



Original Article

A Study on Health Status of Elderly Women in Urban Area

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1)

Abstract

Purpose: The study was done to identify the perceived health status of elderly women and men, and define the difference between the two groups. **Method:** The subjects of this study were 209 elderly people over 60 years living in urban areas. The data was collected through personal interviews using questionnaires from September to October 2002. Data was categorized by content analysis and then data was analyzed with the SPSS program by frequency and Chi-square tests. **Result:** Elderly women complained of types of pain (leg pain, arthritis, lumbago, headache) more than elderly men. Elderly men complained about decreased levels of activities such as walking and general weakness. Elderly men and women have discomforts in daily living such as walking and doing household chores. First, elderly men and women want good health and improvement of health status. Second, women want happiness for their offspring, but men want to improve the government and the laws. **Conclusion:** Elderly women want relief from pain, but elderly men want an increased level of activity. The findings of this study give useful information to conduct health education and care for elderly women.

Key words : Women, Aged

가 가 가
 가 가가
 (KNA News, 2003; National Health Insurance Corporation, 2004).
 가 (Lee, Ko, Lee, & Kang, 2005; Yoo, 2004; Kang, Seo, & Kim, 2004; Shin & Kim, 2004).
 가 81 (65)
 가
 30 11.3
 (Yoo, 2004). 735
 21 4.18

: 2005. 11. 20. 1 : 2005. 12. 10. 2 : 2006. 1. 17. 3 : 2006. 3. 3. : 2006. 3. 10.

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(Lee, Ko, Lee, & Kang, 2005)

가 , 4 60 가 가

가 , 가

Kim(2004) 271 가 Shin 3. 가 가

가 가

가 Ro 1996 8 (, , ,) 가 280) 3가 가

1,800 (Kang, Seo, & Kim, 2004) 가 가 2 5

가 가 70 가 1 2 5

가 X Y 가 4. 가 2

가 46 1~3 1

가 2 가

1. 가 5. 가 3

2. SPSS PC+/PC WIN 8.0

2002 9 30 10 5 2 209

1.

<Table 1>

<Table 1> Demographic variables in elderly men and women (N=209)

Characteristics	f (%)
Sex	
Male	60(28.7)
Female	149(71.3)
Age(year)	Mean 75.7
Spouse	
Yes	62(29.7)
No	147(70.3)
Living alone	
No	143(68.4)
Yes	66(31.6)
Living with adult children	
Yes	110(52.6)
No	99(47.4)
Education	
Yes	104(49.8)
No	105(50.2)
Adult children (person)	Mean 4.38 (son 2.20, daughter 2.18)
Smoking	
Yes	46(22.0)
No	163(78.0)

209 가 60 (28.7%), 149 (71.3%)
 가 2.5
 75.7 (60 98) (Korea
 National Statistical Office, Aged dependency ratio. <http://www.nso.go.kr>)
 가
 (65 15
 ~64 가) 2000 10.1%
 2010 14.8%, 2020 21.3%, 2030 35.7% 가
 20 2 가
 가 가
 가
 가 62 (29.7%)
 가 147 (70.3%)
 143
 (68.4%)
 가 가 33
 104 (49.8%)

105 (50.2%)
 4.38 2.20 , 2.18
 46 (22%)

2.

209 159
 127mmHg
 79mmHg <Table 2>
 159
 140mmHg 46
 100mmHg 12

<Table 2> Blood pressure (N=159)

Blood pressure	Mean	Obtained range (min - max)
Systolic(mmHg)	127	90-180
Diastolic(mmHg)	79	50-130

가
 180 (86.1%) , 가 29
 (13.9%)
 가
 144 (68.9%) , 가
 65 (31.1%)
 가
 158 (75.6%)
 가 51 (24.4%)
 <Table 3>.

<Table 3> Perceived health status in elderly men and women (N=209)

Characteristics	f(%)
Health problem	
Yes	180(86.1)
No	29(13.9)
Discomfort in daily living	
Yes	144(68.9)
No	65(31.1)
Hope	
Yes	158(75.6)
No	51(24.4)

3.

가 가

180 가 <Table 4> 가 17%가 , 15.8% (21
 180 가) (5), (3)
 170 (94.4%) (15),
 가 ' 54 , ' 가 (9), (5)
 ' 37 , ' 37 , ' 26
 , ' 16
 28 (15.6%) (10
), (9), 가 (9)
 21.3% ,
 120.3%
 6 가 29 13.9%, 10.6%
 ,
 36.2%가 25.5%, 5.3%
 9% 3.3%,
 4 가 2.8%
 3.8%
 가

4.

<Table 4> Perceived health status in elderly men and women (N=180)

Characteristics		Female(n=133)	Male(n=47)	Total
		f(%)	f(%)	f(%)
Pain, aching	Leg pain	160(120.3)	10(21.3)	170(94.4)
	Back pain			
	Joint pain			
	Whole body			
	Headache			
Mobility	Walking	12(9.0)	17(36.2)	29(16.1)
	General weakness			
Sensory	Visual disturbance	21(15.8)	8(17.0)	29(16.1)
	Hearing loss			
	Numbness			
G-I tract problems	Indigestion	21(15.8)	8(17.0)	29(16.1)
	False teeth			
	Constipation			
	Diarrhea			
Cardiopulmonary function	Breathing difficulty	19(14.3)	9(19.1)	28(15.6)
	Heart problem			
	Sputum, coughing			
B.P, Blood vessel, circulation		17(12.8)	8(17.0)	25(13.9)
Diabetes mellitus		7(5.3)	12(25.5)	19(10.6)
Verbal communication		2(1.5)	4(8.5)	6(3.3)
Memory loss		5(3.8)	0	5(2.8)
Other(insomnia, obesity etc)		11(8.3)	6(12.8)	15(8.3)

