



Original Article

A Study on Women's Fatigue and Sleeping Disturbance

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Abstract

Purpose: This study was to identify the relationship between fatigue and sleep disturbance in adult women so as to provide basic data for developing a women's health promotion program and nursing intervention. **Method:** A convenience sample of 184 women who visited a Well-baby clinic at P city Maternal child center during October in 2004 was obtained. Data was collected by self-administered questionnaires. **Results:** The Subjects' mean age was 36.87 years and 70% were employed and had more education than high school. The mean level of fatigue was 56.65, mean sleeping hours were 6.54, and time until falling asleep was 17.58 minutes. Scores of fatigue differed by subject's age, level of education, and menstruation status. In addition, sleeping hours differed by age, occupation status, and income level. There were significant low levels of correlation between fatigue and sleeping hours ($r=-.16$) and getting up too early ($r=-.15$). **Conclusion:** This study concludes that fatigue and sleeping patterns have a significant relationship.

Key words : Fatigue, Sleeping disturbance

21
1997 78
가
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(Song, 1997)
가 2-4
1999), 가 가
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(Phipps, Sand, & Marek,
(David et al.,

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1990). 가 , 1) : , , 가 (Im, 1995). (Urdang & Swallow, 1983) , 1988 가 가 , (Ferler, 2) : (Korean Nurse Association, 1995) , Shin, 1991; Pickard-Holly, 1991). 1/3 , Choi, Song Choi (1997) 가 가 (Kim, 1987) 1. 연구 설계 (Fuller & Schaller-Ayers, 2000). 2. 연구 대상 및 자료수집 방법 P Walker(1999) 187 3 Walker, McGown, Jantos 184 Anson(1997) 가 2004 10 1 10 30 Kim(2000) 가 3. 연구 도구 1) 1988 가 1. 연구의 목적 10 , 10 , 10 30 “ ” 1 , “가 ” 2 , “ ” 3 , “ ” 4 가 1) 30 120 가 2) 3) .94 Cronbach's =.95 4) 5) 2) NIH가 2. 용어 정의 Honolulu Heart Program Sleep Study Shin (1997) 가

2, 가, 가, 3

4. 자료분석 방법

SPSS WIN 10.0

t-test, ANOVA
Pearson Correlation Coefficients

5. 연구의 제한점

1. 대상자의 제 특성

() 36.9±9.73 22 -63

<Table 1> Characteristics of the study subjects (N=184)

Characteristics	Category	Frequency(%)	Mean ± SD
Age(year)	>29	44(23.9)	36.9±9.72
	30-39	65(35.4)	
	40-49	56(30.4)	
	<50	19(10.3)	
Occupation	Yes	120(65.2)	
	No	64(34.8)	
Education level	Elementary	8(4.3)	
	Middle school	12(6.5)	
	High school	64(34.8)	
	College	100(54.4)	
Economics(monthly (Won))	<1,000 K	36(19.36)	
	1,000-1,999 K	78(42.4)	
	2,000-2,999 K	15(8.2)	
	No response	64(34.8)	
Menstruation	Premenopause	171(92.7)	
	Postmenopause	13(7.1)	
Number of family	<2	46(25.0)	3.3±1.28
	3-5	134(72.8)	
	6-7	4(2.2)	

, 30 가 35.4%
가 164 (89.2%)
가 114
(62%)
가 171 (92.7%)
가 134 (72.8%) 3-5
가 <Table 1>.

2. 대상자의 피로와 수면장애

56.7±13.08 (30, 97) , 6.5±
1.10 (4, 10),
17.6±12.21 (1, 60)
가 46 (20.1%)
가 37 (20.1%) <Table 2>.

