

:

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1.

가  
 . , 가 6 7  
 3 4  
 10 가 가 , ,  
 가 (1994) 가 ( ,1989).  
 “ ” 가  
 , ( ,1992). (1989) , ( ,1992).  
 가 64:36, 61:40 가  
 .  
 (Diann,1983),  
 65 10%, 80 20% (Freda, 1987).  
 (1995) 8 가  
 3 . ,

2.

가  
 .  
 1) , ,  
 2) 가?

3)           가       가?

**3.**

1)

2)

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**1.**

3

가

가

가

Leonard B. Breen

1)

가

2)

가

3)

4)

가

5)

(       ,       , 1987)

Breen(1960)

1)

2)

3)

(1994)

가

가 가

(chronological age : 歷年齡)

(biological age),

(social age),

(psychological age),

(self-awaring age)

가

가

가

가

(歷年齡)

(       , 1993).

가 歷年齡 65 가 ( ,1987).

2. Timiras(1972) “ 가 ” 가 가

1) 가 가 (Sacher, 1966).

2) 가 (Comfort, 1964). Shock(1960) 가

3) 가 가 (collagen) 가

4) 가 (Bromley, 1970). Makinodan(1977) 가

3. 가 . Erikson

가 ‘ 가 ’ 가 ‘ ’

(,1993). 가 , ,  
가 , 가  
(,1995). 가

가  
4.

, ,  
가 가  
(,1995).

. Butler Lewis(1973)

, ,  
가  
(Harris,1995).

1.

65  
(descriptive correlational studies)

2.

가 65

, 280 . 1995 9 12 10 27  
35

3.

, , (1990)  
가  
1 5 . 가 가  
20

Cronbach's Alpha .845, .849, .926

4.

SAS

ANOVA

, Pearson Correlation Analysis

1.

280 < 1> (1992) 1995 (65 69 가 38%, 70 74 가 29%, 75 79 가 18%, 80 15% )

< 1>

	( )	(%)
65 69	100	36
70 74	73	26
75 79	54	19
80	53	19
+	119	43
+	102	26
+	59	21
	90	32
	132	47
	24	9
	26	9
	8	3
有	54	20
無	226	80
	40	14
	22	8
	218	78

(N=280)

, 226 (80%) (1985), (1987), (1994) (1995) , 가 52%, 가 48% , 78% 가

가  
 2. , ,  
 < 2> 5 (4.748),  
 (4.302), (4.062), (3.879), (2.431), (1.336)  
 , 3.722 가  
 가  
 (52:48) (1990)  
 4.054 , ,  
 30%, 70% (1995) 가 3.806  
 가 가

< 2>

4.052	1.020
2.431	0.770
4.748	0.613
4.302	0.828
3.879	0.930
1.336	0.847
3.723	0.538
4.162	0.769
3.276	0.898
3.484	0.781
3.275	0.734
3.270	0.756
1.362	0.655
3.270	0.910
3.011	0.700
2.402	1.203
2.558	1.108
2.585	0.547
3.264	0.612

3.484 ,  
 ( ,1987), 78%  
 가 가  
 2.585 3.0 , , ,  
 , , , , ,  
 80%가 가 , 가 가 ,  
 78%가 , ,가 가

3.

(P<.005)

(< 3> ).

< 3>

		Mean	S.D.	F	P	Mean	S.D.	F	P	Mean	S.D.	F	P	Mean	S.D.	F	P
65	69	4.355	0.851			2.600	0.757			4.860	0.439			4.515	0.773		
70	74	3.904	1.030	5.87	0.0007	2.356	0.637	2.71	0.0457	4.760	0.578	4.72	0.0031	4.233	0.736	8.89	0.0001
75	79	4.037	1.027			2.370	0.975			4.787	0.441			4.444	0.718		
80		3.698	1.153			2.27	0.685			4.481	0.945			3.849	0.969		
	+	4.067	0.989			2.465	0.768			4.752	0.596			4.282	0.791		
	+	4.034	1.054	0.03	0.9720	2.435	0.738	0.40	0.6734	4.800	0.484	1.07	0.3444	4.377	0.762	0.81	0.4466
	+	4.051	1.041			2.356	0.832			4.653	0.816			4.212	0.997		
		3.890	1.139			2.422	0.785			4.767	0.546			4.297	0.909		
		4.091	0.984			2.422	0.785			4.705	0.707			4.295	0.817		
		4.125	0.992	1.07	0.3718	2.333	0.786	0.13	0.9719	4.646	0.683	1.00	0.4084	4.083	0.776	0.78	0.5398
		4.154	0.881			2.462	0.772			4.885	0.257			4.385	0.752		
		4.500	0.756			2.500	0.591			5.000	0			4.625	0.518		
	有	4.241	0.950	2.39	0.1232	2.549	0.895	1.86	0.1735	4.741	0.775	0.03	0.8730	4.343	0.980	0.18	0.6696
	無	4.002	1.033			2.393	0.722			4.756	0.565			4.289	0.790		
		4.013	0.977			2.500	0.877			4.763	0.600			4.300	0.791		
		4.318	0.945	2.14	0.0760	2.500	0.649	0.77	0.5461	0.955	0.147	1.25	0.2897	4.477	0.932	0.39	0.8184
		4.264	0.847			2.428	0.784			4.771	0.687			4.334	0.654		

