

: , , ,

,

.

1.

가
가

(Morse,1980).

가

(,1992).

가

(Dennis, 1990: Pollock, 1987),

(,1992).

가

가

2.

1)

가?

2)

가?

3)

가 가?

4)

가 가?

3. 가
가

1가 ;

가

가

2가 ;

가

가

4.

1)

40-60

(,1995).

40-60

2)

3

(),

(),

가

()

(Pollock,1984).

3)

가

(,1998).

4)

(,1995).

5.

1.

40

60

(,1984: ,1994).

가

가 가

(,1992). 50%

가 (Bobak,1990 ; ,1995).

가

) ,

(,1998).

(Kobasa,1979).

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

Johnson-Saylor(1991) 97

($r=.23$)가
가

. Pollock(1993)

. Gillis(1993)

(1995)

가

가

가

가

2.

가

가

(,1995).

가

가

(1997) 가

가)
1)

가 (Hunter,1992)
(,1989).
(,1995; ,1994), 가
Smith (1976)
가 가

가
2)
가 가

(Heaney,1989).
1000- 1500mg (,1995).
가 가 (,1994), E
(,1995; ,1995).

estrogenic isoflavone
3)
(George and
Weiler,1981)

(Mdlman,1983).
가
(Kegel) (,1991).

4)
가 가

.(,1997).

가

가

가

5) 가

가

가

가

가

(MacPherson,1981).

(MacPherson,1981).

가

45

가

1.

2.

40

60

가

3.

13

25

14

17

69

1)

(1989)가

pollock(1984)

(1995)

25

8

9

25

150

6

7

chronbach's =0.86

< 1>

(n=132)

		N	%
		2	1.54
		27	20.77
		57	43.85
		36	37.69
		8	6.15
()	45-49	85	64.39
	50-54	35	26.52
	55-	12	9.09
		53	40.15
		79	59.85
가 ()	1-2	34	25.76
	3-4	86	65.16
	5-	12	9.09
가	가	24	18.18
	가	108	81.82
		121	91.7
		11	8.3
		26	19.70
		50	37.88
		49	37.12
		7	5.30
		119	90.15
		11	8.33
		2	1.52
	100	39	31.20
	150	31	24.80
	200	38	30.40
	250	10	8.00
	251	7	5.60
	가	100	75.76
		31	23.48
		1	0.76
		2	1.54
		80	61.54
		36	27.69
		8	6.15
		4	3.08
		62	46.97
		38	28.79
		32	24.24

2)

Polit Larocco(1980)

(1983)

(1997)가 14

1, 0
 chronbach's =0.72

3)
 (1997)가 17
 ' 4, ' 3, '가 ' 2, '가
 ' 1 17 68 가 가
 chronbach's =0.76

4.
 SPSS/PC+

1)
 2)
 t ANOVA,
 pearson correlation coefficient

1.
 45-49 가 64.39% (85) 가 57 (43.85%) 가 ,
 67.4% (89) . 가 59.9% , 가 5
 가 3-4 65.2% 가 ,91.7%
 가 50 , 49 . 가 75%
 (90.2%)가 100 31.2%
 , 가 가 75.8% . 가
 61.5%가
 가46.9%, 가 28.8%, 가24.2% (1).

2.
 < 2>
 2.83 3.5
 70.75 (1995)
 64.3 (1997) 240
 128.52
 < 2> , ,
 ()
 2.83 0.70 1.24 5.04 1-6 70.75
 0.68 0.22 0.21 0.71 0-1 9.52
 2.26 0.55 1.35 3.18 1-4 38.42
 0.68 0.5
 가 1 14 9.52
 (1998) 16 8.75
 (1983) 13 5.63 가

2.26 2.5
68 38.42 (1995)
43.92 , 34.42 ,
(1998) 84 47.62
가
3. , , < 3>
가 가 , 가
2.50 , 2.61 3.07 ,
3.01 ,
200 250 2.52 가 ,
100 3.15 가
가 2.52 , 2.67 , 3.18 가
가 가
2.76 (2.94) 가
0.75 , 0.77 ,
0.61 가 0.66 ,
가 가 가
가 가 1-2 가 1.00 , 5 가 0.68
(1999) 가 가 가
가 2.99 가 , 가 2.19
가 가
(1999) 가 가
(, 1990; ,1998), 150 200 가 2.26
2.31 가 , 가
가

< 3>

(n=132)

			±	t or P	P	±	t or F	P	±	t or F	
			2.50	0.70		0.75	0.00		2.20	0.12	
			3.02	0.63		0.61	0.18		2.18	0.55	
			2.61	0.56	3.42	0.01*	0.66	0.19	2.52	0.04*	1.56
			3.07	0.77		0.77	0.27		2.27	0.65	
			3.01	0.94		0.61	0.17		1.83	0.27	
가 ()	1-2		2.72	0.56		1.00	0.35		2.50	0.87	
	3-4		2.94	0.68	0.62	0.53	0.67	0.16	3.78	0.02*	0.40
	5-		2.79	0.72		0.68	0.23		2.23	0.52	
()	1-2		2.84	0.67		0.70	0.15		2.22	0.47	
	3-4		2.83	0.73	0.98	0.01*	0.68	0.25	0.25	0.77	0.82
	5-		2.87	0.65		0.65	0.13		2.09	0.48	
가	가		2.88	0.63	0.59	0.44	0.58	0.20	0.94	0.00*	1.56
	가		2.82	0.72							
			2.82	0.71		0.69	0.22		2.19	0.46	
			2.97	0.69	0.22	0.79	0.64	0.21	0.70	0.49	11.09
			2.82	0.25		0.53	0.25		2.26	1.03	
100			3.15	0.70		0.60	0.15		2.27	0.67	
150			2.83	0.66		0.73	0.25		2.28	0.52	
200			2.59	0.56	3.92	0.00*	0.69	0.21	2.25	0.06	0.48
250			2.52	0.60		0.76	0.29		2.04	0.37	
251			2.91	1.09		0.66	0.19		2.20	0.36	
			2.52	0.28		0.64	0.00		1.91	0.79	
			2.67	0.64		0.70	0.23		2.28	0.42	
			3.18	0.76	3.92	0.00*	0.61	0.19	0.96	0.44	0.88
			2.94	0.67		0.71	0.57		2.00	0.32	
			3.07	0.30		0.71	0.15		1.97	0.69	

