

: ,

:

•

1.

가 가 , (, 1994 ; , 1996 ; 3 , 1995 ; , 1996 ; 3 , 1996 ; , 1994). 3가 (Taylor et. al., 1982),

(, 1995). 가 , (

(, 1997; Yarcheski & Mahon, 1989)

(, 1986 ; , 1984 ; , 1994 ; , 1990 ; Duffy, 1988 ; Muhlemkamp et. al., 1985 ; Pender, 1982 ; Pender et. al., 1987 ; Speake et. al., 1989 ; Wallston et. al., 1978 ; Weitzel, 1989)

가

가

2.

- 1) .
- 2) .

3)

4)

3. 가

1가 :

가

가

2가 :

가

4.

1) (Health Locus of Control)

(Wallston et al. 1978), Wallston (1978)

(1994)가

2) (Health promoting Behavior)

(Pender, 1987),

Walker (1987)

Health promotion Lifestyle Profile(HPLP)

가

5.

1.

(Health Locus of Control)

(Locus of

Control)

가 가

(Lowery, 1981 ;

Wallston et. al., 1978).

Wallston (1978)

(Multidimensional

Health Locus of Control)

(Internal Locus of Control)

(Powerful Others Health Locus of Control),

(Chance Health

Locus of Control)

, Lowery Ducett(1976)

, Wallston (1976)

가

(, 1994).

(1984)

가

가

가

(1984)

(1985)

가

(, 1985)

가

(1995)

2.

, Pender(1990) , ,
 (Brown et al, 1996 ; Duffy et al, 1993 ; Johnson et al, 1993 ; Lusk, 1994 ; Speake,
 1989) Pender
 Pender (health belief model)
 (, ,)
 , ,
 .
 Muhlenkamp (1985) 175
 (6%), (3%), 가 (2%),
 (2%) 16% . 262 Duffy(1988)
 (13%), (6%), (2%), (2%),
 (1%), (1%) 가 25% .
 Weitzel(1989) 179 (, , , , 가) 4
 (, 가 ,)
 (9%), (6%), 가 (3%) (2%) 20% .
 Walker (1988)
 가
 (, , , , ,)가 13.4%
 .
 Pender (1990) 589
 , 4 (, , ,)
 3 (, ,)가 31% .
 349 (, 1989) (14%), (6%),
 (4%), (3%) (2%)
 , 29% .
 (1996) 169
 .
 (, 1995)
 가 , , .

3.

(, 1993 ; , 1995 ; , 1994 ;
 2 , 1996 ; , 1996 ; , 1996 ; , 1983 ; Aaronson, 1989 ;
 Ahjevych & Bernhard, 1994 ; Duffy, 1993 ; Fran-Stromberg et. al., 1990 ; Gillis, 1993 ;
 Lindsey et al, 1996 ; Riffle et. al., 1989 ; Smith, 1990)가
 .
 Speake (1989) (, , , , ,)
) 2 (, ,) ,
 가 가 .

Muhlenkamp (1985) 가 , 16%

Duffy(1988) , , , ,
20% . (1984) 가
가 가 , (1984) (1985)
가
(, 1985)

(1988) 가
(1990) 18-60 349 가
5.9% .
(, 1995)
가 , 가

1.

2.

Deogkr ,
7 333 가 .

3.
1)
Wallston (1978) (1994)가
4 .

Cronbach's alpha=.67, .55 .77
Cronbach's alpha=.65, .62 .69 .

2)
Walker (1987) Health Promotion Lifestyle Profile 가
4 46 , Cronbach's alpha=0.92
Cronbach's alpha=0.91 .

4.
1996 9 30 1996 10 12 가
,

5.

SPSS/PC+

- 1) ,
 - 2) Pearson Correlation Coefficient
 - 3) t-test ANOVA
 - 4) Stepwise Multiple Regression
-
- 1.

< 1>

| < 1> | | (N=333) | |
|------|--------|---------|------|
| | | (%) | |
| | | 140 | 42 |
| | | 193 | 58 |
| | | 200 | 60.1 |
| | | 133 | 39.9 |
| 가 | 가 | 38 | 11.4 |
| | 가 | 295 | 88.6 |
| | | 289 | 86.8 |
| | | 2 | 6 |
| | | 36 | 10.8 |
| | | 6 | 1.8 |
| | - 10 | 17 | 5.1 |
| | 11- 20 | 145 | 43.5 |
| | 21- 30 | 126 | 37.8 |
| | 31 | 45 | 13.5 |
| | | 232 | 69.7 |
| | | 101 | 30.3 |
| | | 182 | 54.7 |
| | | 151 | 45.3 |

193(58%) 4 333 140(42%) ,
 가 200(60.1%) , 가

가 (88.6%) . (289 , 86.8%) ,
 10 가 17 (5.1%), 11-20 145 (43.5%), 21-30 126 (37.8%) , 31
 45 (13.5%) . 101 (30.3%) ,
 182 (54.7%) .