		Mean	S.D.	F	P	Mean	S.D.	F	P	Mean	S.D.	F	P
65	69	4.222	0.712			1.605	1.040			3.948	0.415		
70	74	3.953	0.793	13.39	0.0001	1.295	0.799	6.49	0.0003	3.175	0.491	15.96	0.0001
75	79	3.689	1.044			1.176	0.623			3.658	0.489		
80		3.321	1.050			1.047	0.503			3.369	0.646		
	+	3.945	0.910			1.261	0.761			3.726	0.528		
	+	3.925	0.829	2.01	0.1360	1.446	0.879	1.40	0.2475	3.770	0.465	1.27	0.2811
	+	3.664	1.103			1.300	0.943			3.630	0.660		
		3.591	1.024			1.262	0.766			3.635	0.552		
		3.929	0.894			1.375	0.852			3.718	0.542		
		4.075	0.821	4.38	0.0019	1.292	0.955	0.27	0.8941	3.713	0.544	2.21	0.0678
		4.154	0.727			1.385	0.898			3.892	0.473		
		4.600	0.566			1.375	1.188			4.100	0.385		
	有	4.289	0.871	13.67	0.0003	1.685	1.163	11.73	0.0007	3.889	0.604	6.56	0.0110
	無	3.779	0.920			1.253	0.732			3.682	0.516		
		3.860	0.871			1.388	0.755			3.718	0.523		
		4.455	0.612	4.58	0.0014	1.727	1.162	4.30	0.0022	4.023	0.360	3.93	0.0040
		4.057	0.358			1.469	0.984			3.821	0.582		

(P<0.001).

(1985),

(1988),

(1991)

가

가

(P<.005),

가

가가

가가

(P<.005).

(1990)

가

(P<.005),

(1990)

(McClelland, 1982 : Quinn, 1983), (1994)

가

가

가

(P<.01).

가

가

(P<.0003).

4.

(P<.005), 65 69

가

가 , 80

가 가

(< 4> ).

(1990)

(1985)

< 4>

	Mean	S.D.	F	P	Mean	S.D.	F	P	Mean	S.D.	F	P
65-69	4.355	0.561			3.400	0.844			3.623	0.708		
70-74	4.219	0.635	8.84	0.0001	3.240	0.929	2.95	0.0330	3.471	0.752	4.67	0.0034
75-79	4.162	0.760			3.392	0.848			3.573	0.750		
80	3.720	1.072			2.978	0.953			3.152	0.900		
+	4.120	0.787			3.390	0.926			3.562	0.807		
+	4.221	0.651	0.49	0.6133	3.193	0.849	1.67	0.1908	3.435	0.723	1.02	0.3614
+	4.144	0.915			3.190	0.914			3.415	0.822		
	4.122	0.829			3.158	0.846			3.825	0.766		
	4.131	0.713			3.285	0.928			3.484	0.787		
	4.230	0.675	1.91	0.1094	3.276	0.756	1.44	0.2217	3.500	0.649	1.54	0.1900
	4.154	0.936			3.586	0.790			3.719	0.779		
	4.875	0.231			3.606	1.189			3.904	0.949		
有	4.338	0.779	3.59	0.0591	3.437	0.891	2.07	0.1514	3.649	0.779	2.91	0.0892
無	4.118	0.764			3.242	0.897			3.448	0.778		
	4.325	0.605			3.298	0.902			3.540	0.717		
	4.364	0.468	3.64	0.0066	3.413	0.834	1.03	0.3904	3.636	0.718	1.61	0.1723
	4.320	0.850			3.386	0.645			3.607	0.707		

가

5.

