

研究資料

2歳児における身体活動量と睡眠・覚醒に関する研究

Study on quantity of physical activity and sleep / awakening of 2-year-olds child

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Abstract

In this study, the authors quantitatively measured daily quantity of physical activity and sleeping / awakening time for one example of 2-year-olds infant used by three-dimensional accelerometer "Actigraph".

The summary of the results were as follows.

1. Awakening time in a day of the 2 years and seven months old significantly increased more than that 1 year and eight months old ($p<0.01$) and sleeping time decreased significantly with it ($p<0.01$) and the difference times showed 67 minutes.
2. The action time of 2 years and seven months old became longer significantly ($p<0.05$) and awakening time of the up interval significantly increased ($p<0.05$) compared with that at 1 year and eight months old. Down interval became shorter significantly ($p<0.01$) and sleeping time of the down interval decreased significantly ($p<0.01$).
3. Although awakening time increased with aging and sleeping time decreased, statistical differences were not recognized between an afternoon nap and rates of sleeping time.
4. An average physical activity in a day of this infant increased significantly ($p < 0.001$). Therefore, it was suggested that quantity of physical activity increases with aging.

Finally, this study reports and analyzes quantity of physical activity and sleeping / awakening rhythm of a 2-year-olds infant and reports their results.

キーワード 身体活動量, 睡眠・覚醒, アクティグラフ
physical activity , sleep / awakening , Actigraph

1. 緒言

近年, 家庭や社会環境の多様化に伴い, 幼児の生活リズムは乱れつつあり, 身体活動量も減少していることが指摘されている(宮下, 2009). 特に家庭環境が子どもの生活リズムに与える影

響は大きく, 子どもの就寝時刻を決める要因として, 母親の平日の起床時刻が抽出されている(新小田, 2009). 生活リズムの中でも1番重要とされているのが睡眠のリズムである(石田, 2003). 子どもの睡眠時間と生活リズムに関しては, 厚