



Original Article

# Level of Self - leadership in Pregnant Women

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## Abstract

**Purpose:** This study was to provide preliminary data for degree of self-leadership in pregnant women. **Method:** Participants were 148 pregnant women who visited 2 university hospitals in Taegu city. Data collection was done from April 16 to May 22, 2005 by self administered questionnaires. **Results:** The mean score for self-leadership of pregnant women was 3.27 and the thought self-leadership of subconcept was the highest score. The highest mean score in self-leadership was found in 'When I'm faced with a problem during the pregnancy period' and 'I tend to look for the opportunity it contains rather than drawbacks'. The lowest mean score in self-leadership was found in 'I often practice health management before I actually do them'. There was the highest positive correlation between self-leadership and natural reward. **Conclusion:** This study had highest positive correlation between self-leadership and natural reward. Considering this, self-leadership is an effective nursing strategy to promote natural reward. Further studies are necessary to identify the level of self-leadership in pregnant women.

Key words : Self - leadership, Pregnant women

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가

(Park, 2004a, 2004b).

가

(Bandura, 1977)  
1998)

(Bandura, 1969; Lee,

(self-leadership)

(self-motivation)

(self-

: 2005 10 18 1

: 2005 11 7 2

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direction)  
1992)

(Manz,

가

가

가

(Lee, 1998; Lee, Shin, & Baik, 2000; Park,  
2000; Park, 2002; Yi, 1996), (Kang, 2003), (Choi,  
1996)

Manz(1986)

(self-management)

가

1.

가

Manz

(1992)

(self-

management), (natural reward),

(thought self-leadership)

, Stewart(1993)

(self-

control)

Sims Lorenzi(1992)

2.

1)

가

20

39

Manz(1992)가

3가

2가 가

2)

(self-leadership)

(Manz & Sims, 1995).

Manz(1992)

Neck(1993)

가  
Yi(1996)가

(self-talk), (mental imagery)  
(thought patterns)

1.

2.

2005 4 16 5 22

J N 2 , 가  
 20 39  
 160 가  
 3  
 2  
 5 , 5  
 가 4 14 5  
 12 148 14 70 가  
 Cronbach  $\alpha$  .90 . Yi(1996)  
 3.  
 1) Cronbach  $\alpha$  .73, .76, .75  
 Cronbach  $\alpha$  .84, .87, .72 .  
 3 14 Yi(1996)  
 (SLQ1; Self-Leadership Questionnaire 1) 3가  
 Manz(1992)가 6 , 5 , 5  
 3 4  
 5  
 15 (SLQ2; Self-Leadership 4.  
 Questionnaire 2) Manz(1992)가 5  
 SPSS/Win 10.0  
 3  
 15  
 (SLQ1) (SLQ2) Manz(1992)가  
 가  
 가  
 2 correlation  
 1  
 가  
 (TSL; Thought Self-Leadership 1.  
 Questionnaire) Neck(1993)  
 87  
 Yi(1996)  
 1 4 가 54.7%, 가 68.2%,  
 2 가 63.5% 가  
 가 1 가 59.5%,  
 3 가 50%,  
 34 15 가 59.5% 가 25

61.5% 가  
 가 91.2%  
 가 65.5% 가  
 가 77%

5 3.27(SD=.54)  
 5  
 3.13(SD=.66)  
 3.28(SD=.65)  
 3.42(SD=.59)

< Table 1 > General and obstetrical characteristics of subjects (N=148)

Characteristics	Category	f(%)
Age(years)	20-24	6( 4.1)
	25-29	60(40.5)
	30-34	63(42.6)
	35-39	19(12.8)
Education	High school	29(19.6)
	Over college	119(80.4)
Religion	Yes	67(45.3)
	No	81(54.7)
Occupation	Yes	47(31.8)
	No	101(68.2)
Economic level	Low	24(16.2)
	Moderate	94(63.5)
	High	30(20.3)
Frequency of pregnancy	1	88(59.5)
	2 or more	60(40.5)
Frequency of delivery	0	74(50.0)
	1	50(33.8)
	2 or more	24(16.2)
Frequency of abortion	0	88(59.5)
	1	45(30.4)
	2 or more	15(10.1)
Gestational period(week)	Under 13	19(12.8)
	13-24	38(25.7)
	Over 25	91(61.5)
Prenatal examination	Regular	135(91.2)
	Irregular	13( 8.8)
Attending experience of prenatal class	0	97(65.5)
	1	27(18.2)
	2 or more	24(16.3)
Wanted pregnancy	Yes	114(77.0)
	No	34(23.0)

3.  
 14  
 <Table 3>  
 3.84  
 2.70 14 가  
 가 가  
 3.84(SD=.82)  
 3.59  
 (SD=.76), 가  
 3.49(SD=.74)  
 가 가 가  
 2.70(SD=.80),  
 가 가  
 가  
 2.84(SD=.90), 가  
 2.89(SD=.76)  
 가 가 가  
 가 가  
 3.59(SD=.76) 가  
 2.70(SD=.80) 가  
 가 가  
 3.49(SD=.74) 가  
 가  
 2.89(SD=.76) 가 가  
 가 가

2.

<Table 2>

< Table 2 > Mean score of self - leadership (N=148)

	Mean(SD)	Min	Max
Self-leadership	3.27(.54)	2.14	5.00
Self-management	3.13(.66)	2.00	5.00
Natural reward	3.28(.65)	2.00	5.00
Thought self-leadership	3.42(.59)	2.00	5.00

3.17(SD=.80)  
 4.  
 <Table 4>



가 가

가 가

가

(Goldstein &

Sorcher, 1974).

(Manz & Sims,

14 가 가

1981; Bandura, 1986)

가 가

(opportunity thinking) 가

, 가

가

가

가

(self-regulation capability) 가

가

가

가

가

가

가

가

가

가

가

가

(Bandura, 1986)

가

가

가

가

가

가

가

. 400

(Locke & Latham, 1990)

가

가 Pearson correlation coefficient

가 가 가 가 가

가 가

가 (Yi, 1996). r=.80

가

(Richardson & Stone, 1981)

가

가

(r=.88, p=.001).

가

가

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(Kang, 2003). (Yi, 1996), (Choi, 1996), 가 (Lee et al, 2000) 가

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