

: , , , , ,  
 ,  
 ,  
 :  
 .  
**1.**  
 21 , ,  
 (Fogell & Woods, 1986). 가  
 가 , 가 ,  
 (Woods & Ransom, 1994)  
 가 .  
 가  
 ,  
 ,  
 (Woods, Lentz, Mitchell, 1993).  
 Woods (1993) 가  
 , Verbrugge &  
 Wingard(1987) 가  
 가  
 (Maunz & Woods, 1988 ; Woods, 1985a)..  
 r ,  
 . 20  
 ,  
 , 21  
 가 가  
 가 (Alonzo, 1993 ; Williams, 1989 ; Brubaker, 1983).  
 가 가 , sdy  
 . 가  
 Pender

(Johnson, Ratner, Bortorff & Hayduk, 1993 ; Walker, Kerr, & Sechrist, 1990 : Weitzel, 1989),

가

가

## 2.

1)

2)

3)

4)

## 3.

1)

:

(Pender, 1982).

:

Walker, Sechrist Pender(1987)가 Health

Pormoting Lifestyle Profile

2)

:

가

,

가

(pollock, 1984)

:

, Pollock(1984)

(Health related Hardiness scale)

가

3)

:

가

가

(Wrightstman, 1977).

:

(1991)

, 가

가

## 4.

•  
1.

가 (Moore & Williamson, 1984),  
(Alonzo, 1993 : Green, 1980 : Minkler, 1989).  
가 , w 가 ,  
가 ( , , , 1993), 가  
, 가 .  
(Fehir, 1989 : Palank, 1991 : Pender, 1987).  
가  
,  
( , 1990 : Fehir, 1989 : Janz & Becker, 1984), Pender(1987)  
, 가  
가  
(Fehir, 1989).  
(Duffy, 1988 : Pender at al., 1990 : Walker et al., 1988 : Weitzel, 1989), 가 (Oh,  
1993 : Stuijbergen & Becker, 1994 : Stuijbergen, Becker, & Sands, 1990)  
(Frank-Stromborg, Pender, Walker, & Sechrist, 1990), (Duffy, 1993 : Riffle et al., 1989)  
가  
가 ( , 1984). , 가  
(McElmurry & Huddleston, 1991 : Woods, 1985a) ,  
( , 1994 : Duffy, 1988)  
Speake, Cowart, & Pellet(1989)  
가 (r=.20, p<.001), (r=.21,  
p<.001), (r=.31, p<.001) 가 , Killeen(1989)  
. Mason-Hawkes Holm(1993)  
가  
Riffle (1989)  
(r=.26), (r=.26), (r=.42), (r=.25)  
, 가 , 가  
(Kelley,  
Zyzanski, Alemagno, 1991 : Fehir, 1989 : Oh, 1993) . Weitzel(1989)

가

( $r=.42, p<.001$ ) (1990) 가 ( $r=.34, p<.001$ ) . Frank-Stromberg  
 , 24.73% .  
 Pender , 가 ,  
 , Duffy (1988) , 25% . ,  
 , 가  
 . (1994) ,  
 가 Duffy (1988) .  
 Hartweg (1993) 40 59 가 ,  
 , 8,693 가 ,  
 , 가 가  
 Gills & Perry (1991) .  
 가 가  
 가가 .  
 ,  
 (Iverson, Fielding, Crow, & Christensen, 1985 : Johnson, Carrigan, Dubbert,  
 Gramling, 1990 : Maunz & Woods, 1988 : Woods, 1985a).  
 가 ,  
 .  
 (Speake et al., 1989 : Walker & Best, 1991),  
 (Harris & Guten, 1979 : Hubbard et al., Stuijbergen & Becker, 1994). ,  
 ,  
 (Gottlieb & Green, 1984).  
 가  
 , 가 , 25% .  
 .

2.

(challenge) . (commitment), (control),  
 가 가 가  
 가 , 가 , ,  
 (Kobasa, 1982). 가 가  
 가 (Kobasa & Puccetti, 1983).  
 ,  
 .

