

14

40

Kim(2004)

3

5

가

5

2

5

5

20

20

가

(Kang, 2003).

1.

14

20~30

14

5

<Table 1>.

2) 가

(1)

2.

Cornell Medical Index

Nam(1965)

Hyun(2001)

4

D

35

?’

가

50

가

?’

• 40

64

38

CMI

40~64

51

25

가

25

가

Hyun(2001)

Cronbach's α

.90

.94

70%

(2)

21

22

Ministry of Health & Welfare(2001)

3.

1)

:

Kim(2004)

cm

가

group discussion

가

28

10

14

52

40

’ 1

3

가

가

Cronbach's α .84

가

가

3)

20~30

(1)

<Table 1> Dan Jeon Breathing exercise intervention

Order	Duration	Contents
Beginning practice	15 minutes	Stretching exercise to accept Ki comfortably: 28 movements 1. Straighten and stretch back 2. Circle your hips 3. Circle your feet 4. Wake up your Ki energy 5. Circle your left ankle(right) 6. Strike the bottom of your left foot(right) 7. Press your left calf (right) 8. Press left knee and pull the toe (right) 9. Twist your upper trunk to the left (right) 15. Straight legs and twist your upper 16. Bend your upper body toward left leg 17. Press your knees 18. Hold & Rock your ankles 19. Circle your upper body 20. Bend your upper body in clasp hands back 21. Roll back letting your feet go over head 22. Neck exercise 23. Stretch your arms above head 24. Open your arms 25. Shoulder exercise 26. Leg exercise 27. Swing your arms and upper body 28. Breathe
Breathing practice	20 minutes	Breathing to accumulate Ki for activation of metabolic function in organs :10 movements Standing breathe with feet shoulder width apart: 1. Put your hands together in front of you 2. Hands clasped behind your neck 3. Bend forward from your waist keeping your back straight 4. Place your hands on the backs of your hips, then slightly bend back 5. Arms hanging naturally by your side Sitting breathe: 6. Crossed your legs and keep your back straight as 1 movement 7. Same as 6, but hands clasped behind your neck 8. Sitting legs straight in front of you and flat on the floor. Bend forward from the waist and hold your toes 9. Same as 8, but feet slightly apart, lean back and put your fingertips on the floor behind you for support 10. Same as 6, but place the palms of your hands on your lower abdomen below the naval
Finishing practice	5 minutes	Cool-down stretching exercise to convey activated Ki to organ without exhaustion :14 movements 1. Lie down placing your arms above head and stretch 2. Clasp your hands behind neck and twist your upper body 3. Raise your hands and feet and shake 4. Pull your knees up to chest and extend arms out of to both sides 5. Raise your lower and upper body into V-shape 6. Legs spread apart, twist your upper body and right arm over to your left (as above the other way) 7. Move your right foot to your left hand and twist your head right 8. Move into a should your foots behind your head your hand 9. Tap the floor several times with your fingertips 10. Raise and Twist your upper body to the left and right 11. Extend your left arm straight ahead and your right arm out to your right side. Twist your upper body and right arm over to your left 12. Arch your back and rock 13. Move your upper body forward and then come up tiger pose 14. Run in place, breathe
Total	40 minutes	52 movements - Application duration: 3 times/week, for 6 weeks

(2) 가 (Kim, 가 1986).

가

(3) 3 6 가 가 D
6
6 가

4.

• SPSS Win Program

(4) 가 - test t-test x²
• paired t-test

4) unpaired t-test

2004 2 20 2004 4

2 3 6 • 가 Cronbach's alpha

<Table 2>.

1.

가

<Table 3>.

2. 가

가

<Table 2> Homogeneity test of general characteristics between two groups (N=43)