2.

가 , ,
 < 2> . 17.961 2.079 12 24
 3가 가 . 14.426
 13.198 2.230 6 19 가
 Wallston (1978) (1994)

< 2> (N=333)

| | | | | |
|--|--------|-------|--------|--------|
| | 17.961 | 2.079 | 12.000 | 24.000 |
| | 14.426 | 2.049 | 6.000 | 20.000 |
| | 13.198 | 2.230 | 6.000 | 19.000 |

3.

46 165 1120.270 , 14.710
 77 165 < 3-1> .

< 3-1> (N=333)

| | | | | |
|--|---------|--------|--------|---------|
| | 120.270 | 14.710 | 77.000 | 165.000 |
|--|---------|--------|--------|---------|

< 3-2> .
 ‘ 가 가 3.381 가
 , ‘ 가 ‘(3.219), ‘ 가
 ‘(3.186), ‘ 가 ‘(3.174), ‘
 ‘(3.153) .
 ‘ ‘(1.676) ‘
 ‘(1.679)가 가 ‘(1.799), ‘
 3-4 ‘(1.832) .

| | | | | |
|-----|-----|-----------|-------|------|
| 1. | 3 | . | 2.294 | .798 |
| 2. | | . | 2.357 | .687 |
| 3. | | . | 2.108 | .668 |
| 4. | 가 | . | 2.396 | .732 |
| 5. | | (, ,) | 2.736 | .852 |
| 6. | | . | 2.297 | .644 |
| 7. | | (,) | 2.874 | .704 |
| 8. | | . | 2.378 | .837 |
| 9. | 가 | . | 2.556 | .695 |
| 10. | | . | 2.270 | .752 |
| 11. | 가 | (, ,) | 2.156 | .850 |
| 12. | 3-4 | (, ,) | 1.832 | .762 |
| 13. | | . | 2.429 | .821 |
| 14. | | . | 2.664 | .733 |
| 15. | | 가 | 3.147 | .575 |
| 16. | | (, , ,) | 2.931 | .653 |
| 17. | | . | 2.616 | .793 |
| 18. | | 가 | 2.802 | .628 |
| 19. | 가 | . | 3.381 | .567 |
| 20. | | . | 2.724 | .717 |
| 21. | | . | 3.132 | .659 |
| 22. | | . | 2.982 | .625 |
| 23. | | 가 | 3.012 | .685 |
| 24. | | . | 2.724 | .673 |
| 25. | | . | 3.153 | .518 |
| 26. | | . | 3.186 | .582 |
| 27. | 가 | . | 3.219 | .604 |
| 28. | | . | 2.556 | .720 |
| 29. | | . | 3.102 | .550 |
| 30. | | 가 | 3.174 | .575 |
| 31. | | . | 2.778 | .662 |
| 32. | | . | 2.943 | .554 |
| 33. | | . | 2.859 | .749 |
| 34. | | . | 2.619 | .725 |
| 35. | | . | 1.676 | .633 |
| 36. | | . | 1.679 | .655 |
| 37. | | . | 2.060 | .804 |
| 38. | | . | 2.348 | .768 |
| 39. | | . | 2.249 | .902 |
| 40. | 가 | . | 2.345 | .978 |
| 41. | | . | 1.799 | .610 |
| 42. | | . | 2.703 | .723 |
| 43. | | . | 2.895 | .759 |
| 44. | | . | 2.781 | .709 |
| 45. | | . | 2.637 | .709 |
| 46. | | . | 2.712 | .741 |

4.

Pearson correlation < 4> .

1) 1가 : “ 가 가 ”
 (=.4951, P<.001).

2) 2가 : “ 가 ”
 (=- .3383, P<.001).

< 4>

| | | |
|--|---------|-----------|
| | .4951** | - .3383** |
| | | **p<.001 |

가 가

(1984) 9 , 1986 ;
 , 1995 ; , 1996 ; , 1984 ; 2 , 1996 ; , 1985 ; Duffy, 1988 ;
 Weitzel, 1989)

(,
 1989 ; , 1985 ; , 1995 ; , 1994 ; , 1990 ; , 1985)

가

가 (Walston e. al., 1978 ; ,
 1995)

가 (, 1995),

5.

