



Original Article

A Study on Use of Complementary-Alternative Therapy in Middle-aged Women

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Abstract

Purpose: The purpose of this study was to describe the use pattern of alternative therapies in middle aged women. **Method:** The subjects of this study were 530 women from 40 to 64 years of age. The data of this study was patients' records. The data was gathered from April 1st, 2004 to June 30th, 2004. Data was analyzed statistically by using the SPSS/WIN 10.0 program. **Result:** It was shown that 63.5% of the subjects have utilized one or more types of alternative therapy. The most common type of alternative therapy was dietary and nutritional therapy 38.3%, and the place of use was the home 64.1%. The most common reason was a recommendation by friends. The degree of satisfaction after the use of alternative therapy was 95.2%. Among users of alternative therapies, the most frequent responses to each question were as follows; Motive of Use- "for health maintenance and promotion." (62.7%) In the relation ship between general

characteristics and utilization of alternative therapy, religion($\chi^2=12.33, p=.02$), exercise($\chi^2=8.21, p=.004$), and health status($\chi^2=14.95, p=.005$) showed a significant statistical difference. **Conclusion:** We found that middle aged women used alternative therapies more frequently than other populations. Therefore, it is suggested that medical doctors or nurses verify the true effects or side-effects from the most therapies or nurses verify the true effects or side-effects from the most common complementary or alternative therapies through experiments.

Key words : Complementary- Alternative therapy, Middle- aged Women

40 64

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(Jung, 1997)

가 (Park, 가 (Oh, 1998).

Lee & Cho, 2002).

가 (Himmel, Schulte & Kochen, 1993; Jarvis, 1992), (Lee et al., 1997).

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가 (Arcury et al., 1996) (Lee, Kang, Lee, Eun, & Lee, 1997), (Park & Lee, 2000), (Park & Jung, 1995), (Son & Seo, 2000), (Lee & Park, 1999), (Um & Lee, 1997; Lee, 2001), (Lee & Kim, 1999; Shin, Park, & Shin, 2004) 가

가

(Boisset & Fitzcharles, 1994; Wardwell, 1994; Vickers, 1996; Shin, 1999).

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(Lee & 1.

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1990 3 1

(Eisenberg, 1993). 49%, 46%, (Eisenberg, Kessler, Foster, Norlock & Calkins, 1993). 31% 794 2. 484 (61%)

1) 40 64 2

4.

(Lee et al., 2001). 2004 4 1 6 30

40-64 3

2) “ ”

5.

SPSS 10.0/WIN

(Shin, 1999)

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χ^2 -test

(Vickers, 1996).

1.

<Table 1>

40 가 73.7%, 50 가 24.4%, 60 가 1.9% , 43.1 가 52.6% 가 19.9%, 16.9%, 8.9%, 1.7% . 34.8%, 64.7% 62.3% 15.5% , 17.0%, 5.3% . 93.9% , 6.1% 가 150-199 21.5% 가 , 300 21.3%, 200-249 21.1%, 250-299 17.0%, 100-149 P 2 1, 2, 3, 4 200-249 14.5% 가 41.1%, 530 가 38.5% 14.3%, 1.3% 가 63.5% 36.5%

2.

3.

(9)

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2.

1) 가

<Table 2>

<Table 1> General characteristics of subjects and use of complementary-alternative therapy according to general characteristics (N=530)