Characteristics	Classification	Experimental	Control	Total	²	p
		(n=21) f(%)	(n=22) f(%)	(n=43) f(%)		
Age (Years)	≤49	12(57.1)	13(59.1)	25(58.1)	.02	.90
	≥50	9(42.9)	9(40.9)	18(41.9)		
Educational level	≤Middle school	4(19.0)	5(22.7)	9(20.9)	.09	.77
	≥High school	17(81.0)	17(77.3)	34(79.1)		
Religion	Yes	16(76.2)	14(63.6)	30(69.8)	.80	.37
	None	5(23.8)	8(36.4)	13(30.2)		
Marital status	Married	21(100.0)	21(95.5)	42(97.7)		
	Widow		1(4.5)	1(2.3)		
Job	Housewife	18(85.7)	17(77.3)	35(81.4)	.50	.48
	Have	3(14.3)	5(22.7)	8(18.6)		
Economic level	Low	1(4.8)	5(22.7)	6(13.9)	3.45	.18
	Moderate	19(90.5)	15(68.2)	34(79.1)		
	High	1(4.8)	2(9.1)	3(7.0)		
Pregnancy (frequency.)	1 ~ 2	8(38.1)	10(45.5)	18(41.9)	.24	.63
	3 ~	13(61.9)	12(54.5)	25(58.1)		
Delivery (frequency.)	1 ~ 2	15(71.4)	10(45.5)	25(58.1)	.01	.92
	3 ~	6(28.6)	12(54.5)	18(41.9)		
Menstruation interval	Regular	9(42.9)	12(54.5)	21(48.8)	.59	.44
	Irregular	12(57.1)	10(45.5)	22(51.2)		
Sleep duration (hours)	≤7	11(52.4)	12(54.5)	23(53.5)	.02	.89
	≥8	10(47.6)	10(45.5)	20(46.5)		
Exercise	≤1 time/week	15(71.4)	15(68.2)	30(69.8)	.05	.82
	≤1 time/month	6(28.6)	7(31.8)	13(30.2)		
Type of exercise	Walking, climbing	8(50.0)	12(75.0)	20(62.5)	2.13	.14
	Others	8(50.0)	4(25.0)	12(37.5)		
Health status	Healthy	8(38.1)	6(27.3)	14(32.6)	.59	.75
	Normal	6(28.6)	7(31.8)	13(30.2)		
	Unhealthy	7(33.3)	9(40.9)	16(37.2)		
Alcohol	Yes	5(23.8)	7(31.8)	12(27.9)	1.71	.19
	No	16(76.2)	15(68.2)	31(72.1)		
Smoking	No	21(100.0)	22(100.0)	43(100.0)		
Caffeine drink (1day)	None	5(23.8)	4(18.2)	9(20.9)	.21	.65
	≥1 cup	16(76.2)	18(81.8)	34(79.1)		
Fat diet	Yes	15(71.4)	19(86.4)	34(79.1)	1.45	.23
	No	6(28.6)	3(13.6)	9(20.9)		
Health aid food	Yes	4(19.0)	3(13.6)	7(16.3)	.01	.94
	No	17(81.0)	19(86.4)	36(83.7)		
Nutrition drug	Intake	5(23.8)	6(27.3)	11(25.6)	.07	.80
	None	16(76.2)	16(72.7)	32(74.4)		

<Table 3> Homogeneity test of dependent variables between two groups (N=43)

	Experimental (n=21) M(SD)	Control (n=22) M(SD)	t	p
Physical symptoms	62.5(17.22)	65.2(16.79)	-.51	.61
Physical strength	13.2(4.18)	13.9(4.36)	-.55	.59

Kim(2004)

1) 1 가 가 5 40
 “ 가 ” 10
 62.5±17.22 51.1±8.02 20 20 5
 65.2±16.79 67.8±14.17 가 (Kim, 1997).
 가 t- 가 6 CMI 38
 (t=-4.21, p=.00), 1가 17
 paired t-test 가 (t=-3.74, p=
 .00), 가 (t=1.78, p=.09).
 <Table 4>

(Min & Koo, 1986;

Sung, 1999)

2) 2 가 가 5 가 가 가 가
 “ 가 ” .
 13.2±4.18 18.8±4.50 5 가 가 가
 13.9±4.36 14.4±4.45 가 가 가
 t- 가 가 가
 (t=5.91, p=.00), 2가 가 가
 paired t-test 가 가 가
 가 (t=6.54, p=.00), 가 가 가
 가 (t=-1.94, p=.07) 가 가 가
 (Goh, 1967; Hur, 2000; Kim, 1997).

(陰壓)

가

<Table 4> Differences of dependent variables between two groups (N=43)

		pre - test M(SD)	post - test M(SD)	paired t	p	pre - post M(SD)	t	p
Physical symptoms	Exp.	62.5(17.22)	51.1(8.02)	-3.74	.00***	-11.4(13.99)	-4.21	.00***
	Control	65.2(16.79)	67.8(14.17)	1.78	.09	2.6(6.94)		
Physical strength	Exp.	13.2(4.18)	18.8(4.50)	6.54	.00***	5.5(3.86)	5.91	.00***
	Control	13.9(4.36)	14.4(4.45)	-1.94	.07	.4(1.10)		

*** p<.001



(Hong, 2002).

(氣)
(Hyun, 2001; Kim, 2002).

가
가

(Yuasa, 1992),

IMF

(Kim & Bak, 1998),

가

Baumann(1961)

(Hyun, 2001)

가

가

()

. Hyun(2001)

가

가

가

가

Tai chi chuan

가

(Hong, Li

& Robinson, 2000).

(氣)

가

. Cho Park(2000)

가

Oak, Choi

Kim(2000)

(氣)

가

가 가

가 가

(Hong, 2002).

