

: ,
 :
 :
 •
1.
 가 (Gulick, 1983). 60
 가 80
 가 90% (Gulick, 1983 ; Field, 1985).
 , 70 46.
 0% 68.9% 80 36.0% 49.6% , 90 21.
 4% 35.4% (, 1992).
 ,
 , , (, 1993).
 가 .
 가
 가 (, 1993 ; , 1994).
 가 .
 가 10
 3 5 가 가 (L' Esperance and Frantz, 1985)
 1.5

(, 1995).

(, 1995 b)

(, 1993).

가

(Field, 1985) 가 가

가

가

(Champman et al., 1985 ; Graef et al., 1988).

가

(Aberman and Kirchhoff, 1985 ; Cronenwett and Reinhardt, 1987 ; Kearney, 1988 ; Buchko et al., 1993 ; Dilts, 1985 ; Moon and Humenick, 1988 ; Morse and Bottodrrff, 1988 ; Storr, 1988 ; , 1993 ; , 1993 ; , 1994 ; , 1994 ; , 1995).

가 가 가

(Aberman and Kirchhoff, 1985 ; Beske and Garvis, 1982 ;

Gulick, 1982 ; , 1995).

2.

1)

가?

2)

가?

3. 가

1가 :

1 가 :

1

2 가 :

1

2가 :

1 가 :

1

2 가 :

1

3 가 : 4

4.

- 1) :
- 2) : 1 가 가

- 3) : 가 「

UNICEF

10

가

가

1990

2000

4 6

2

가

가

가

1.

(31.8%) 4 5 (25.1%) (76.5%) 6 7
 28.4% 47.3%가 3

가 (, 1993).

가 (1994).

25.3% 3

4 6 (28.2%) 7 (22.4%) (1991)
64.0%가 1 3 4
12% (54.2%)
, 가 , 가 ,
(, , 1993). 가 가
(47.2%), (24.5%),
(15.1%), (13.2%) (49.3%),
(30.7%), (16.0%), (4%) (,
1994).
가
(, 1993 ; , 1994)
가 가 가
, 1993 ; , 1995b) (18.5%) (3.5%)
(45.1%)가 가 (, 1994)
(,
1995a) 1 (28%) 3-4 (18%)
가
, , , , , ,
2.
1)
, ,
(, , 1991 ; , 1992 ;
, 1994 ; , 1994; , 1994).
(Giugliani et al, 1992)
가
가
(Cronenwett and Reinhardt, 1987 ; Entwistle, 1991 ; , 1991).
가 가
가

(, 1995).

가

4

(, 1994 ; , 1994 ; , 1995).

가 (, 1994).
가 (, 1993)
가 .

(, 1994 ; , 1995 ; Parlo, 1990).

2)

(74.6%)
(51.6%) 26.1% .

가
, 가 . 가 (, 1994).

가 ,
가 ,

가 (, , 1993).

(81.8%), (92.9%),
(49.5%) (33.2%), (41.5%)
(45.6%)

(, 1994).

, , ,

(, 1983, 1993 ; , 1994 ; , 1995).

3)

, , , 6

(Newton, 1950 ; Graffy, 1992).

(, 1991)

7.8% 가 (, 1994).
가

1

(, 1982).

(10.2%)

(, 1994).

(, 1995).

4)

(Entwisle

et al., 1982).

IT

가

가
(, 1995b).

WHO UNICEF 1989

:

30

가

가

10

3.

Hill(1987)

가 6

가

Kistin (1990)

가

가

가

가

가

Cronenwett Reinhardt(1987)

1 2

1

6

(50%)

(80%)

Pamela(1989)

3 7

3

가

Saunders and Carroll(1988)

1 3

4 5

2

가

4

4

Chen(1993)

가

가

가

가

가

Houston(1981)

가 가

12

가

(100%)

(70%)

(Jones and West,

1985).

