

: ,

1.

가
가 , . ,

가

가 (, , , 1988: , 1993: Alonze, 1993).

가

(maturational crisis)

(Nichols & Humenick, 1988: Reeder, 1997).

가

가

(Hans, 1986: Laurer, 1990),

가

, , , 가 (Burstein, Kinch & Stern, 1974 : Gorsuch & Key, 1974 : KacDonald & Christakos, 1971). Crondon(1978)

3

가 가 . Erickson(1976)

(Apgar) 7

Rotter가 1954

(Locus of Control) Wallston and

Wallston

가

(F. M. Lewis, 1982). Rotter

가

가 ,

가

2.

,

(Leland, Hinsie & Robert, 1970). Spieberger(1975)

, Wiking(1973) 가

, Zung(1971) 가

가

20

(1979)

가

가 (, 1979).

가

(Eastman, 1961).

27 가

가 가 (Eastman, 1961), 50%가

(Reader, 1976). (1974)

가

가 (Eastman, 1961).

가

3.

, Schwatz Burdsal(1977)

가

Baber(1964)

(1976)

Watson(1967)

, Phates & Nelson(1971)

가

가

가

(1981)

가

(1993)

1.

2.

1

1

202

3.

14

11

5

20

50

Wallston(1976)

Health Lotus of Control(HLC) Scale

(1981)

66

38.5

6

11

Spielberger

(STAI)

(1978)

20

1

4

4

1

20

80

가

가

4.

1

1

가

가

가

1998

12

1

1999

1 10

5.

SPSS/PC+

t-test, ANOVA

Pearson Correlation Coefficient

6.

1.

29, 25-29 112 (55.4%), 30-34 58 (28.7%), 35-39 16 (7.9%), 142 (70.3%), 53 (26.2%), 108 (53.5%) 가, 87 (43.1%), 7 (3.5%), 164 (81.2%) 가 가 가 186 (92.1%) 가 .

2.

1-2 142 (70.3%) 가, 3-4 53 (26.2%), 5-6 6 (3.0%), 7-8 가 1 (0.5%) . 1-2 109 (54.0%) 가, 147 (72.8%), 1 55 (27.2%), 가 138 (68.3%), 1 64 (31.7%) . 가 110 (54.5%)가 가, 1-2 80 (39.6%), 3 12 (5.9%) . 158 (78.2%), 1 44 (21.8%) , 143 (70.8%), 1-2 56 (27.2%), 3 3 (1.5%) . 7-9 134 (66.3%) 가, 4-6 46ud(22.8%), 1-3 22 (10.9%) . ‘ ’ 164 (81.2%), ‘ ’ 37 (18.3%), ‘ ’ 1 (0.5%) . ‘ ’ 194 (96.0%), ‘ ’ 8 (4.0%) . ‘ ’ 143 (70.8%) 가, ‘ ’ 42 (20.8%), ‘ 가 ’ 17 (8.4%) , 가 174 (86.1%), 28 (13.9%) . 가 139 (68.8%), 가 63 (31.2%) , ‘ ’ 25 (12.4%), ‘ ’ 13 (6.4%), ‘ ’ 11 (5.4%) .

3.

< 1>, HLC Scale 38.5

140 (69.3%)	, HLC Scale	38.5
62 (30.7%)	,	36.0
	, 57	11

< 1>

±	
36.00 ± .037	11 57
41.94 ± 0.54	23 69

4.

< 1>, 20 80 69, 23, 41.94 .

5.

1)

< 2> .