Characteristics	Categories	N(%)	Complementary- Alternative Tx.		χ ²	p
			Yes f(%)	No f(%)		
Age	40-49	391(73.7)	255(48.3)	136(25.4)	4.45	.22
	50-59	129(24.4)	74(14.0)	55(10.4)		
	60-64	10(1.9)	8(1.2)	4(0.7)		
Religion	Buddhist	105(19.9)	172(33.2)	100(19.3)	12.33	.02
	Protestant	279(52.6)	62(12.0)	27(5.2)		
	Roman Catholic	90(16.9)	37(7.1)	9(1.7)		
	None	47(8.9)	54(10.4)	48(9.3)		
	Etc	9(1.7)	12(1.0)	4(0.8)		
Occupation	No	346(65.2)	204(39.5)	131(25.3)	3.09	.08
	Yes	184(34.8)	125(24.2)	57(11.0)		
Education	Elementary	28(5.3)	18(3.5)	9(1.7)	2.37	.67
	Junior High school	90(17.0)	57(10.9)	29(5.6)		
	High school	330(62.3)	200(38.4)	126(24.2)		
	College	82(15.5)	56(10.7)	26(5.0)		
Marital state	Married	498(93.9)	312(59.9)	178(34.2)	3.62	.46
	Widowed & Divorced	32(6.1)	9(3.6)	20(2.3)		
Monthly family income	< 1,000	24(4.6)	12(2.3)	11(2.1)	6.75	.24
	1,000-1,490	77(14.5)	41(7.9)	34(6.6)		
	1,500-1,990	114(21.5)	67(13.0)	41(7.9)		
	2,000-2,490	112(21.1)	71(13.7)	39(7.5)		
	2,500-2,990	90(17.0)	61(11.8)	28(5.4)		
	≥3,000	113(21.3)	78(15.1)	34(6.6)		
Smoking	No	514(97.0)	317(61.3)	184(35.6)	.92	.25
	Yes	16(3.0)	12(2.3)	4(0.8)		
Drinking	No	362(68.3)	221(43.2)	129(25.2)	.62	.35
	Yes	168(31.7)	106(20.7)	56(10.9)		
Exercise	No	253(47.7)	142(27.4)	106(20.4)	8.21	.01
	Yes	277(52.3)	188(36.2)	83(16.0)		
Subjective health state	Very healthy	25(4.8)	14(2.7)	10(1.9)	14.95	.01
	Healthy	218(41.1)	132(25.6)	80(15.5)		
	Moderate	204(38.5)	117(22.7)	81(15.7)		
	Unhealthy	76(14.3)	60(11.6)	15(2.9)		
	Very unhealthy	7(1.3)	7(1.4)	0		

가 1088 , 3.8%, 가
 가 337 3.2%, 1.8% , ,
 가 3가 , ,
 가 5.5% 가 1.8%, ,
 41.9%가
 27.8%, 가 12.5%, 가 1.1%
 8.6%, 가 9.3% , , 가 , ,
 9.9% 가 , 7.5%,
 7.3%, 6.8%, 5.6% , 2) ,
 , , , ,
 <Table 3> .
 12.7%, 6.3% , 가 41.4% 가
 , , , , 17.7%, 가

<Table 2> Kind of complementary-alternative Tx.

Categories	Kind	f(%)
Mind-Body intervention	Dance	12(1.1)
	Qi-gong	6(0.5)
	Yoga	35(3.2)
	Dangeon	19(1.8)
	Meditation in Zen	9(0.8)
	Music	14(1.3)
	Meditation	41(3.8)
sub-total		136(12.5)
Diet therapy	Health food	138(12.7)
	Mushroom	26(2.4)
	Natural food	69(6.3)
	Garlic	11(1.0)
	Pumpkin	31(2.9)
	Juice	12(1.1)
	Enzyme	6(0.6)
	Fasting	5(0.5)
	Sun and five moon element food	4(0.4)
sub-total		302(27.8)
Medication &herbal therapy	Vitamin	60(5.5)
	Herbtherapy	13(1.2)
	Aromatherapy	19(1.8)
	Flowertherapy	1(0.1)
sub-total		93(8.6)
Handtherapy	Acupuncture	81(7.5)
	Massage	74(6.8)
	Bee's sting	20(1.8)
	Hand acupuncture	79(7.3)
	Acupress	14(1.3)
	Moxibustion	61(5.6)
	Cupping	108(9.9)
	Foot-reflexology	8(0.7)
	Chuma therapy	9(0.8)
	Touchtherapy	1(0.1)
	CST	1(0.1)
sub-total		456(41.9)
Electromagnetic Tx.	Electromagnetic wave	12(1.1)
Etc	Steambath	57(5.2)
	Thermptherapy	5(0.5)
	Urine method of treatment	3(0.3)
	Charcoal	5(0.5)
	Horticultural therapy	1(0.1)
	Superttition	9(0.8)
	sub-total	

* Multiple Response
 ** Total case=1088⇒1088/337=3.22

6.8%, 가 13.5%, 가 12.9%

<Table 4>

가 36.4% 가 32.4% 가

23.1% 가 가 가 8.0%

<Table 5>

65.4%, 19.6%, 10.2% 3.9%, 0.9%

<Table 3> Goal of complementary-alternative therapy (N=520)

Characteristics	Categories	f(%)
Goal	for complete cure of symptoms	70(13.5)
	for relieving symptoms	92(17.7)
	for health promotion	215(41.4)
	for psychological stabilization	67(12.9)
	for weight control	73(6.8)
	etc	3(0.6)

