

1.

(premenstrual syndrome) 가
 symptoms) 가
 (dysmenorrhea) (spasmodic) (congestive)
 150-200 가 , , , , , , , , 가,
 , 15-20 35
 (dragging)
 (Woods, Lents, Mitchell, Heitkemper & Shaver, 1997).
 (spurious relationship)
 (Freeman et al, 1998).
 relationship) 가 (spurious

2.

- 1) 가?
- 2) 가?
- 3) 가?
- 4) 가?
- 5) 가?

3.

- 1)

Chesney (1975)가 Menstrual Symptom Questionnaire (MSQ) 24 가

2) , Chesney(1975) MSQ 가
1 1
(spasmodic menstrual symptom) (congestive
menstrual symptom)

3) (28)
(premenstrual tension),
(premenstrual dysphoric disorder) (late luteal phase dysphoric disorder)
가
150 가
가

(premenstrual symptom : PS)
(PMS),
premenstrual magnification(PMM) (LS)
(Woods, Most, & Longenecker, 1985: Woods et al, 1994: Woods, Mitchell, Lentz & Kogan, 1995: Woods, Mitchell& Lentz, 1995).
1-2
1-2 가 , (Peck,
1990: Sullivan, 1990: Fogel, 1995: , 1987: , 1997). Dalton
(premenstrual
distress)
가
2
15-25
(dragging)
35
(Woods, Most & Dery, 1982: Sullivan,

1990).

Woods, Most & Dery (1982) 30-50%
 10-20% Peck (1990)
 20-60%가 (premenstrual syndrome:PMS) , 20-40%
 , Fogel(1995) 50%
 , 10-17% , 5%
 (1996) 10 11,424
 ‘가’ ,
 77.8%, ‘ ’ 29%
 , ,
 , ,
 , ,
 , ,
 (Woods, 1987).

Woods (1982) 18 40
 , 30 40

Peck(1990) (severity) 가
 가 , Freeman (1988)
 가

elaboration model
 (test factor)

1.

(explorative comparative study)

2.

844

3.

1)

2)

Chesney (1975)가 MSQ

2가

24 ' 1 ' ,5 ,
 24 120 가
 Cronbach's alpha가 .91 .

3) Chesney (1975)가 MSQ 1 .
 2가
 가

4) Radloff(1977)가 (The Center for
 Epidemiologic Studies Depression : CES-D) 1
 20 4 ' 1 ' 4
 , 가 가
 Cronbach's alphasms .86 .

4.

1997 11 20 1998 6 30 ,
 가 가

5.

pc-SAS program .

1) , , ,
 (descriptive statistics) .

2) ANOVA Duncan's multiple
 comparison test .

3) ,

Logistic regression analysis .

4) (test factor) ,
 X² -test 3 , Lambda()

5) 가 , , ANOVA Duncan's multiple
 comparison test , Multiple regression analysis

1.

(1) . 22.8 ,
 14.0 53.0 20 가 47.9% (404) , 21 30 가 38.4% (323) .
 41.4% (345) , 8.9% (75)
 49.9% (419) .
 가 84.0% (699) 가
 13.7 9.0 22.0 14 가 27.1% (226) , 13 가 27.0% (224)

<Table 1> General characteristics of the subjects

(n=844)

	variables	n(%)	mean	SD	range
age(years)	less than 20	404(47.9)	22.8	7.4	11.0- 853.0
	21- 30	323(38.4)			
	31- 40	86(10.2)			
	more than 41	31(3.7)			
occupation	high school student	345(41.1)			
	college student	75(8.9)			
	nurse	419(49.9)			
	missing	5			
socioeconomic status	high	64(7.7)			
	medium	699(84.0)			
	low	69(8.3)			
	missing	12			
menarcheal age(years)	less than 10	7(0.9)	13.7	1.4	9.0- 22.0
	11	29(3.5)			
	12	122(14.7)			
	13	224(27.0)			
	14	226(27.1)			
	15	157(18.9)			
	16	48(5.8)			
	17	14(0.4)			
	more than 18	4(0.4)			
	missing	13			

2.

(2) .
‘
.(3.04), ‘ 가 가 .(2.80), ‘ 가
.(2.79), ‘ 가 .(2.66), ‘
.(2.63) ‘ 가
.(1.66), ‘ 가 .(1.81) 가
, 10 가
.(3.05), ‘ 가 .(2.89), ‘ 가
.(2.64), ‘
.(2.61), ‘ .(2.48)
, ‘ .(1.66), ‘ 가 .(1.71), ‘
가 .(1.77)