가 ( , , , & ,  
 1993 : Calan, 1989 : Gillis, 1993 : Oberle, 1991). Lawler & Schmied(1992) 27-64 64  
 가

Gillis(1993)

가

Pollock (1989)

( $r=.28, p<.05$ ),

( $r=.23,$

$p<.05$ ),

( $r=.45, p<.05$ )

가

John - Saylor(1991) 97

( $r=.23$ )

Pollock(1993)

Lambert, Lambert, Klipple

Mewshaw(1990)

(122 )

( $r=-.24, p<.001$ ),

( $r=-.54, p<.001$ )

가

가

가

Lee(1991)

55

162

Shepperd

Kashani(1991)

150

가

가

Pollock(1989)

( $r=.23, p<.05$ ),

( $r=.45, p<.05$ ),

( $r=.28, p<.05$ )

가

### 3.

가

(McClelland, 1975 ; Conway, 1988).

가

가

( , 1992),

( , 1991).

가 가 .

( , 1994). 1960

가 . 1980 가,

가, ,

(sexism) ,

( ,1992).

1970 가 (Duffy, 1985 :

Macpherson, 1983), (knowing) ,

가 (dualism)

(objectification) , 가 (Vance et al.,

1985). , (Rose, 1990)

가 가 .

가 , 가 ,

(Kritek, 1988).

가 , 가

가 (Dean, 1989 : Verbrugge, 1985).

가 , 가 (Maunz

& Woods, 1988), 가 ( , 1992).

가 가

가 , 가

(Maunz & Woods, 1988 ; Woods, 1985b).

, Ross Bird(1994) 가

가 54 ,

가 , 가

(Adelmann, Antonucci, Crohan, & Coleman, 1990 : Facione, 1994 : Killien, 1987 :

Verbrugge, 1983).

(Adelmann et al., 1990)

가

가 가

가

1.

2.

40 59

40

60

35 70

가

가

310

283 가 (90.2%),

254 가

3.

가

가

1)

Walker

Health Promoting Profile(HPLP)

가

(, 1992)

6

11

10

5

6

7

7

47

4

47

188

가

가

가

(Duffya, 1988 : Walker et al., 1987 : Oh, 1993)

Cronbach's Alpha=0.90

=0.81,

=0.82,

=0.82,

=0.73,

=0.73,

=0.87

2)

Pollock(1986)

(HRHS)

(1988)가

40

30

Cronbach's Alpha=0.73

3

9

10

11

Cronbach's Alpha=0.80

=0.51,

=0.69,

=0.65

5

8

8

9

=0.54,

=0.71,

=0.68

=0.86

가

Nicholas(1993)

가 Cronbach's Alpha=0.86, =0.82, =0.74, =0.84  
 , Pollock, Chritian, & Sands.(1990) 가 Cronbach's Alpha=0.89,  
 =0.84, =0.71, =0.80 . , 7  
 25 150 6 , 7

3)

(1991) Kando(1972) M-F Scale Osmond  
 Martin(1975) (sex role attitude scale)  
 (가 7 , 5 0 ,  
 12 60 5 가 12 .  
 . (1991) Cronbach's Alpha 0.77 ,  
 Cronbach's Alpha =0.76 .

4.

SPSS PC

1)

2)

Pearson Correlation Coefficient

3)

t-test, ANOVA

4)

(stepwise multiple regression)

1.

40 44 40.2% 가 45 50 38.6%  
 40 가가 sqlry 가 , ( , ,  
 1990). 35.8% , (33.1%) (34.3%)

(intension)

(Woods et al., 1993)

가 (80.3%)가 가 , 1/2(48.4%) 가 1 2  
 가 가 63.4%  
 , 가 가 73.6%

2.