(F=3.167, P=0.015) 가 (F=3.335, P=0.037),
 46.14, 42.84, 40.48
 가

< 2 >

	M ± SD	Fort	M ± SD	Fort
20- 24	35.00 ± 6.21	1.457	43.64 ± 9.68	.545
25- 29	35.92 ± 5.19		41.80 ± 8.42	
	37.03 ± 4.61		41.27 ± 5.81	
30- 34	33.62 ± 7.70		43.93 ± 8.13	
40- 44	31.50 ± 7.77		41.00 ± 8.48	
	36.01 ± 4.66	.470	41.95 ± 8.45	.137
	34.73 ± 4.80		42.00 ± 7.79	
	37.20 ± 5.28		40.30 ± 10.71	
	36.24 ± 6.48		42.15 ± 8.48	
	36.42 ± 6.70	.362	46.14 ± 6.76	3.335*
	35.70 ± 5.97		42.84 ± 7.98	
	36.34 ± 4.45		40.48 ± 7.41	
	38.80 ± 4.58	1.139	39.25 ± 5.41	3.167*
	35.94 ± 2.61		42.41 ± 6.79	
	32.33 ± 5.46		47.33 ± 10.46	
가	36.75 ± 7.96	.451	44.37 ± 10.39	1.074
가	36.23 ± 5.10		42.11 ± 7.46	

*P<0.05

2)

< 3 >

(F=3.260, P=0.40),

(F=5.641, p=0.004)

가 35.26, 1-2 36.60, 3 38.83 가 가
 37.75, 3 4.33 가 35.23, 1-2
 (t= -2.12, P=0.03), (F=3.383, P=0.03),
 가 41.27, 41.91,
 44.00 P가

가 4170, 47.62
 가 40.69, 44.69
 가
 < 3 >

	M ± SD	Fort	M ± SD	Fort
1-2	35.84 ± 5.05	1.967	41.578 ± 7.74	.836
3-4	35.98 ± 6.02		43.16 ± 8.25	
5-6	40.83 ± 5.81		41.00 ± 4.00	
7-8	31.00		35.00	
0	35.68 ± 5.42	.781	42.31 ± 8.23	.529
1-2	36.32 ± 5.35		41.56 ± 7.44	
3-4	31.00		48.00	
0	35.26 ± 5.23	3.260*	41.37 ± 7.33	1.431
1-2	36.60 ± 5.42		42.22 ± 8.22	
3	38.83 ± 5.40		45.25 ± 8.80	
0	35.63 ± 5.25	1.810	42.01 ± 7.77	.716
1-2	37.25 ± 5.83		41.22 ± 7.70	
3	38.25 ± 5.18		46.00 ± 10.55	
0	35.23 ± 5.36	5.641**	41.53 ± 7.96	1.148
1-2	37.75 ± 4.92		43.16 ± 7.43	
3	40.33 ± 6.80		38.66 ± 3.51	
1-3	36.68 ± 5.41	.826	43.86 ± 8.94	.861
4-6	35.15 ± 4.73		42.17 ± 7.00	
7-9	36.18 ± 5.58		41.54 ± 7.86	
	35.87 ± 5.01	.277	41.27 ± 7.70	3.383*
	36.51 ± 6.88		41.91 ± 7.69	
	38.00		44.00 ± 7.62	
	35.90 ± 5.44	- 1.34*	41.70 ± 7.62	- 2.12*
	38.50 ± 2.87		47.62 ± 10.16	
	36.35 ± 5.77	2.723	42.64 ± 8.70	.961
	36.24 ± 5.33		41.49 ± 7.62	
가	33.11 ± 4.06		43.94 ± 6.76	
	33.50 ± 5.03	1.59	44.07 ± 8.31	1.56
	35.76 ± 5.41		41.59 ± 7.68	
	35.69 ± 5.44	- 1.23	40.69 ± 7.06	- 3.48**
	36.69 ± 5.21		44.69 ± 8.65	

**P<0.001 *P<0.05

6.

,

< 4 > ,

(r=0.028, P=0.341),

($r = -0.121$, $P = 0.043$) , 가

가

< 4 >

	0.028
	-0.121*

* $P < 0.05$

.

(, 1980) ,

가

,

가

(, , , 1981),

,

.