<Table 5> Discomforts in daily living in elderly men and women

(N=144)

Characteristics	Female(n=104)	Male(n=40)	Total
	f(%)	f(%)	f(%)
Walking	58(55.8)	21(52.5)	79(54.9)
General housing, household affairs	39(37.5)	10(25.0)	49(34.0)
Economics	17(16.3)	1(2.5)	18(12.5)
Loneliness	10(9.6)	5(12.5)	15(10.4)
Visual disturbance	9(8.7)	2(5.0)	11(7.6)
Indigestion	4(3.8)	6(15.0)	10(6.9)
Breathing, sputum, coughing	6(5.8)	1(2.5)	7(4.9)
Disease control	1(1.0)	4(10.0)	5(3.5)
Verbal communication	1(1.0)	4(10.0)	5(3.5)
Others(obesity, insomnia etc.)	10(9.6)	4(10.0)	14(9.7)

209 144 3
 144
 3
 <Table 5>
 가 가 , 5.
 144
 79 54.9% 158
 55.8%, 52.5% 3
 가 가 <Table 6>
 49 34.0% 158 72 (45.6%)
 37.5%, 25.0% , ,
 40 (25.3%), ,
 34 (21.5%), ,
 22 (13.9%), , 16 (10.1%),
 12.5% (2.5%) (16.3%) , ,
 (7.0%), , 가
 가 , 11 (7.0%)
 가 , 가
 10.4% 가 12.5% 가 15 , 가

<Table 6> Hope in elderly men and women

(N=158)

Characteristics	Female(n=119)	Male(n=39)	Total
	f(%)	f(%)	f(%)
Self health promotion	56(47.1)	16(41.0)	72(45.6)
Happiness of offspring	34(28.6)	6(15.4)	40(25.3)
Promotion in socioeconomic status	28(23.5)	6(15.4)	34(21.5)
Family health promotion	20(16.8)	2(5.1)	22(13.9)
Peaceful death	11(9.2)	5(12.8)	16(10.1)
Walk, going out, travel	5(4.2)	6(15.4)	11(7.0)
Improvement of family relationships	7(5.9)	4(10.3)	11(7.0)
Improvement of politics and regulations	0	8(20.5)	8(5.0)
Others(marriage, long life etc)	5(4.2)	3(7.7)	8(5.0)

가 , 가

6. 가 45% 12.8%

가 가

가 <Table 7>. 가 , 가

1) 가 가 56.7% , 18.8%

가 <Table 7>. 가 가 20% 36.2%

가 가 가

가 가 (Kim, Yang, & Lee, 1996).

가 가 133

가 160 17가 80% , 5 1

가 37.6%

<Table 7> Living arrangement, education, smoking in elderly men and women (N=209)

Characteristics		Female(n=149)	Male(n=60)	Total	x ²
		f(%)	f(%)	f(%)	
Spouse	Yes	28(18.8)	34(56.7)	62(29.7)	27.6**
	No	121(81.2)	26(43.3)	147(70.3)	
Living alone	No	95(63.8)	48(80.0)	143(68.4)	4.5*
	Yes	54(36.2)	12(20.0)	66(31.6)	
Living with adult children	Yes	77(51.7)	33(55.0)	110(52.6)	0.8
	No	72(48.3)	27(45.0)	99(47.4)	
Education	Yes	56(37.6)	48(80.0)	104(49.8)	29.1**
	No	93(62.4)	12(20.0)	105(50.2)	
Smoking	Yes	19(12.8)	27(45.0)	46(22.0)	24.1**
	No	130(87.2)	33(55.0)	163(78.0)	
Health problem	Yes	130(87.2)	47(78.3)	177(84.7)	2.0
	No	19(12.8)	13(21.7)	32(15.3)	
Discomfort in daily living	Yes	104(69.8)	40(66.7)	144(68.9)	0.8
	No	45(30.2)	20(33.3)	65(31.1)	
Hope	Yes	119(79.9)	39(65.0)	158(75.6)	4.4*
	No	30(20.1)	21(35.0)	51(24.4)	

** P < 0.005 *P < 0.05

가? Han Cho(2001-b)

9 가

(Yang, 2005). 47 36.3%가 9% 가 가 50%

(Jang, Park, & Yoon, 2003) 가 가

가 가 1998 65 (Jung et al., 1998) 가 가 1/3

21 10 13.3% 43.4% (2.5%) (16.3%) 가

가 가 가 3 가 1/10

18가 (Hogstel, 2001) 가 가 가 가 가

(Kim & Baik, 2003). 290 66.5%가 가

42.5%(Kim, Lee, & Park, 2004) 가 가 가

3 가 가 가 가 가 (Dorothea, 2002).

(Han & Cho, 2001-b) 354 (30) 가 가 가 가 가

가 46.9% 15.3%가 가 가 가 가

12(1), 2006 3 67



가 가 가 . 75
 가
 가
 가
 7 가
 72.1)
 (Cho, 1997)
 75.7
 가
 (Han & Cho, 2001-a)
 가 가
 가
 가
 45%
 12.8%
 (60~79) 5 (1 , 2)
 (Gu, Kang, Kim, Ahn,
 Oh, & Eun, 2002),
 가
 2005 ~2006
 2007
 가
 60 209

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