3 6

18 가

가

52

40

28

가

10

가

14

30

1

1%

가

가

(Cha,

2004),

SPSS Win. Program

가

Cauley (1986)

χ^2 -test, t-test

paired, unpaired t-test

70-80%

3

References

- Baumann, B. (1961). Diversities in conception of health and physical fitness. *J Health Human Behavior*, 2(1), 39-46.
- Bee, H. L., & Mitchell, S. K. (1980). *The developing person: A life-span approach*. San Francisco CA: Harper & Row.
- Bun, J. N., Kim, M. A., Choi, I. L., Lee, M. H., Surh, I. S., & Chung, S. H. (1996). Psycho-neuro immunological effect of a Korean traditional health culture, Danjeon Abdominal Breathing Session. *Korean J Stress Research*, 4(1), 41-56.
- Cauley J. A., Laporte, R. E., Sandler, R. B., Orchard, T. J., Slemenda, C. W., & Petrini, A. M. (1986). The relationship of physical activity to high density lipoprotein cholesterol in postmenopausal women. *J Chronic Disease*, 39, 687-697.
- Cha, K. S. (2004). Warming up & cool down, *Health Guide*.
- Cho, C. H., & Park, J. S. (2000). Effects of Danjeon breathing training on shooting performance in archery. *Korean Sport Research*, 11(3), 75-86.
- Choi, Y. G. (1995). *The effect of Dan-jun breathing training on anxiety, heart rate, blood pressure, serum lipids and EEG*. Unpublished doctoral dissertation. The Pusan National University, Pusan.
- Goh, K. M. (1967). *Salmue gil*. Seoul : Chongro Publishing Company.
- Hong Y., Li, J., & Robinson, P. D. (2000). Balance control, flexibility cardiorespiratory fitness among older Tai Chi practitioners. *Br J Sports Med*, 34(1), 29-34.
- Hong, K. P. (2002). Breathing and Health. *J of Kouksun*, 23, 41-44.
- Hur, K. M. (2000). *Kouksundo kanghae- Dulsungua nalsumsai myemune*. Seoul: Bokdol Publisher.
- Hyun, K. S. (2001). *The Effects of the DanJeon breathing exercise program applied to health promotion in women in midlife*. Unpublished doctoral dissertation, Kyunghee University, Seoul.
- Kang, H. S. (2003). *The 21th century sports and health management*. Seoul: Hong Kyung.
- Kim, E. S., Kim, K. H., Lee, H. K., Chung, D. C., Loo, B. G., & Kim, Y. S. (2002). *Exercise and health: A study note*. Seoul: Mujigae Publishing Company.
- Kim, K. W., & Bak, S. H. (1998). *A Study on the relationship between Danjeon breathing and health status in middle-aged men*. Development of Korea, nursing intervention II "alternative therapy". '98 International Nursing Conference, 123-128.
- Kim, K. W. (2004). *Development of Danjeon breathing model for health promotion in middle-aged women*. Unpublished doctoral dissertation, Ewha Womans University, Seoul.
- Kim, K. Y. (1986). The exercise therapy and prescription in middle-old ages. *J Korean Medical Association*, 29(5), 491-497.
- Kim, S. S. (1997). *Exercise and therapy*. Seoul: Daekyung.
- Kim, H. M. (2002). *The Tao of life: An investigation of Sundo Taoism's personal growth model as a process of spiritual development*. Unpublished doctoral dissertation of Philosophy in Human science, Saybrook Graduate School and Research Center.
- Kwon, Y. S., & Lee, M. S. (1998). Health promotion of middle-aged women. *J Korea Community Health Nurs Acad Soc*, 12(2), 89-106.
- Lee, K. H., & Chang, C. J. (1992). Korean urban woman's experience of menopause: Newlife. *Korean J Maternal-Child Nurs*, 2(1), 70-86.
- Min, B. K., & Koo, B. S. (1986). A study of menopause in Korean women(II). *Korean J Obstetrics Gynecol*, 29(9), 1209-1218.
- Ministry of Health & Welfare. (2001). Self- diagnosis scale.
- Nam, C. J. (2003). 2004 Korea national health and nutrition survey, *Korea Institute for Health and Social Affairs*.
- Nam, H. C. (1965). A study on the Cornell medical index. *J Korean Modern Med*, 2(4), 359-378.
- Oak, S. M., Choi, W. S., & Kim, C. M. (2000). Femoral vertebral bone mineral density and physical fitness factor in post menopausal women of practicing Tai chi. *J Korean Acad Farm Med*, 21(1), 46-55.
- Pender, N. J. (1996). *Health promotion in nursing practice. 2nd ed*, Norwald CT: Appleton & Lange.
- Sung, M. H. (1999). Health problem of the middle-aged women, *J Korean Acad Nurs*, 29(2), 258-270.
- Yuasa, Yasuo. (1992). *Qi and human science*. Seoul: Rye-Kang Publishing Co.