* Multiple response

<Table 4> Effect of complementary-alternative therapy (N=324)

Characteristics	Categories	f(%)
Effect	relieve symptoms	105(32.4)
	psychological stability	118(36.4)
	two effect of symptoms, mitigation and psychological stability	75(23.2)
	no relieve symptoms and psychological stabilization	26(8.0)

* Multiple response

<Table 5> Satisfaction of complementary-alternative therapy (N=342)

Characteristics	Categories	f(%)
Satisfaction	Very Satisfactory	34(10.2)
	Satisfactory	217(65.4)
	moderate	65(19.6)
	Unsatisfactory	13(3.9)
	Very Unsatisfactory	3(0.9)

* Multiple response

3)

<Table 6>

가 24.5% 가 , 가 20.9%

<Table 6> Using patterns of complementary-alternative therapy

Characteristics	Categories	f(%)
influential person	from family or relative	80(20.9)
	friends	94(24.5)
	doctor or nurse	32(8.4)
	me	54(14.1)
	health-related books	25(6.5)
	TV, radio, newsletter, internet	80(20.9)
	others	18(4.7)
sub-total		383(100)
Alternative therapy where used	House	150(64.4)
	Yoga center	7(3.0)
	Physiotherapy room	3(1.3)
	Oriental medicine clinic	33(14.2)
	Fitness-center	6(2.6)
	Sauna, bathhouse	12(5.2)
	Acupuncture room	2(0.9)
	Dangeon breath room	1(0.4)
	etc	19(8.1)
sub-total		233(100)
Reason that doesn't use alternative therapy	nearly ineffective	67(27.5)
	symptoms recover	123(50.4)
	purchase is difficult and hard	26(10.7)
	by doctor's opposition	1(0.4)
	by opposition of family and acquaintance	6(2.5)
is not scientific	21(8.6)	
sub-total		244(100)
Reason that alternative therapy is better than orthodoxy medical treatment	is harmless in body	87(23.3)
	protect body	78(20.9)
	side effect is low	87(23.3)
	effect is good	39(10.4)
	save time	25(6.7)
	cost-effective	3(0.8)
	kindly, treat patient	4(1.1)
	give psychological sense of security	39(10.4)
	etc	12(3.2)
sub-total		374(100)
At new alternative therapy	will try once	171(47.6)
	will use after a doctor and consultation	157(43.7)
	unused	31(8.6)
sub-total		359(100)

* Multiple response

가 14.1%, 8.4%, 6.5%
 64.4% 가 , , 가 ,
 가 50.4%
 가 27.5% 가
 10.7%, 가 8.6%,

가 2.5%, 가
 0.4% 가
 23.3% 가 가 20.9%, 가
 가 10.4% 가
 가 47.6% 가
 43.7% 가
 8.6%
 4)
 x2 <Table 1>
 x2
 가 7.1%,
 12.0%, 10.4%,
 33.2%, 1.0%
 가 (x2=12.33, p=.02),
 36.2%, 27.4%
 가 (x2=8.21, p=.004).
 25.6%, 22.7%, 11.6%,
 2.7%, 1.4% 가
 가
 63.5% Park Lee(2000)
 52.6%, Lee Park(1999)
 51.2% Shin
 (2004) 66.84%
 가
 1990 1 18 1500
 가
 34% (Eisenberg, 1993), 46%,



49%, 31% 20-50% 가
(Fisher, 1994), 가 Lee Park(1999) Park
. Jung(1997) Lee(2000) , Jung(1997)
794 61%가
가 가
(2004) , . Shin 가 가 23.3% 가
Lee Park(1999) 가 20.9% . Lee Park(1999)
가 가 35.2% 가
Park Lee(2000)
. Jung(1997) , 가 28%, 가
Park Lee(2000) 19%
가
(2000) . Eisenberg, Lee, Lin, Wensch Adler 8.6%
) 4 (, , , 가 43.7%
가
36.0%, 22.0%, 가
30.0% 26.0%, 35% 가
21.0%
, , 가
4.8% , Shin (2004)
Park Lee(2000)
. Lee Park(1999) 74.3%가 , Choi, Jung Choi(1998)
Jung(1997) 87%가
41.4%가 가
17.7%
. Shin (2004)
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가 24.5% 가
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Shin (2004) 가 가 가 1.
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가 . Lee Park(1999)
가 가
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11.4% ,

, 가

가
27.5%

가

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가

가

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