4. 가

1) 1가 ; “ 가 가 .”

가 가 (r=-0.208, P=0.017).
 가 1가 (4).

가 .
 (1997)
 가 Ross(1990)
 . (1988)
 가 , (1991)
 가 .

Kobasa (1982)

. Rich(1987)

가 , (1995)

가

2) 2가 : “ 가 가 .”

0.001 가 (P=0.092)

< 5>
2가

(Kew, 1985)

(1998)

(r=0.18, P < 0.01)

가

가

가

가

< 4>

P	
-0.208	0.017*
*P < 0.05	

< 5>

P	
0.001	0.992

1.

1998 10 19 11 14 40 60 132

1) 2.83 3.5

1 0.68

2) 2.26 2.5

가

3) 가 ; “ 가 가 .”

17가 (r=- 0.208, P=0.017).
 4) " 가 가 " 2가
 (r=0.001, P=0.992).

2.

- 1) 가
- 2) 가 가

10 (1995). (). 793-800.
 (1998). , 4(1),
 38-51.
 , (1989). , 19(2), 173-190.
 (1984). , 23(2), 24-25.
 , (1995). , 3(1),67-76.
 (1995).
 (1990).
 (1991). , 34(8), 1503-1060.
 (1995). ,
 (1989). , 4, 1-3.
 (1989).
 (1992). , 37(1), 72-77.
 (1991). , 13,
 83-106.
 (1998). , 22(2). 227-237.
 (1992). , 31(4), 44-57.
 (1981).
 (1995).
 (1988).
 (1983). ,
 (1983).

- (1997).
- (1998).
28(2), 414-430.
- (1995). , 34(4), 34-41.
- _____ (1995). : Q , 25(4), 807-824.
- , (1987).
, 12(1), 291-304.
- , (1992). , 2, 70-86.
- (1994). , 24(4), 623-634.
- (1993).
- , (1997).
, 11(1), 85-105.
- (1994). , 6(1),
48-57.
- (1997). , 3(2),
230-242.
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- , (1998).
, 4(3), 402-415.
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- Abstract -

key concept : Hardiness, Knowledge of Menopause,

A Study on Hardiness, Knowledge of Menopause, Menopausal Management among Middle Aged Women

Shin, Hye Sook · Kown, Sook Hee

The purpose of this study was to figure out related factors to the self-reported climacteric symptoms and the relationship among the health promoting behaviors, climacteric symptoms and degree of Sanhujori, the Korean traditional postpartal care.

A cross-sectional survey design was employed in this study. The subjects were 108 middle-aged women who were non-hystrectomized and ranged in age from 40 to 60 years. They were selected in seoul and Kyoung-ki province, Korea, Data were collected from Oct.25 Nov. 10, 1997 by a structured questionnaire.

The instruments used for this study were the revised health Promotion Lifestyle(HPLP) developed by Walker, Sechrist & Pender, and revised Climacteric Symptoms Scale developed by Chi, Sung Ai. the data were analyzed by the SPSS/PC program using t-test, ANOVA and Scheffe test as a post hoc and Pearson Correlation Coefficient.

The results of the study were as follows ;

1. The mean score of health promoting behaviors was low(2.42 ± 0.35). There were statistically significant differences in the score of health promoting behaviors according to the educational background, family income, marital satisfaction, whether or not taking a restorative food and degree of Sanhujori, especially the period ($t = -2.07$, $F = 2.60 \sim 7.57$, $p < 0.05$).
2. The mean score of score self-reported climacteric symptoms was 1.69% ;99% of middle-aged women had symptoms. There were statically significant differences in the score of middle -aged women's self-reported climacteric symptoms according to the age, number of children, educational background, occupation, family income, marital satisfaction, whether or not receiving hormon replacement therapy (HRT) or consultation by a professional, perceived health status and self evaluation of Sanhujori($t = -2.04 \sim 3.69$, $F = 2.87 \sim 11.63$, $p < 0.05$).
3. women's degree of Sanhujori was a positive correlation with health promoting behaviors($r = 0.34, p = 0.00$) and negative correlation with the degree of self-reported climacteric symptoms($r = -0.19, p = 0.03$).

4. The influencing factors to the climacteric symptoms were self actualization, interpersonal support, and perceived health status among the health promoting behaviors with 57% of variance($R^2=0.57$).

5. The middle-aged women's type of coping pattern for the climacteric symptoms was classified as active behavioral coping, spiritual & psychological coping, and negative coping.

In conclusion, to intervene the middle aged women's climacteric symptoms and develop nursing strategies for their health, health promoting behavior, especially ; self actualization, interpersonal support, and perceived health status should be considered. And, as the primary prevention strategy for women's health during the period of childbearing and also middle age, especially for the climacteric symptoms, Sanhujori should be reconsidered.