가

(P<.0001)

(< 5> ).



< 5 >

	Mean	S.D.	F	P	Mean	S.D.	F	P	Mean	S.D.	F	P	Mean	S.D.	F	P
65 69	3.477	0.748	4.92		3.338	0.726			1.619	0.965			3.003	0.825		
70 74	3.112	0.641		0.0024	3.201	0.755	1.34	0.2616	1.391	0.728	5.08	0.0019	3.185	0.846	1.44	0.2319
75 79	3.293	0.736			3.367	0.755			1.158	0.522			2.917	0.869		
80	3.101	0.748			3.135	0.806			0.631	0.104			2.884	1.148		
+	3.315	0.700			3.305	0.754			1.290	0.566			2.955	0.818		
+	3.219	0.753	0.49	0.6149	3.257	0.772	0.27	0.7621	1.414	0.725	0.54	0.5820	3.074	0.951	0.46	0.6290
+	3.291	0.775			3.220	0.742			1.422	0.732			3.017	1.017		
	3.183	0.818			3.151	0.777			1.190	0.473			3.060	0.977		
	3.234	0.681			3.294	0.744			1.428	0.749			2.967	0.891		
	3.271	0.727	2.52	0.0418	3.160	0.698	1.51	0.1992	1.111	0.396	1.03	0.3896	3.035	0.811	0.16	0.9583
	3.660	0.597			3.462	0.781			1.573	0.891			2.955	0.991		
	3.521	0.499			3.604	0.648			1.718	0.917			3.021	0.545		
有	3.302	0.067	0.08	0.7738	3.343	0.730	0.65	0.4224	3.281	0.869	2.70	0.001	2.830	0.815	2.66	0.1041
無	3.270	0.751			3.250	0.764			0	0			3.055	0.930		
	2.630	0.658			2.812	0.751			0	0			3.300	0.930		
	2.977	0.620	13.43	0.0001	3.136	0.766	5.90	0.0001	3.500	0.701	70.57	0.0001	2.939	0.650	3.47	0.0087
	3.466	0.692			3.467	0.751			1.037	0.529			3.133	0.750		

  

	Mean	S.D.	F	P	Mean	S.D.	F	P	Mean	S.D.	F	P	Mean	S.D.	F	P
65 69	2.824	0.736			2.447	1.207			2.686	1.009			2.680	0.527		
70 74	2.973	0.658	0.76	0.5179	2.539	1.204	1.10	0.3506	2.625	1.124	1.34	0.2621	2.631	0.523	3.31	0.205
75 79	2.884	0.655			2.160	1.101			2.378	1.178			2.515	0.518		
80	2.819	0.735			2.374	1.284			2.408	1.181			2.413	0.606		
+	2.960	0.694			2.522	1.191			3.230	0.898			2.686	0.528		
+	2.800	0.752	1.63	0.1984	2.441	1.246	2.66	0.0716	2.480	0.883	98.59	0.0001	2.578	0.529	5.81	0.0034
+	2.826	0.606			2.090	1.113			1.336	0.674			2.394	0.555		
	2.749	0.720			2.267	1.281			2.212	1.142			2.456	0.542		
	2.948	0.690			2.451	1.137			2.656	1.012			2.621	0.549		
	2.815	0.685	1.41	0.2322	2.347	1.172	0.69	0.5985	2.758	1.172	4.26	0.0023	2.542	0.512	2.51	0.0423
	2.940	0.645			2.571	1.354			2.862	1.202			2.765	0.554		
	2.625	0.740			2.813	1.056			3.350	10.812			2.818	0.352		
有	2.841	0.715	0.16	0.6940	2.463	1.131	0.15	0.7029	2.622	1.093	0.19	0.6646	2.960	0.514	34.93	0.0001
無	2.883	0.699			2.393	1.220			2.550	1.112			2.498	0.516		
	2.846	0.819			2.546	1.236			2.505	1.043			2.386	0.498		
	2.721	0.811	0.74	0.5682	2.409	1.154	2.49	0.0435	2.772	1.057	1.13	0.3446	2.921	0.467	8.45	0.0001
	2.971	1.354			2.664	1.128			2.707	0.788			2.784	1.064		

가 가 가  
(P<.0001), 가 가  
. 가 가 .  
(1987)  
(P<.05) .  
(P<.0001), 가 가  
가 가 가 가  
(P<.0001).