<Table 2> comparison of perimenstrual symptoms by age

Symptoms	age≤20	21≤age≤30	31≤age≤40	age 41	total
1. I feel irritable, easily agitated, and impatient a few days before my period.	1.78	2.32	2.39	1.83	2.05
2. I have cramps that begin on the first day of my period.	2.09	3.33	2.35	1.93	2.58
3. I feel depressed for several days before my period.	2.89	2.52	2.35	1.97	2.66
4. I have abdominal pain or discomfort which begins one day before my period.	2.10	3.14	2.65	2.59	2.57
5. For several days before my period I feel exhausted, lethargic, or tired.	2.64	2.98	2.76	2.83	2.79
6. I only know that my period is coming by looking at the calendar.	2.37	1.64	1.64	1.93	2.00
7. I take a prescription drug for the pain during my period.	1.98	2.47	1.67	1.24	2.11
8. I feel weak and dizzy during my period.	1.86	2.39	1.89	1.55	2.06
9. I feel tense and nervous before my period.	2.32	2.93	2.81	2.07	2.59
10. I have diarrhea during my period.	2.35	2.00	1.48	1.41	2.10
11. I have backaches several days before my period.	1.71	2.80	2.55	2.38	2.23
12. I take aspirin for the pain during my period.	2.40	1.97	1.54	1.38	2.11
13. My breasts feel tender and sore a few days before my period.	1.61	2.65	2.48	2.34	2.12
14. My lower back, abdomen, and the inner sides of my thighs begin to hurt or be tender on the first days of my period.	2.00	3.05	2.54	1.90	2.45
15. During the first day or two of my period, I feel like curling up in bed, using a hot water bottle on my abdomen, or taking a hot bath.	2.61	2.76	2.19	1.41	2.58
16. I gain weight before my period.	2.21	2.47	1.94	1.66	2.26
17. I am constipated during my period.	1.77	1.89	1.83	1.52	1.81
18. Beginning on the first day of my period, I have pains which may diminish or disappear for several minutes and then reappear.	1.92	2.77	1.93	1.76	2.24
19. The pain I have with my period is not intense but a continuous dull aching.	2.48	2.75	2.26	1.83	2.54
20. I have abdominal discomfort for more than one day before my period.	2.33	3.03	2.67	2.21	2.63
21. I have backaches which begin the same days as my period.	2.42	3.33	2.76	2.24	2.80
22. My abdominal area feels bloated for a few days before my period.	3.05	3.14	2.86	2.48	3.04
23. I feel nauseous during the first day or so of my period.	2.16	1.97	1.93	1.48	2.04
24. I have headaches for a few days before my period.	1.66	1.63	1.71	1.72	1.66

20 가 가 가 (3.33), 가 가 (3.33), 가 (3.14), 가 (3.05)가 가 가 가 가 가

가 (1.66), 가 (1.61), 가 (1.77) 가 (2.86), 가 (2.76), 가 (2.81), 가 (2.76), 가 (2.67), 가 (1.54) 가 (1.48), 가 (2.59), 가 (2.38), 가 (2.48), 가 (2.34) 가 (1.72), 가 (1.52), 가 (1.41)

3. 20 2.73 가 , 40 1.96 가 5% 가 (F=36.92, p=0.0001), 10 30 가 (X²=77.57, p=0.001), =0.144 (4).

<Table 3> Severity scores of perimenstrual symptoms by age (n=844)

variables	n	mean	SD	F	p	Duncan'test					
						a*b	a*c	a*d	b*c	b*d	c*d
age less than 20(a)	404	2.23	0.63	36.92	0.0001	+					
21- 30(b)	323	2.73	0.74								
31-40(c)	86	2.34	0.76								
more than 41(d)	31	1.96	0.57								

p<.05

<Table 4> Perimenstrual symptom patterns by age

vareables		spasmodic		congestive		total	X ²	p
		n(%)		n(%)				
age less than 30		430(66.26)		219(33.74)		649	50.42	0.000
more than 31		30(29.41)		72(70.59)		102		
total		460		291		751		

=0.144

4.

가
(Likelihood ratio = 31.11,
log [p(age)/(1-p(age))]=2.7356-0.0982 age
p=0.562)
(5).

<Table 5> Effect of age on perimenstrual symptom patterns

variable	estimate	X ²	p
intercept	2.736	93.00	0.000
age	-0.098	69.84	0.000

*Likelihood ratio = 31.11, p=0.562

5.

elaboration model(Mark, 1996)

(6) 가 0 10 20
66.93% (419), 33.07% (207) , 30
40 36.84% (7), 63.16% (12)
X² -test 가 ,
=0.02 1 10 20 50.00% (6
) , 50.00% (6) 가 , 30 40
21.74% (5), 78.26% (18)
X² -test 가 2 10
20 42.86% (3), 57.14% (4) , 30 40
28.81% (17), 71.19% (42)
, X² -test 가
0
0 Lambda() 0.02

<Table 6> Effect age on perimenstrual patterns, controlling for parity (n=746)

	parity											
	0			1			2					
	age≤30 n(%)	age 31 n(%)	total X ²	age≤30 n(%)	age 31 n(%)	total X ²	age≤30 n(%)	age 31 n(%)	total X ²			
spasmodic	419 (66.93)	7 (36.84)	426 7.45 (p<.00)	6 (50.00)	5 (21.74)	11 2.92 (p=0.13)	3 (42.86)	17 (28.81)	20 0.58 (p=0.43)			
congestive	207 (33.07)	12 (63.16)	219	6 (50.00)	18 (78.26)	24	4 (57.14)	42 (71.19)	46			
total	626	19	645	12	23	35	7	59	66			

* =0.02

6. 가

1)

20

13.31 , 21-30

13.88

31-40 14.27 , 41 14.67
 , 30 40
 가 (7).
 2)
 20 가 가 20 2.27, 21-30 1.92, 31-41 1.77, 41 1.79
 가 가 5%
 가 (F=77.54, p=.0001), 30 40
 가
 가 (8).
 22.14% , 0.78%
 (9).

