	0.440*	1			
3 回应性	0.557*	0.554*	1		
4 尊重自主性	0.579*	0.571*	0.725*	1	
5 回应性照护总分	0.596*	0.873*	0.847*	0.856*	1

注: * $P<0.01$

2.4 幼儿社会情绪能力与回应性照护的线性回归分析

以幼儿社会情绪能力总体水平为因变量,回应性照护各维度为自变量,进行多因素线性回归分析,模型整体检验具有统计学意义($R^2=0.412, F=19.76, P<0.001$)。在调整了家庭子女数、母亲学历、居住地、家庭人均月收入等混杂因素后,回应性照护的回应性和尊重自主性维度仍是幼儿社会情绪

能力的正向预测因子($P<0.01$)。见表 3。

表 3 幼儿社会情绪能力和回应性照护的线性回归分析

Tab. 3 Linear regression analysis of the influence of the maternal responsive care on toddlers' social-emotional competence

分组	β 值	t 值	P 值	95%CI
促进认知与情感发展	0.265	1.758	0.080	-0.032~0.562
回应性	0.856	3.124	0.002	0.317~1.395
尊重自主性	1.102	3.892	<0.001	0.543~1.661

3 讨 论

3.1 幼儿社会情绪能力受多种因素影响 本研究结果显示不同家庭子女数、母亲学历、居住地和家庭人均月收入的幼儿社会情绪能力得分差异有统计学意义($P<0.05$)。在多子女家庭中,幼儿有更多机会与兄弟姐妹互动,在同伴交往中锻炼情绪识别、表达和调节能力。Ye 等^[18]的研究指出,同胞移情在儿童总体移情能力与同胞关系质量之间起显著的中介作用,良好的同胞关系又反过来促进儿童社会情绪的健康发展。朱小惠^[19]对 2~3 岁幼儿的研究也证实良好的同伴关系和兄弟姐妹的情感能够促进幼儿移情能力发展。同时,张媛媛等^[4]也指出独生子女的社会情绪能力异常检出率高于非独生子女。此外,多子女家庭的母亲可能在养育实践中积累了更

丰富的经验,对儿童信号的识别和回应更为娴熟。高学历母亲具备丰富的科学育儿知识,更重视社会情绪能力的培养,能提供更优质的照护和学习机会^[20-23];农村地区游戏与阅读材料缺乏^[20],育儿活动互动不足^[24],不利于幼儿社会情绪发展;高收入家庭可提供更多资源并采取积极教养方式^[10];低收入家庭难以获取经济资源,可能会面临更高的创伤和暴力风险,这在一定程度上对儿童的社会情感能力产生了负面影响^[25]。因此,建议对独生子女、母亲低学历、农村及低收入家庭提供重点个性化养育指导和延续性护理支持。

3.2 幼儿社会情绪能力和回应性照护的关系 研究显示,幼儿社会情绪能力与回应性照护呈正相关,即母亲回应性水平越高,幼儿社会情绪能力发展越好,与于海燕等^[26]的研究结果一致。作为幼儿首要照护者,母亲通过持续互动形成对儿童信号的敏感性与解读能力,其积极的情感回应有助于促进儿童社会情绪健康发展。祁月等^[10]研究指出回应性照护不足的 2 月龄婴儿,其生长发育迟缓与个人-社会发育滞后风险增加,且该影响可持续至 6 月龄。Trude 等^[27]的研究表明,回应性照护可缓冲家庭逆境对儿童认知发展的消极影响,发挥认知保护作用。巴基斯坦的一项研究提示,0~2 岁期间获得充足回应性照护的儿童社会情感能力发展更好^[13]。

线性回归结果显示,回应性照护中的回应性影响幼儿的社会情绪发展。依恋理论指出,及时、敏感且恰当的回应是建立安全型依恋的基础^[28-29],该依恋关系促进幼儿情绪调节能力的发展^[30],进而推动其社会探索与社交技能的形成。因此,提高母亲回应性照护能力,有助于构建安全型依恋,是促进幼儿社会情绪健康发展的有效途径。

回应性照护中尊重幼儿自主性对其社会情绪发展具有重要影响。根据自我决定理论^[31],满足自主、胜任和关系三大基本心理需求,能够促进幼儿的内在动机和健康发展^[32]。母亲尊重幼儿好奇心,鼓励其自主探索和独立思考,适时引导而不强加干涉,有助于满足其自主需求,促进专注力、求精动机和情绪调节能力的发展。幼儿在自主探索中获得成功,可进一步满足胜任需求;而回应性照护所建立的安全型依恋则满足了关系需求。因此,回应性高且尊重自主的养育环境能协同满足幼儿全部基本心理需求,为其社会情绪能力发展提供全面支持。

3.3 本文局限性 本研究的样本仅来自一个医院儿科病房的儿童,存在选择偏倚,因病房中的儿童可能因健康状况不佳影响其社会情绪,不能代表健康

幼儿群体,所以研究结果的代表性和普适性有限,未来需扩大取样范围和样本量,并纳入更多社会情绪发展的影响因素。此外,主要照护者仅包含母亲,未涉及父亲及祖辈,后续研究可纳入不同照护者进行组间比较与差异化分析,以提供更具针对性的指导与培训。

综上所述,回应性照护对儿童社会情绪发展至关重要。国内相关实践仍较欠缺^[33],家庭对回应性照护指导需求较高^[34],但现有技能培训覆盖率不足 50%^[35]。今后应加强母亲社会情绪认知教育,推广标准化回应性照护培训,全面提升科学养育能力,以促进儿童社会情绪健康发展。

利益冲突声明 本文不存在利益冲突

数据可用性声明 本研究数据包含了参与者的个人信息、健康状况等敏感内容。在整个研究过程中,研究团队采取了多重数据保护措施,如数据加密、匿名化处理等,以确保数据的安全性和保密性。鉴于数据的敏感性质,无法公开原始数据。

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