< 7 >

	0.23260*	0.39905*	0.40496*
	0.31653*	0.47791*	0.49379*
	0.14742	0.13730	0.15495
	0.25694*	0.36026*	0.37648*
	0.27937*	0.40207*	0.41846*
	0.23184*	0.32358*	0.33849*
	0.16968	0.20920*	0.22336*

\* P < .001

80%가 ,  
 ,  
 Thomas(1986) 가 ,  
 .  
 .  
 , , 가  
 . 65 280  
 , (1990) 1995  
 9 10 SAS .  
 1. 5 3.722  
 가 (4.054) .  
 3.484 , 78%가  
 . 2.585  
 6 7 가 80%가 가  
 2. 65 가 가  
 가 가 가 ,  
 가 가 가 ,  
 3. 가 , ,  
 4. 가 가 가 .  
 가 가 가 가  
 가 가

가 가

5.

6.

1.

가

가

2.

가

3.

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1. (1987).

2. (1987).

3. (1995).

, 7(2), 259- 269.

4. (1985). 가

5. (1989).

, 1989.

6. (1992).

8

, 8,

221- 236.

7. (1989).

8. (1995).

9. (1993).

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10. (1994).

, 21

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, 129- 148.

11. (1988).

12. , (1985).

, 103- 124.

13. (1994). 가

14. , (1987).

15. (1987).

16. (1989).

가

17. , , , (1990). , , 20(3), 307-323.
18. , , (1990). , , 2, 14-38.
19. , (1991). , , 3, 70-96.
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**- Abstract -**

**Key concept : health status of aged women**

## **A study on the Physical, Mental and Social Factors Influencing the Health Status of Aged Women in Korea**

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A total health state evaluation of Korean female elderlies was made by using the questionnaire scheme measuring the physical, mental and social functions of the elderlies, in order to investigate the critical factors for the health maintenance of female elderlies and to develop their preventive nursing program. A total of 280 subjects over 65 years old living in Seoul and the suburban area were selected and interviewed during the period of September and October in 1995. The materials collected were analyzed statistically by using SAS data processing program, and the results and recommendations are summarized as follows.

1. The physical health state of Korean elderly women was evaluated to be satisfactory by showing an average score of 3.722 in 5.0 full-score scale. But this score was lower than those evaluated for the elderlies combined both sexes(4.054). The mental health state of the subjects was also evaluated as high scoring 3.484, possibly due to the fact that 78% of the subjects lived together with their children's family. On the other hand, the social health state of the subjects was relatively low scoring 2.585, mainly due to that 80% of them was widows which was resulted by the 6-7 years longer life-expectancy of Korean women.

2. A significant differences in the physical health state scores between different age groups was observed, indicating the rapid ageing process occurring in this age group. The family structure was appeared to be an important factor influencing the physical health state of the female elderlies ; the physical health score of the women with her husband only was higher than that of those living with children's families, and the

lowest score was obtained from those living alone.

3. The age was the most important factor determining the mental health state of the subjects, while the religion, educational status, marriage state and family structure did not significantly influenced the mental health state of the aged women.

4. The social health state of the subject was deeply influenced by the marriage state and family structure, showing significantly lower scores with widowers compared to the married couples. Those living with their married spouse only obtained the highest social health score, while those living along showed the lowest score. The parent and grandparentship of those living with their children and the religion, especially Catholic and Protestant, had positive influence on the social health state of the aged women.

5. The mental health state of aged women showed significant correlation with the factors determining the physical health, except for digestive system related ability and sexual ability and the highest extra home ability.

6. The mental health state of aged women showed significant correlation with the factors determining social health, especially with the parent and grandparentship and the family relative's role.

From these results, the following recommendations are made.

1. Since the physical, mental and social health states of aged people are deeply influenced by the sex and the average values of the both sex can create misleading figures, the health evaluation of the elderlies should be made separately by sex.

2. Since the health state of aged women is highly influenced by their family structure, the spouse's role and living with married couple only should be emphasized in respect of preventive health care.

3. The social activity programs and grandparentship teaching programs should be prepared in the nursing care program for aged people.