<Table 7> Menarcheal age by age (n=844)

variables	n	mean	SD	F	P	Duncan'test					
						a*b	a*c	a*d	b*c	b*d	c*d
age less than 20(a)	404	13.31	1.33	23.35	0.0001	+	+	+	+	+	+
21-30(b)	323	13.88	1.36								
31-40(c)	86	14.27	1.40								
more than 41(d)	31	14.67	1.35								

+p<.05

<Table 8> Depression by age (n=844)

variables	n	mean	SD	F	p	Duncan'test					
						a*b	a*c	a*d	b*c	b*d	c*d
age less than 20(a)	404	2.27	0.30	77.54	0.0001	+	+	+	+	+	+
21-30(b)	323	1.92	0.47								
31-40(c)	86	1.77	0.44								
more than 41(d)	31	1.79	0.39								

p<.05

<Table 9> Effect of determinants on depression

	partial R2	cumulative	F	P
age	-0.03	22.14	22.14	0.0001
perimenstrual symptoms	0.05	0.78	22.92	0.004

.
 가 , , ,
 , 10
 ,
 가
 . 20
 가 , , ,

2-3
가 . 30 40
10 20
Woods(1987) 90
345
Woods & Mitchell(1992) 가 514 55% 283
43% (turmoil) 20% 14% 가 buldging 18%
가 가 , 2% 가
가가 가 58%, 22%, 11%
, Woods(1987) 가 가
22.8 , Woods 32 40
가
Chesney(1975)
, Woods (1992)
가 가
가
3 0
1 2
2
가 가
10
가 10

11,424
20 1.4 13.7
22.1% 0.78%
58%가
14%
(Halbreich & Endicott, 1985) 70%가
(Kizilay, 1992) 10
가 2.27 , 10 가
(Birmaher et al, 1996: Kizilay, 1992: ,1991)

844
, MSQ(Chesney, 1975) CES-D(Radloff, 1977)
1997 11 20 1998 6 30 , pc-SAS
program
(descriptive statistics) ,
ANOVA Duncan's multiple comparison test
X²-test ,

1)
20 10 가
, 30 40

2)
20 가 2.73 가 10
, 40 가
, 30 40

3)
2.7356-0.0982age , log [p(age)/(1-p(age))] =

4)
가
가

5) 가 , 20 13.31 , 21-30
13.88 , 131-40 14.27 , 41 14.67
, 20 2.27, 21-30 192,
31-40 1.77, 41 1.79 20 가

22.14% , 0.78%

- 1) 가 가 .
 - 2) 가 가 .
 - 3) 가 가 .
- 가

(1996). 10
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- Abstract -

key concept : Perimenstrual symptoms, Age, Woman

**The Severity Levels and
Patterns of Perimenstrual symptoms
among Korean Women
in relation to their Ages**

Park, Young Joo

The study was intended to investigate and explore the premenstrual symptoms, their severity levels, their patterns and the relationships of the age to those symptoms and patterns among Korean women. The data were collected from 844 women in one highschool, one Nursing college and one Korea National Open University in Seoul, from Nov, 1997 to Jun. 1998. The instruments were the Menstrual Symptoms Questionnaire developed by Chesney and the Center for Epidemiologic studies Depression scale developed by Radloff. the data were analyzed by descriptive statistics, ANOVA, Duncan's multiple comparison test, χ^2 -test, simple regression analysis and logistic regression analysis using pc-SAS program. The results were as follows ; 1. Korean women had more symptoms of abdominal bloating, fatigue, abdominal discomfort and backache in perimenstrual period. Teenages had more symptoms of depression and uterine cramps in the day before or the first day of menstruation. Women in their twenties had more symptoms of abdominal pain or abdominal discomfort, backache, abdominal bloating and the sensitiveness /discomforts in the lower back, abdomen and inner part of thighs. women in their thirties had more symptoms of abdominal bloating, fatigue, tension and nervousness before the menstruation, abdominal discomfort and backpain in the first day of menstruation. Women in their forties had more symptoms of backache, breast discomforts, abdominal pain and discomforts.

2. The severity levels of the perimenstrual symptoms showed the highest score(mean=2.73) in twenties and the lowest score(mean=1.96) in forties The perimenstrual symptom patterns were prevailed the spasmodic menstrual symptoms in teenage and twenties and the congestive menstrual symptoms in thirties and forties. The age was a determinant of perimenstrual symptom patterns and the precipitative equation was $\log [p(\text{age}) / (1-p(\text{age}))] = 2.7356 - 0.0982 \text{ age}$.

3. The relationship of the age to perimenstrual symptoms was vanished or lessened, controlling for parity as a test factor. this finding supports the notion that parity is an extraneous variable.