Jensen (1994)

가

가

Storr(1988)

가

가

L'Esperance Frantz(1985)

3 5

. Moon

(1989) 24 , 48

2

가

(1987)가 3

1

5 (: 56.1%, : 38.0%) 1 (: 75.4%, : 60.0%) 5

가

가

3 4

4

(1994)

(1992)

가

(70.6%)

(25.3%)

가

2

가

(, , 1993 ; , 1995).

1.

32	-	,	3	1	,	1	,	4
----	---	---	---	---	---	---	---	---

2.

1995 5 22 8 22

1) 2) 32 3) 가

4) 135

1 32

6 , 7

89 .

99 .

3.

1) UNICEF

2 가 2 가

2) 가 ,

3) 1 (32) : 가

2 3 가 , , , r 가

30 가 가 가

2 () : 가

3 (1 3) : 가

가 가 가

4) 3 . 1 1 , 2
 1 가 2
 4 ,
 5) SAS(Statistical Analysis System)
 가 x²test
 1.
 1)
 , , , ,
 (: 54.6% : 51.7%)
 (: 70.7% : 67.4%) 100 200
 (: 45.5% : 46.1%)
 .
 25 29 (57.5%) 가
 (P=0.015) 100 (43.3%)
 (28.1%) 200 25.8% 11.1%
 (P=0.013) (1)

< 1>

	(N=99)	(N=89)	x ² test	P
	(%)	(%)		
24	6(6.1)	3(3.4)		
25 29	57(57.5)	34(38.2)	10.6	0.015*
30 34	30(30.3)	39(43.8)		
35	6(6.1)	13(14.6)		
	7(7.1)	3(3.4)		
	54(54.5)	46(51.7)	1.764	0.414
	38(38.4)	40(44.9)		
100	43(43.4)	25(28.1)		
100 200	45(45.5)	41(46.1)	8.679	0.013*
200	11(11.1)	23(25.8)		
	29(29.3)	29(32.6)	0.238	0.626
	70(70.7)	60(67.4)		

*P<0.05.

*P<0.05 **P<0.001

3) , (: 63.5% : 65.2%) 90 21.4% 35.4% (1992) 가 . (: 74.7%, : 92.1%) 83.3%가 (1991) 가 (P=0.001) . (54.5%), (24.3%), (10.1%) (1993) , , (33.7%), (28.1%), (7.9%) 가 (3).

< 3>

	(N=99)	(N=98)	x ² test	P
	63(63.6)	58(62.2)	0.048	0.827
	36(36.4)	31(34.8)		
	11(11.1)	2(2.3)		
	32(32.3)	21(23.6)	15.795	0.001*
	42(42.4)	61(68.5)		
	14(14.2)	5(5.6)		
	54(54.5)	25(28.1)		
()	24(24.3)	7(7.9)	23.148	0.000*
	10(10.1)	2(2.3)		
	11(11.1)	30(33.7)		

P<0.001

2.

1) 1

1

(48.5%)가 48 72
 (59.6%) 가
 (77.8%) . 59.6%가 가
 1
 34.3% . (52.8%) 24
 (86.6%) . (83.1%)가
 43.8%가 1 62.9%
 가

가
 24 (: 9.1%
 : 52.8%, P=0.000) (: 59.5% : 82.1%, P=0.005)
 ‘

1
 , 1가 1 가
 가
 가
 1 가
 34.3% (P=0.001) 62.9%
 1
 , 2가 1 가 (4).
 2) 1
 1 ,

(: 40.4%
 : 83.1%, P=0.000), (: 64.6% : 84.3%, P=0.002),
 (: 60.6% : 41.6% P=0.015)

1
 , 1가 2 가
 1
 (1 : 68.7% 1 : 40.4%) (1 : 77.8% 1

< 4> 1

	(N=99) (%)	(N=89) (%)	x ² test	P
24	9(9.1)	47(52.8)	52.462	0.000*
24 48	13(13.1)	17(19.1)		
48 72	48(48.5)	16(18.0)		
72	29(29.3)	9(10.1)		
	68(68.7)	74(83.1)	14.689	0.005*
2 3	17(17.2)	9(10.1)		
3 4	14(14.2)	6(6.7)		
	77(77.8)	77(86.5)	2.05	0.286
	22(22.2)	12(13.4)		
	59(59.6)	39(43.8)	4.813	0.090
	40(40.4)	50(56.2)		
	34(34.3)	56(62.9)	17.376	0.001**
>	18(18.2)	5(5.6)		
<	27(27.3)	18(20.2)		
	20(20.2)	10(11.2)		