36.00 HLC Scall , (1984)

34.27, Wallston (1976) 35.57

41.94

가

(1981) 85

가

(1984)

가

가

($F = 3.335$, $P = 0.037$),

($F = 3.167$, $P = 0.015$)

가

(1984)

(1981)

가 39.25, 42.41, 47.33

($F = 3.167$, $P = 0.015$),

가

가

가 55.38

(1984)

(1974)

($F = 3.26$, $P = 0.40$),

($F = 5.641$, $P = 0.004$)

가 가

(,

1981), (F=3.383, P=0.003), (t=-2.12, P=0.03), (1984)
(t=-3.48, P=0.001), (1984)
P=0.76), 가 1-3 가 43.86, 4-6 42.17, 7-9 41.54 (F=0.861,
가 가 가 (1976)
(1974) 가
Davids Dabailt(1982) 가
(6),
(r=0.028, P=0.341),
(r=-0.121, P=0.043), (1984)
가 가 가
Jung (, 1987), Wallston(1976)
가 가 가

1.

1998 12 1 1999 1 10 1 1
202
Wallston (1976) HLC Scale
(1981) Spieberger
STAI (1978)
1. 29 , 25-29 55.4%, 30-34 28.7%, 35-39 7.9%
70.3%, 26.2% 53.5% 가

가 43.1%, 3.5% . 81.2% 가
가 가 가 92.1% 가 .
2. 1-2 70.3% 가 ,
1-2 54.0% 가 . 가 54.5% 가 가 ,
78.2%, 1 21.8% ,
70.8% 가 . 7-9 66.3% 가 ,
‘ , ’ 81.2% 가 가 ,
‘ , ’ 70.8% 가 .
3. , HLC Scale 38.5 36.00
, 80 41.94
4. 가 ,
(F=3.335, P=0.037),
(F=3.167, P=0.015) 가 .
5. (F=3.260, P=0.40),
(F=5.641, p=0.004) 가 .
, (F=3.383,
P=0.03), (t= -2.12, P=0.03), (t=- 3.48, P=0.001)
6. , ,
(r=0.028, P=0.341),
(r=- 0.121, P=0.043) .
, 가 , , ,
, 가 , 가
가 , 가 가

2.

1)

2)

(1980).

(1983).

(1978).

(1982).

, 13(1), 22- 32.

(1997).

(1976).

(1983).

(1980).

(1979).

9(1), 9-22.

(1996). 가

2(1), 108-118.

(1984).

15(2), 62-65.

(1985).

(1985).

, 13(3), 75-83.

(1979).

(1987). - C. G. Jung . 22(7), 546.

(1988). : , 113-175.
가

, 13(1), 199-206.

(1993).

, 23(4), 694-712.

(1984).

(1979).

(1978).

(1989).

(1979).

(1981).

291-297.

(1974).

4(2). 131-143.

(1982).

(1986).

(1983). 가 가

(1993). , 2(2). 9-11.

(1984).

(1984).

(1984).

- Akiskal, H.S. (1983). Dysthymic disorder psychopathology of proposed chronic depressive subtypes. *Am J Psychiatry*.
- Alanzo, A. A. (1993). Health behavior : Issues, contradictions and dilemmas. *Social Science and Medicine*, 37(8), 1019- 1034.
- Barbar Snell Dahren wend, etal, (1970). Class and Race as Status related sources of stress, *Social stress*. Adline publishing co, 111- 140.
- Barbar, T. X. (1964). Hypnotizability, suggestibility, and personality : V. A. critical review of research findings. *Psychological Reports*, 14, 299-320.
- Burstein, Kinch, Stern (1974).
- Cradon, Q. J. (1978). Maternal Anxiety and Neonatal wellbeing. *Journal of Psychosomatic Research*, 23(2), 113- 115.
- Spielberger, C. (1975). Anxiety : State -trait process, In C. Spielberger & I. Sarason. *Stress and Anxiety*, 1, 115- 144.
- Davids, A. and Debault, S. (1962). *Psychosomatic Medicine*, 24, 464-470.
- Eastman, N, J., Hellman. (1971). L. M. Williams Obstetrics. New York : Appleton-Century Crofts Inc.
- Erickson M, T. (1976). The Relationship between Psychological variable and specific Complication of Pregnancy, Labor and Delivery. *Journal of Psychosomatic Research*, 31(2), 113- 119.
- Gerald Gordon, et, al. (1968). Disease, the Individual and Quality of Life in Late-Stage Cancer Patients, *Nursing Research*, 31(2), 113- 119.
- Gerald Gordon et, al (1968). *Disease, the Individual and Society*. College & University Press, 42-73.
- Gorsuch, Key (1974).
- Hans A. (1986). Postpartum assessment : The Psychological component. *JOGNN*, 49-51.
- Hofling C. K. H. H. Leinger and E. A. Bregg (1967). *Basic psychiatric Concepts in Nursing*. J. B. Lippincott Co.
- Johnson J. E. et. al. (1970). Psychological Factors in the Welfare of Surgical Patients. *Nursing Research*, 19, 18-25.
- Laufer, A. B. (1990). Breast feeding : Toward resolution of the unsatisfying birth experience. *Journal of Nurse-Midwifery*, 35(1), 42-45.
- Leland E., Hinisic and Robert J. Cambell (1970). *Psychiatric Dictionary*, 49.
- Lowery, B. J. and Ducette, J. P. (1976). Disease-related learning and Disease control in Diabetes as a Function of Locus of Control. *Nursing Research*, 25(5), 358- 362.
- MacDonald, Christakos (1971). Internal-External Locus of Control; Response to Influence Attempts. *Journal of Personality*, 39, 406-419.
- Nichols, Humenick (1988). *Childbirth education : Practice, research and theory*. Saunders Co.
- Norine, Kerr(1978). Anxiety, Theoretical Consideration. *Perspective in psychiatric care*, 1(16), 36-46.