(2.83) , 1.68 , (3.30) (2.86)  
 가 . Weitzel(1989)  
 가 (Walker,  
 1990 ; Lusk, Kerr, & Ronis, 1995)



< 1>

	40 44	102(40.2)
	45 49	98(38.6)
	50 54	38(15.0)
	55 59	16( 6.3)
		91(35.8)
		183(64.2)
		13( 5.1)
		67(26.4)
		87(34.3)
		84(33.1)
		83(32.7)
		119(46.9)
		49(19.3)
		240(94.5)
가		14( 5.5)
	가	204(80.3)
	가	50(19.7)
( )	1 2	123(48.4)
	3 4	115(45.3)
	5	16( 6.3)
		93(36.6)
		161(63.4)
		18( 7.1)
		87(38.2)
		124(48.8)
		12( 4.7)
		2( 0.8)
		30(11.8)
		187(73.6)
		30(11.8)
	/	7( 2.8)

가 (2.44 )

가 , 가 , ,  
가 .

(37.8 ) ,

40

< 2>

	(°)	(°)	
	116.3	19.10	47 188
	20.3(2.06)	5.19(0.52)	10 40
	20.0(2.86)	4.06(0.58)	7 28
	8.43(1.69)	3.62(0.72)	5 20
	19.79(3.30)	3.86(0.64)	6 24
	16.3(2.33)	3.80(0.54)	7 28
	31.1(2.83)	6.09(0.55)	11 44
	64.3	15.54	25 150
	22.2(2.78)	5.08(0.63)	8 48
	19.5(2.44)	5.81(0.73)	8 48
	22.5(2.50)	6.30(0.70)	9 54
	37.8	7.09	12 60

(°)

3. ,  
 ( 3) . - .48(p=.000)  
 , .22(p=.001) .  
 가 (Pollock, 1990)  
 : Maunz & Woods, 1988)  
 (r=-.39, p=.000) 가 가  
 가

< 3>

---



---

	- .4751	
	(p=.000)	
	- .3886	.2211
	(p=.001)	(p=.001)

---

4. , ,  
 ( 4) .  
 (Woods, 1993 ; Duffy & McDonald,  
 1990), 가  
 (Schmid & Lawler, 1986)  
 (Pollock, 1989)  
 가 ,  
 ( , 1992)

5.

,  
 ( 5) . 가 21%  
 , 25% .

< 5>

---



---

	R	R2	F	P
	.45	.21	52.71	.0000
	.49	.24	32.79	.0000
	.50	.25	22.82	.0192

---

< 4>

	40	44	38.84	2.07	.105	119.74	2.21	.088	62.31	2.28	.081
	45	49	37.38			115.25			63.87		
	50	54	37.34			110.84			67.00		
	55	59	34.40			112.40			72.71		
			38.79	1.68	.095	114.65	-.93	.352	63.47	-.59	.558
			37.23			117.11			64.68		
			32.62	3.39	.012*	113.00	1.80	.148	75.77	3.12	.027
			38.55			111.84			65.42		
			37.08			118.05			64.11		
			38.69			118.60			62.08		
			38.22	2.99	.051	116.33	8.23	.000**	61.75	4.71	.010**
			38.38			120.30			63.53		
			35.57			106.91			70.61		
			37.95	1.90	.075	116.23	.05	.958	64.14	-.59	.561
			35.14			116.00			66.00		
가		가	37.92	-.57	.570	116.06	.34	.737	63.99	.55	.581
		가	37.30			117.17			65.31		
	1	2	38.33	.80	.449	117.06	.26	.770	63.24	1.226	.295
	3	4	37.41			115.27			64.58		
		5	36.44			117.33			70.00		
			38.59	1.29	.199	118.16	1.10	.273	61.80	-1.83	.070
			37.33			115.22			65.60		
			35.22	2.16	.074	128.44	4.25	.002**	61.72	4.32	.002**
			39.14			119.52			61.61		
			37.50			113.03			65.13		
			35.42			106.00			73.00		
			32.50			98.00			98.00		
			37.67	.47	.706	108.93	2.35	.073	68.38	3.29	.022
			37.78			117.96			62.96		
			37.93			113.38			69.76		
		/	42.00			125.00			51.25		

\*.05 \*\*.01

.