<Table 2> Degree of fatigue and sleeping disturbance (N=184)

Characteristics	Category	N (%)	Mean ±SD	Range
Mean sleeping time(hour)	<5	8(4.3)	6.5± 1.10	4-10
	5-6	76(41.3)		
	6-7	66(35.9)		
	7-8	29(15.8)		
	>8	5(2.7)		
Time until go sleeping(min)	<10	85(46.2)	17.6±12.21	1-60
	11-20	41(22.3)		
	21-30	51(27.7)		
	>30	7(3.8)		
Difficult to sleep	Yes	30(16.30)		
	No	154(83.7)		
Difficult to sleep after awakened	Yes	46(25.0)		
	No	138(75.0)		
Get up too early	Yes	37(20.1)		
	No	147(79.9)		
Fatigue total score	30-50	61(33.2)	56.7±13.08	30-97
	50-70	99(53.8)		
	70-90	22(10.9)		
	>90	2(1.1)		

3. 대상자의 제 특성에 따른 피로정도

(F=3.051, p=.030), (F=2.893, p=.037),
(t=6.34, p=.013) 가
가 , 가
<Table 3>.

<Table 3> Degree of fatigue by subject's characteristics (N=184)

Characteristics	Category	Mean ±SD	F or t	p
Age(year)	<29	60.9±12.31	3.05	.03
	30-39	55.6±10.97		
	40-49	55.3±15.26		
	>50	51.4±12.70		
Occupation	Yes	56.2±12.01	3.85	.05
	No	57.7±15.12		
Education level	Elementary	44.2±11.28	2.89	.04
	Middle school	52.9±17.81		
	High school	57.0±14.15		
	College	57.3±11.45		
Economics(monthly (Won))	<1,000 K	55.9±12.81	.09	.91
	1,000-1,999 K	56.1±11.06		
	>2,000 K	56.8±14.95		
Menstruation status	Premenopause	56.9±13.01	6.34	.01
	Postmenopause	47.6±11.74		

4. 대상자의 제 특성에 따른 수면장애

(F=2.63, p=.05), (t=3.299, p<.001), (F=7.150, p<.001) 가 , 가 40

<Table 4> Degree of sleeping by subject's characteristics (N=184)

Characteristics	Category	Mean sleeping time	Time until go sleeping
		Mean ±SD	Mean ±SD
Age(year)	>29	6.7±1.12	18.9±12.04
	30-39	6.8±0.99	15.5±10.51
	40-49	6.3±1.11	18.9±13.04
	<50	6.3±1.26	17.3±14.98
	F	2.63*	1.00
Occupation	Yes	6.4±1.05	17.4±12.56
	No	6.9±1.12	18.0±11.59
	t	3.30**	.34
Education level	Elementary	6.6±1.38	17.9±19.64
	Middle school	6.0±1.29	22.7±16.40
	High school	6.4±1.04	18.2±10.80
	College	6.7±1.09	16.6±11.83
	F	1.56	.97
Monthly Income (Won)	<1,000 K	6.1±1.38	17.6±13.34
	1,000-1,999 K	6.6±.90	17.2±12.00
	>2,000 K	6.9±1.11	17.9±11.56
	F	7.15**	.04
Menstruation	Premenopause	6.6±1.07	17.6±11.79
	Postmenopause	6.4±1.50	17.7±17.38
	t	.16	-.03

*<.05 **<.001

가 <Table 4>.

5. 대상자의 피로와 수면장애와의 상관관계

(r=-.156, p<.05), (r=-.146, p<.05)

가

<Table 5>.

<Table 5> Relationship between fatigue and sleeping disturbance (N=184)

Variable	Fatigue r
Mean sleeping time	-.076
Time until go sleeping	.128
Difficult to sleep	-.156*
Difficult to sleep after awakened	-.136
Get up too early	-.146*

* p<.05

6. 대상자의 피로 원인과 피로조절 행위

10%

<Table 6>.

<Table 6> Cause of fatigue (N=184)

Characteristics	Frequency(%)
Physical weakness due to disease	167(11.8)
Heavy working	165(11.6)
Unskilled labor	161(11.4)
Physical disturbance and anxiety about body	161(11.4)
Bad environment	160(11.3)
Irregular life style	141(9.9)
Heavy responsibility	132(9.3)
Disturbance of interpersonal relationship	126(8.9)
Decreased work desire due to heavy household	112(7.9)
Sleep deficiency	93(6.6)

* Multiple response

92 (43.6%), 30 (14.2%), 23 (10.9%), 가 19 (9.0%), 17 (8.1%)

<Table 7>.

56.7±13.08 ,
 6.5±1.10 , 17.6±12.21
 가 , ,
 ,
 (r=-.156, p=.05) ,
 (r=-.146, p=.05)
 가 ,
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References

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