

治療性馬背騎乘對自閉症兒童親子關係之初探

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摘要

本研究利用治療性馬背騎乘的原理與實務，結合整體環境以及治療課程的設計、編排，欲對自閉症兒童親子關係親密程度的增減，做一個事後的比較與批判。所以本研究提三個目的：一是治療性馬背騎乘的馬場環境之營造、親子互動的模式，是否對親子關係有正向的效果。二是瞭解治療性馬背騎乘對親子關係的現況與內涵。三是檢討治療性馬背騎乘可行方案，爭取納入全民健保。本研究是以質性研究中的深度訪談法作為研究方法，訪談五位參加治療性馬背騎乘親子活動的家長。接受訪談的家庭，應符合幾個要件：1、受訪家庭中，自閉症兒童須經醫生證明確定診斷是自閉症。2、既然是兒童，其馬背騎乘之活動年齡限制在6-10歲之間。3、參與活動的自閉症兒童必須未曾接受過馬術訓練。本研究的初探結果：(1)新環境互動經驗增強親子關係；新環境的體驗包含從家中到馬場的交通以及路程中的親子互動。(2)主動配合提升親子關係；馬場上父母親參與騎乘，給孩子正向的鼓勵。(3)穩定的情感依附促進親子關係；穩定的情感依附須要時間為橋樑，父母付出的呵護、關愛愈久，愈能鞏固穩定的情感依附。(4)常規性的運動有益親子關係；治療性馬背騎乘的代謝當量約為2.5-4，是一種緩和的運動，加上父母親的參與更有利於親子關係的維繫。

關鍵詞：治療性馬背騎乘、自閉症、親子關係

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