*P<0.05 **P<0.001

: 64.6%) (1 : 59.6% 1 : 60.6%) 가

1

(1 : 83.1% 1 83.1%) (1 : 86.5% 1 : 84.3%) (1 : 43.8% 1 : 41.6%) 가

1 가 (: 47.3% 20.2%

: 31.2% 24.7%) 가 (: 18.2% 40.4% : 5.6% 16.9%) 2 가

가

가

4

(1995) (,

1995)

(58.4%) (39.4%) ‘

1 , 2가 2 가 (5).

3) 4 4 33.3%,

55.1% (P=0.003) ‘

4

, 2가 3 가 (6).

(1 : 34.3% 1 : 39.4% 4 : 33.3%)

(1 : 62.9% 1 : 58.4% 4

< 5> 1

	(N=99) (%)	(N=89) (%)	x ² test	P
	40(40.4)	74(83.1)	37.117	0.000**
2 3	20(20.2)	8(9.0)		
3 4	39(39.4)	7(7.9)		
	64(64.6)	75(84.3)	9.365	0.002*
	35(35.4)	14(15.7)		
	60(60.6)	37(41.6)	5.961	0.015*
	39(39.4)	52(58.4)		
	39(39.4)	52(58.4)	11.984	0.007*
	40(40.4)	15(16.9)		
>	13(13.1)	13(14.6)		
<	7(7.1)	9(10.1)		

*P<0.05 **P<0.01

< 6> 4

	(N=99) (%)	(N=89) (%)	x ² test	P
	33(33.3)	49(55.1)	8.993	0.003*
	66(66.7)	40(44.9)		
1	12(12.1)	0(0.0)		
2	12(12.1)	2(2.2)		
3	6(6.1)	0(0.0)		
4	2(2.0)	5(5.6)		
2	4(4.0)	1(1.1)		
3	16(16.2)	17(19.1)		
4	5(5.1)	14(15.7)		
		1(1.1)		

*P<0.05 **P<0.001

55.1%)

1

1 62.9%, 4

55.1% 9.0%

2 32.6%가

65% 6

40% Chalmers(1991)

(12.1%) 1 (12.1%) 2 (6.1%) 가

1 2.2% (6).

가 .가

가

, , 가

2 가가 (1995)

가

가

1995 5 22 8 22

, 32 ,

1 2 3 89

가

99

1. 가

, 17가

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- Abstract -

Effects of Breastfeeding Education Program on the Promotion of Mother's Feeding Compliance

Lee, Eun Sook · Suh, Young Sook

Lee, Eun Sook : Dept. of Nursing, Medical School, Chonnam National University

Suh, Young Sook : Dept. of Nursing, Dongshin Junior College

The purpose of this study was to investigate the effects of breast-feeding education program on the promotion of mothers's feeding compliance during the 4 months after childbirth. A nonequivalent control group posttest design was used. Eighty-nine pregnant women at their 32 more weeks of gestation receiving antenatal care at the Chonnam University Hospital Obstetrics Clinic were assigned to the experimental group. Control group was ninety-nine pregnant women over 32wks of gestation receiving antenatal care at the Kwangju Christianity Hospital Obstetric Clinic during the same period.

Breast-feeding education program was introduced to the experimental group from antepartal visit to 4 months after childbirth. Data were collected primarily via telephone interview on the 7th day, the end of 1 month and the 4 months after childbirth respectively.

The results showed that 1) the frequency of breast-feeding continuation promoting behaviors was higher in the experimental group than in the control group. 2) The rates of mothers' compliance during the 4 months after childbirth in the experimental group demonstrated a significant difference ; much higher rate of mothers' compliance than control group.

Conclusively, the breast-feeding education program increase the rate of mothers' compliance and duration of breast-feeding.