가

,

,

,

가

.

,

가

, 가

가

가

,

.

가 , 가  
가 , 25% ,  
25% 57.6% ( , 1994 : Duffy, 1988 : Pender et al., 1990)  
가  
(kobasa, 1979 : kobasa, Mad , Puccetti, & Weaver, 1994 : Lambert,  
1989) , 가  
(Gillis, 1993 : King, 1989). 가 ,  
(Pearlin & Schooler, 1978 : Lambert, 1991 : Schmied & Lawler, 1986),  
가 ,  
가  
가  
가 가  
가 가  
가 ,  
(Weitzel & Waller, 1990 : Gillis, 1991)  
가 ,  
가 ,  
가 , 가

가

가

가

가

가

1.

가

가

가

가

40 59

254

SPSS PC

Pearson Correlation Coefficient,

1) 가 , (3.30 )  
 (2.86 ) 가 , (1.68 ) 가 (2.44 ) 가  
 (2.50 ), (2.78 )  
 (37.8 )

2)

가 , , ,

가

3)

(r=.22, p=.001), (r=-.48, p=.000),

(r=-.39, p=.000) 가

4)

25%

가

2.

- 1) 가 가
- 2) 가
- 3) 가

< >

1. (1990). , 29(3), 49-63.
2. (1991). : .
3. (1992). 가 가 가
4. (1994). ( ). , 844 .
5. , (1990). 가 . 가 , 11(8), 31-36.
6. , (1993).
7. (1995).
8. (1990). , 2 .
9. , (1993). , 23(4), 694-712.
10. (1992). : , 33-64.
11. (1993). , 2 2 , 9-11.
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**- Abstract -**

## **Health Promoting Lifestyle,**

# Hardiness and Gender Role Characteristics in Middel- Aged Women

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Recently, there has been increase perception of health promotion with development of the economic state and science. Individual's responsibility and psychosocial factors have impacted on the individual's lifestyle. Health promotion can be maintained or improved through changes of lifestyle of individuals. Also, there has been supported results of health behavior health has been focused on menopausal symptom and reproductive organ. Until recently, little research has been available on the health or health care of midlife women.

The purpose of this study was to explain relationship between health promoting lifestyle and hardiness, gender role characteristics. A total of 254 items of data were obtained from randomly selected subjects. The data collected from the interviews were analyzed using SPSS, yielding frequency, mean, t-test, ANOVA, Pearson Correlation, Stepwise multiple regression.

The result of this study are as follows :

1) For the health promoting lifestyle, the mean score was 116.3, the highest score was nutrition(3.30) and interpersonal support(2.86), the lowest score was exercise(1.68).

The highest subscale for the hardiness was commitment(2.44). Also for the gender role characteristics was higher than median score(37.8).

2) There was a statistically difference the demographic variables. A total health promotion lifestyle was predicted by income and marriage satisfaction, hardiness was predicted by education, income, marriage satisfaction, support person and gender role characteristics was predicted by education.

3) With regard to the relationship among health promoting lifestyle, hardiness, gender role characteristics, the correlation coefficient between health promoting lifestyle and hardiness was  $r = -.48$ ,  $p < .001$ . Also there were significant correlation between health promoting lifestyle and gender role characteristics( $r = .22$ ,  $p < .01$ ), hardiness and gender role characteristics( $r = -.39$ ,  $p < .001$ ).

4) A stepwise multiple regression analysis was done on the total health promoting lifestyle score using the demographic variables, hardiness subscale and gender role characteristics for independent variables. A total of 25% of the variance was explained in the total health promoting lifestyle by the control, challenge and marriage satisfaction.

In conclusion, hardiness and gender role characteristics were engaged in health promoting activity in midlife women. This study also provides new information about the health practices that midlife women report they practice. Therefore, nursing intervention to increase women's health have to be planed program that consider on the basis the results of this study.