Phares E. J. (1976). Locus of Control in Personality. Morris town : General Learning Press.

Reeder, S. J., & Mastroianni, L. L. (1987). Maternity Nursing(16th ed). Philadelphia : J. B. Lippincott Co. c

Rotter, J. B. (1975). Some Problems and Misconceptions Related to the Construct of Internal versus External control of Reinforcement. Journal of Consulting and Clinical Psychology, 43(1), 56-67.

Schwartz, S., Burdick(1977). a factor-analysis examination of the relationship of personality variables to hypnotizability. J Clin Psychol, 33(2). 356-360.

Spieker, C. D., et. al(1976). STAI Manual for the State-Trait Anxiety Inventory. Consulting Psychologist Press.

Wallston B. S. and K. A. Wallston (1978). locus of Control and Health : A Review of the Literature. Health Education Monographs, 160-170.

Wilkins H. E. (1973). The psychology Almanac : A Handbook for students. Monterey, book I cole publishing Co. 25.

Zung, W. W. K. (1971). A rating instrument for anxiety disorder. Psychosomatics, 371-379.

- Abstract -

Key concept : Health locus of control, Anxiety

A Study on Health Locus of Control and Anxiety of Pregnant Women

Sung, Mi Hae

The purpose of this study is to prepare the basic data for improving anxiety relevant to characteristics of pregnant women. The researcher has examined the degree of anxiety of pregnant women and relationship between the characteristics of Health Locus of Control(HLC) and the anxiety. This research was conducted among 202 pregnant women who visited two obstetric outpatient departments for antenatal care at University hospitals in Seoul and Pusan, from December 1, 1998 to January 10, 1999. The tools used for this study were questionnaire and Wallston and Wallston's HLC Scale was used for measurement of anxiety. The result of this study was as follows;

1. The mean age was 29 years, proportion of women completed high school was 53.5%, the most and low class was the most, 81.2%, nuclear family, the most, 92.1% and the most(70.3%) was the Buddhist.

2. 70.3% had experience of 1-2 pregnancy and 54.0%, the most had 1-2 child, 7-9 month pregnancy is the highest percentage, 66.3% and the most pregnant women(81.2%)

was satisfied with their husbands and highest level of 70.8% revealed no change in sexual life compared to before pregnancy.

3. Expectant women showed HLC-Internal and low level of anxiety.

4. The factors of education and economics related to the intensify of the anxiety significantly.

5. The anxiety was affected by relationship with husband, attitude of pregnancy and minor discomfort during pregnancy.

It is conducted that the anxiety of pregnant women may be increased due to education, economics, relationship with husband, attitude of pregnancy and minor discomfort during pregnancy.