

運用音樂治療提升特殊幼兒注意力之成效探討

李玲玉

朝陽科技大學幼兒保育系

中文摘要

本研究為探討音樂治療對特殊幼兒提升注意力之成效，藉由團體音樂活動的設計，讓特殊幼兒透過音樂課程之歡迎歌、點名歌、童謠教唱、音樂遊戲、音樂故事、音樂欣賞、舒緩情緒和再見歌等活動改善其注意力不集中之情形，促進師生關係及團體互動，進而拓展人際互動關係，達到適當的社會適應、溝通能力以及自我表現能力的發展。本研究為期三個月，進行時間於每週三早上，每次課程介於四十至五十分鐘。研究目的為：一、藉由音樂活動的介入，探討音樂活動提升特殊幼兒注意力的成效；二、探討個案在音樂活動課程中之注意力的轉變歷程。研究設計採用參與觀察法進行，選取中部某幼稚園三位特殊幼兒為分析對象。本研究資料蒐集的方式有參與觀察、協同教學觀察、訪談等，並輔以錄影做事後回顧等多元方法。資料的分析以質性敘述為主，量化資料為輔。本研究獲得之結果如下：（一）施行的音樂活動類別中，「音樂故事」的注意力成效（得分）最高，其次為「歡迎歌」、「點名歌」與「童謠時間」。（二）本研究之音樂活動，對於幼兒注意力發展有明顯之成效。另外，由家長填寫之音樂活動回饋表之結果亦支持本研究之成效。有鑒於此，藉由本研究的發現，提供家長、教育機構或對此議題有興趣者作為有效之資料參考來源。

關鍵詞：音樂治療、音樂活動、特殊幼兒、注意力

Exploring the Efficiency of Music Therapy in Enhancing the Attention Span of Young Special Needs Children

Liza Lee

Department of Early Childhood Development and Education,
Chaoyang University of Technology

Abstract

This study investigated the efficiency of music therapy in enhancing the attention span of young special needs children. Through group musical activities – such as a “hello” song, attendance song, singing, musical games, musical storytelling, music appreciation, relaxation time and goodbye song – music can improve attention span and enhance social skills and self-expression.

The purposes of the study were: (1) to improve the attention span of young special needs children through music activities; (2) to investigate the level of progress made by the subjects. The duration of the study was three months, 40 to 50 minutes once per week.

The results were interpreted based on data collected via a semi-structured musical activities observation form, interviews with parents, musical activities feedback form, and researcher’s activity log. Cross-comparison was conducted on the quantified data and related original documents to increase the objectivity and reliability of the research results. The research findings included:

1. In comparing the efficacy of musical activities, the storytelling enabled the greatest attention span improvement, followed by the “hello” song, attendance song and singing time.
2. The results showed that music activities enhanced the attention span of young special needs children.

The parents’ feedback forms also supported the results. Therefore, the findings of the study provide an important resource and reference for parents and educators.

Keywords: Music Therapy, Music Activities, Special Needs Children, Attention Span