< 5> .

| | | (N=333) | | |
|-----|---------|-----------------|-----------------|----------|
| () | | SS _B | MS _B | P |
| | | SS _w | MS _w | |
| | (140) | 124.19 | | |
| | (193) | 117.43 | t=4.09 | P=.000** |
| | (200) | 122.23 | | |
| | (133) | 117.32 | t=3.13 | P=.002** |
| 가 | 가 (38) | 120.58 | | |
| | 가 (295) | 120.23 | t=.14 | P=.891 |

| () | | SS _B | MS _B | P | |
|--------|--------|-----------------|-----------------|---------|----------|
| | | SS _w | MS _w | | |
| (289) | 120.30 | | | | |
| (2) | 114.00 | 475.477 | 158.492 | F=.731 | P=.534 |
| (36) | 121.61 | 71366.199 | 216.919 | | |
| (6) | 112.83 | | | | |
| - 10 | (17) | 126.12 | | | |
| 11- 20 | (145) | 119.34 | 720.916 | F=1.112 | P=.344 |
| 21- 30 | (126) | 120.34 | 71120.760 | | |
| 31 | (45) | 120.84 | 216.173 | | |
| (232) | 120.18 | | | | |
| (101) | 120.48 | | | t=-.17 | P=.867 |
| (182) | 125.23 | | | t=7.51 | P=.000** |
| (151) | 114.30 | | | | |

(124.19 ± 16.187)

(117.43 ± 12.853)

가 (t=4.09, p=.000).

(122.23 ± 15.486)

(117.32 ± 12.968)

(t=3.13, p=.002).

가

(125.23 ±

15.744)가

(114.30 ± 10.683)

가

(t=7.51, p=.000).

가 (, 1992)

(, 1995 ; 2 , 1996 ; 6 , 1997)

6.

가

< 6 >.

가

.49514

24.5%

.57719

33.3%

< 6 >

| | multiple R | R ² | | p |
|--|------------|----------------|----------|-------|
| | .49514 | .24517 | .495142 | .0000 |
| | .55098 | .30357 | -.251697 | .0000 |
| | .56701 | .32150 | -.145752 | .0024 |
| | .57719 | .33315 | -.109165 | .0173 |

4 333

가 , Walker (1987) 가

46 Wallston (1978)

가 46 Wallston (1978)

(1994)가 4

coefficient , Pearson correlation

regression . Stepwise multiple

1. 1가 : “ 가 가 ”
 (=.4951, p<.001).
 2가 : “ 가 ”
 (=-.3383, p<.001).

2. 가 .49514
 24.5% , ,
 33.3%

3. (t=4.09, p=.000), (t=3.13, p=.002), (t=7.51, p=.000)가

1) 가 .

2) .

3) 가 .

< >

1. (1990).
2. (1989).
-, , 11, 91- 109.
3. (1995).
, 15(2), 49- 61.
4. (1995).
1(2), 174- 190.
5. (1993).
, 23(2), 255- 268.
6. (1996). , , 50(2), 129- 137.
7. (1992).
8. (1994).
9. (1995).
10. (1995).
11. , (1996).
, 26(2), 359- 371.
12. (1984). 가 ,
13. (1996). , , 2(2), 5- 24.
14. (1984). 가 ,
15. (1994).
, 3(1), 116- 144.
16. (1996). - -, , 26(3),
632- 652.
17. (1990).
18. 3 (1997). , 1(2),
222- 233.
19. (197). , , 27(1),
156- 168.
20. , (1996). ,
, 26(2), 320- 336.
21. (1984).
22. (1994). 가 -

23. 6 (1997). -
- , , 27(1), 26-35.
24. , (1996). ,
- , 8(1), 55-68.
25. (1990). ,
- .
26. (1996). , , 2(1),
- 36-46.
27. (1996). ,
- , , 8(1). 41-54.
28. (1983). ,
- .
29. 3 (1996). , ,
- , 2(1), 92-107.
30. (1994). ,
- .
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- Abstract -

A Study on Relationship between Health Locus of Control

and Health Promoting Behavior of College Women

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The purpose of this study was to identify relationship between Health Locus of Control and Health Promoting Behavior.

The subjects of the study were 333 college women at D University in Seoul.

The tools used for this study were Health Locus of Control developed Wallston et al(1978) (by modified Lee, 1994), Health Promoting Behavior Scale developed by Walker et al(1987) were modified by researcher.

The descriptive-correlational study were analyzed by descriptive statistics, t-test, ANOVA, Pearson Correlation Coefficient, Stepwise Multiple Regression using SPSS/PC⁺ program.

The results were as follows :

1. Hypotheses 1 that higher the score of internal health locus of control, the higher the score of the level of health promoting behavior was supported($r=.4951$, $p<.001$).

Hypotheses 2 that the higher the score of chance health locus of control, the lower the score of the level of health promoting behavior was supported($r=-.3383$, $p<.001$).

2. By means of multiple regression analysis, health locus of control provided explained 24.5% of health promoting behavior.

3. General Characteristic variables significantly related to the health promoting behavior were a major field of study, experience in learning health education.