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1.

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(, 1985).

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30-70

(, 1991; Newman & Newman, 1984; Stevenson, 1977)

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가

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(LaRocco & Polit, 1980; Newman & Newman, 1984).

40

45-55

(1992; Bee & Mitchell, 1980; Gould, 1972).

(Taylor et al, 1982).

(Surgeon's Report, 1979).

(, 1987;

, 1986;

, 1986; Hunter, 1990; Mattew et al, 1990; Rothert et al, 1990),

(, 1992)

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가 1

(Judd, 1986).

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(Pender & Pender, 1987)

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(Bee & Mitchell, 1980).

35

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, 1991).

(Judd, 1986).

(Griffith-Kenny, 1986),

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가

(Lock, 1991; Maoz et al, 1977; Voda, 1985)

(, 1991; Reeder et al, 1992).

(Lock, 1991).

가 .
(Ardell, 1979),
(Pender & Pender, 1987)
.(Pender, 1982).
. Pender (1987)
- 가 - 가
Pender가

. Weitzel(1989) 20- 60 193
, Diclemente, Prochaska,
Gibertini(1985) 가
. Kelly, Zyzanski, Alemagno(1991)
, 6가 가

Duffy(1988)
20% , (1990)
30.66% , Speake,
Cowart, Pellet(1989)

(1986) 40- 59 232 가 가
, (1990) 40- 59
194 (r=- .42, p<.001).
(1987) 40- 60 , , , ,
, (1984) 가
가 (p=.02), (1992) 가 5
가

(, 1985;
, 1988; Brown, 1986; Duffy, 1988;Johnson et al, 1993; Walker et al, 1988), Gottlieb (1984)
, Frank (1992) 가 가
가 , 가

가

1. 1994 6 7 30-59 285 1 240

2. 가 (, 1991; Walker, Sechrist & Pender, 1987) 43 6 “(1) ” “(5) 가 Cronbach's alpha .94 Speake (1989) 3 “ ”(1) “ ”(5) 5 가 가 가 (Maoz et al, 1977; , 1987; , 1986) 가 18 “ ”(0) “ ”(5) 6 가 가 Cronbach's alpha .89 Wallston (1978) 18 “ ”(6) “(1) 6 가 가 Cronbach's alpha .80 (Bandura & Adams, 1977; , 1992) 가 12 0- 100 가 가 가 Cronbach's alpha .87 가 Olson (1993)가 20 가 가 가 Cronbach's alpha .90

3. SAS chi-square test, ANOVA stepwise

multiple regression

4.

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< 1>

		(N=75)	(N=89)	(N=76)	chi-square	P
		N (%)	N (%)	N (%)		
()	30-39	15(20.00)	19(21.35)	0(0.0)	152.93	.000
	40-49	57(76.00)	66(74.16)	14(18.42)		
	50-59	3(4.00)	4(4.49)	62(81.58)		
()	- 11	24(32.00)	9(10.11)	14(18.42)	15.47	.004
	12- 13	28(37.33)	39(43.82)	39(51.32)		
	14-	23(30.67)	41(46.07)	23(30.26)		
		26(34.67)	17(19.10)	25(32.89)	6.00	.050
		49(65.33)	72(80.90)	51(67.11)		
		55(73.33)	75(84.27)	61(80.26)		
		20(26.67)	14(15.73)	15(19.74)	3.20	.202
		73(93.33)	86(96.63)	71(93.42)		
		2(2.67)	3(3.37)	5(6.58)		
		70(93.33)	82(92.13)	59(77.63)	11.13	.004
		5(6.67)	7(7.87)	17(22.37)		
	() Mean(S.D)	202.67(90.69)	202.92(91.94)	212.50(86.60)		
	Mean(S.D)	2.37(0.71)	2.32(0.64)	2.82(0.99)	F=9.28	.0001
가	Mean(S.D)	4.60(0.84)	4.52(0.83)	4.28(1.35)	F=2.05	.131
()	Mean(S.D)	3.36(1.48)	3.52(1.59)	5.22(2.79)	F=20.16	.0001
	Mean(S.D)	0.72(1.24)	0.88(1.11)	1.80(2.17)	F=10.90	.0001

40-49 76.2% 가 ,
 50-59 81.6% 가 (p=.001). 12
 89.9% 가 , 68.0% 가 (p=.004). 가
 34.7% 가 , 19.1% 가 (p=.05). 가 84.3%
 가 (p=.202).
 ,
 93.3%, 92.1%, 77.6%가 가 (p=.004).
 212.5 가 3 가 .
 가 4.6 가 3 가 ,
 5.2 가 , 3.4 가 (p=.0001),
 1.8 가 , 0.7 가 (p=.0001).

