**Review**

**Implications of secure and insecure attachment of mother and child:**

*A review*

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**Abstract**

Behaviorists believe that the need for attachment is a prerequisite need and many aspects related to it are innate. Therefore, mother and child attachment is more than nutritional needs during infancy. Early interactions between parents and infants seem to be the basis for future interactions and other behaviors in childhood, adolescence and even adulthood. Therefore, the purpose of this study is to review the implications of secure and insecure attachment of mother and child.

This study is a review which to compile it, search was conducted in database such as Google scholar and more specially databases such as MEDLINE, SID (Scientific Information Database), Magiran, PubMed, SCOPUS, Science Direct and Cochrane with using the keywords such as secure attachment, insecure attachment, mother and child and attachment implications. First, 78 articles were searched, after abstracts screening stage, 44 articles were excluded from the research due to lack of their relevance or repetition. Finally, 34 articles were used to write this review article.

The findings of this study lead to the classification of the contents in four main categories as follows: 1-Short-term implications of mother and child secure attachment (feeling security, preparing for social challenges, creating positive relationships with peers, facilitating learning of social interactions and emotional adjustment skills, self-efficacy, collaboration with adults, improvement memory performance, academic achievement, problem solving skills and stress reduction), 2-Long-term implications of mother and child secure attachment (performing more aerobic exercise, less smoking, narcotics or alcohol, more healthy eating habits, better sleep habits, using more safety belts, less indecency and immorality in sex), 3-Short-term implications of mother and child insecure attachment (anxiety, fear and panic, negative social-emotional growth such as rape, hostility, social retardation, physical health side effects such as growth disorder, eating disorder), 4. Long-term implications of mother and child insecure attachment (kleptomania, lying, sexual obsessions, sadism, negative perception to parental support).

Considering the short-term and long-term effects of attachment, it can be stated that by identifying the factors of maternal behavior which affecting the attachment and training of mothers and providing opportunities for attachment of children, we can help to increase the growth of the secure attachment.

**Keywords:** Secure attachment, insecure attachment, mother and child, attachment implication.
در بررسی بر پیامدهای دل‌بستگی ایمن و ناایمن مادر و کودک
زنین جعفری قره‌باغی، زهره شاه حسینی، سیه‌ی نی‌قدسی‌کارگر

چکیده
دل‌بستگی مادر و کودک فراتر از نیازهای تغذیه‌ای در دوران نوزادی می‌باشد. به‌نظر می‌رسد تعاملات زودرس والدین و نوزادان پایایی برای تعاملات آینده و رفتارهای دیگر در دوران کودکی نوزایی و حتی پزشکانی می‌باشد. لذا هدف از مطالعه حاضر بر پیامدها نقلی می‌باشد. جهت نگارش این خلاصه مقاله با استفاده از کلیدواژه‌های دل‌بستگی ایمن، دل‌بستگی ناایمن، مادر و کودک، پیامده دل‌بستگی، در پایگاه‌های اطلاعاتی Google Scholar, Science Direct, PubMed, Scopus, Magiran, SID, Medline جستجو انجام شد. ابتدا 87 مقاله جستجو شد و پس از خواندن خلاصه مقالات 44 مقاله به علت عدم ارتباط و تکراری بودن از تحقیق خارج شد. در نهایت از داده‌های 44 مقاله جهت نگارش این خلاصه مقاله استفاده گردید.

مطالعات حاضر به توجیه آثار کوتاه‌مدت و بلندمدت ناشی از دل‌بستگی می‌تواند چنین بیان کند که با شناسایی عوامل رفتار مادر مؤثر بر دل‌بستگی و آموزش مادران و با ارائه فرصت‌های آموزشی برای دل‌بستگی فرزندان، می‌توان به افزایش رشد دل‌بستگی ایمن همت گماشت.

واژه‌های کلیدی: دل‌بستگی ایمن، دل‌بستگی ناایمن، مادر و کودک، پیامد دل‌بستگی.