2.

3.26 가
3.73-3.78
2.62 -2.85
가 - < 2>

< 2>

	Mean (S.D)	Mean (S.D)	Mean (S.D)	F	P
	3.62(0.79)	3.78(0.63)	3.59(0.87)	1.53	.219
	2.75(0.61)	2.85(0.73)	2.79(0.76)	0.42	.660
	2.62(0.77)	2.71(0.93)	2.65(0.86)	0.22	.804
	3.54(0.83)	3.53(0.79)	3.44(0.97)	0.31	.732
	3.77(0.74)	3.63(0.80)	3.73(0.88)	0.63	.535
	3.10(0.80)	3.63(0.80)	3.14(0.86)	0.46	.632
	3.19(0.56)	3.26(0.55)	3.18(0.70)	0.41	.664

2.76 가 , 2.93 가
1.02 가

1.21 < 3>

< 3>

	Mean (S.D)	Mean (S.D)	Mean (S.D)	F	P
	2.76(0.83)	2.93(0.85)	2.83(0.90)	0.79	.453
	1.02(0.71)	1.21(0.71)	1.21(0.83)	1.07	.184
가	3.47(0.56)	3.46(0.62)	3.59(0.74)	1.00	.368
	4.24(0.55)	4.20(0.64)	4.34(0.60)	1.22	.298
	66.67(15.35)	64.09(16.21)	64.99(16.29)	0.54	.584

가 3.59 가 , 3.46
4.34 , 4.20
64.09

3.

, 가 , , 가 , ,
, 가 , ,

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	R ²	R ² change	F	P
	.1161	.1161	9.46	.003**
가	.1679	.0517	4.41	.039*
가	.2290	.0611	5.55	.021*
	.2721	.0431	4.09	.047*

1988; Duffy, 1988; Speake et al, 1989)

4.3%

스리

(,)

가 , , , 가

, 가 , 가 ,

가 , ,

가

가

가

30-59

240

SAS

(75) ,

(89) ,

(76)

stepwise multiple regression

1)

2)

(3.59-3.78)

(2.75-2.85)

(3.63-3.77),

3)

27.2%가,

43.8%가,

,가 ,가 ,

가 , ,

41.6%가

가

,가

가

가

1)

2)

가

3)

1. (1992). _____.
2. (1985). _____
_____. 15; 2, 49-59.
3. , , (1992).
4. (1987). _____.
5. (1991).
6. (1987). _____
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7. (1991).
8. (1984). _____가 _____.
9. (1993). _____가 _____.
10. (1992).
11. (1988). _____,
18, 118-127.
12. (1989). _____, _____,
13. , (1985).
14. (1986). _____.
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- Abstract -

Health promoting life-style in middle-aged women by menstrual status

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The purpose of this study was to investigate health promoting life-style(HPLS) and its predictors by menstrual status among middle-aged women. The HPLS was conceptualized to have six domains such as self-actualization, responsibility for health, nutrition, exercise, interpersonal relationships, and stress control. Those predictors included three sociodemographic factors and five cognitive factors. Menstrual status was classified into three stages : regular menstrual(premenopausal), menopausal, and postmenopausal stages. Data were collected from 240 women between 30 and 59 years through self-reported questionnaires. Chi-square test, ANOVA, and stepwise multiple regression techniques were used to analyze the data.

The results are summarized as follows :

1. The HPLS activities, when aggregated, were not statistically different across the three groups. The activities of the domains of interpersonal relationships and self-actualization were higher than those of other domains. On the other hand, the activities of the domains of exercise and responsibility for health were lower than those of the other domains.
2. The predictors explained 27.2%, 43.8%, and 41.6% of the variance of HPLS in the regular menstrual, the menopausal, and the postmenopausal groups, respectively.
3. In the regular menstrual group, total HPLS was significantly predicted by monthly income, family support, number of family members and education level at the .05 level in the

HPLS.

4. In the menopausal group was significantly predicted by self efficacy.
5. The HPLS activities of the postmenopausal group were significantly predicted by family support, self efficacy, and monthly income at the .05 level in the HPLS.