



- 1)
- 2)
- 3)
- 4)

1.

가

(Smith, 1979: Lesh, 1975). (Galloway, 1975: Pearson, 1983: 1989)

가, 가 가 가 .E

.Ache(1980)

(1987) 가 가

, Morse(1980) Detre(1978)

가 (1995)

Arch(1980) 가

2.

가 2 20t 50 가

(Steiner, 1992).

가

1987: , 1985).

, Anderson(1987) 가 100  
(93%), (91%),  
(91%), (88%), (86%) , Hay(1994) 가 78  
35 . 541 (Matthews , 1994)

Hay (1994)  
83% 33%  
가 가 35%

Winokur(1973) Lesse(1968)

(1995) , 가 ,  
, 1990), , 가 (McGrath  
, 1980). , 가 (

가

1.

2.

40 61  
가

1995 11 28 12 30 , 가

200 190

134

3.

20 , 20 . 24 ,  
가 , 20

1)

Neugarton(1965) 3 25 (1995) 20  
 . 4 , 8 , 8 .  
 3 3 , 2 . 1  
 60 20 가 .  
 Cronbach's  $\alpha=0.88$  .

2)  
 Zung(1974) 20 . 4  
 , 1 , 가 2 , 3 , 4 10 4  
 80 20 가 가 .  
 Cronbach's  $\alpha=0.86$  .

4.

SPSS/PC<sup>+</sup> , t-test, ANOVA Pearson correlation  
 coefficient .  
 1) , , .  
 2) Pearson Correlation Coefficient  
 .  
 3) t-test, ANOVA .

1.

< 1> < 1> . N=134

가	2.02	0.67
가	1.98	0.66
가	1.72	0.77
가	1.55	0.68
가	1.72	0.74
가	1.70	0.70
가	1.63	0.80
가	1.56	0.74
가	1.51	0.71
가	1.41	0.96
	1.33	0.69
	1.20	0.57
	1.96	0.75



2.

< 4> 가 20 69 49 가 85.1%  
 가 50-59 14.2% 60-69 0.7% 70

< 4>

N=134

			%	±
49	( )	113	85.1	
50-59	( )	20	14.2	39.13 ± 9.10
60-69	( )	1	0.7	
70	( )	0	0	

(1994) 가 27-61 , 49 가 80%

39.13 (1994)  
 47.2 . Johnstone (1994) 5 78  
 45%가

3.

Pearsons' correlation coefficient

가 (r=0.530, p=0.000, 5 ).

< 5>

	(r)	P
	.4090	0.000
	.3190	0.000
	.5891	0.000
	.5391	0.000

가 가  
 가

Johnstone (1884)

가  
 가

(Johnstone, 1994)

가

(r=.5891, p=0.000) (r=.4090, p=0.000) (r=.3190, p=0.000)

4.

가 < 6 > N=134

		%			t or F	P
42-45	16	11.9	28.80	5.45		
46-50	63	47.0	27.81	6.26	1.53	0.211
51-55	50	37.3	27.81	7.35		
56	5	3.7	33.49	2.98		
	28	20.9	28.93	4.46		
	49	36.6	27.91	7.23	0.35	0.787
	43	32.1	27.92	7.55		
	12	9.0	26.72	4.28		
	2	1.5				
	90	67.2	27.96	6.18		
	44	32.8	27.78	6.39	0.02	0.885
	113	84.3	27.48	6.55		
	16	11.9	30.63	6.58	1.39	0.241
	5	3.7	35.10	7.10		
	38	28.4	29.64	6.46		
30	43	32.1	26.08	6.72	2.89	0.038
50	44	32.8	28.67	5.89		
51	7	5.2	24.48	8.66		
	2	1.5				
	21	15.7	29.74	6.07		
	42	31.3	25.98	6.43	4.18	0.007
	63	47.0	29.17	6.34		
	8	6.0	23.17	6.78		
1	4	3.0	21.04	9.29		
2	30	22.4	26.33	6.99	2.01	0.116
3	55	41.0	28.33	5.85		

	4	45	33.6	28.46	7.56		
	100	37	27.6	28.53	6.17		
	101-200	69	51.5	27.64	6.34	0.47	0.701
	201-300	17	12.7	28.28	8.73		
	301	6	4.5	28.07	1.28		
		5	3.7				
가	가	21	15.7	21.16	6.12	0.22	0.638
	가	108	80.6	27.90	6.69		
		5	3.7				

가 40 , 50 가

가 40 , 50 가

(1988)

(1989), (1995) 40 50

가

가 30.63 27.48 가

가 (t=2.89, P=0.038) (t=4.18, P=0.007)

가 가 29.64 50

가 28.67 가 가 51

24.48 가 가

Morse(1980), Detre(19778)

가 , 가

가 가

(1994)

가

100 300 가 26.28

200 300 가 26.28 가

(F=2.66, P=0.043) . < 7 >



< 7>

N=134

		%		t of F		P
12- 14	20	14.9	28.30	8.61		
15- 17	81	60.9	27.77	6.25	0.053	0.947
18	33	24.6	27.97	6.14		
	73	54.4	28.15	6.30		
	61	45.5	27.60	6.93	0.23	0.629
1- 3	36	26.9	27.61	5.37		
4- 6	80	59.7	27.57	6.89	1.012	0.366
7	18	13.4	29.95	7.29		
0- 2	34	25.4	26.20	7.40		
3- 4	75	56.0	27.92	5.82	2.66	0.043
5	24	17.9	30.15	7.10		
	1	0.7				
0- 2	39	29.1	26.1	7.16		
3- 4	62	46.3	27.75	5.79	1.66	0.193
5	23	17.1	29.55	7.10		
	10	7.5				

가  
가 (1988), 가 (1995) 가

가

40 61 134 1995

11 28 12 30

(1995) 3 20 Neugraton(1965) Zung(1974)

20 SPSS Pearson's correlation coefficient t-test, ANOVA

1. 1.59 , “ 가 ”(2.02), “ ”(1.98), “ ”(1.96) 1.88

2. 90.3%가 가 27.9 85.1%가 (49 ) 14.2%가

(50-59 ) , 39.13 .  
 3. (r=0.4090, P=0.000), (r=0.3190, P=0.000), (r=0.5891, P=0.000)  
 가  
 가(r=0.5307, P=0.000)

4. 가  
 가  
 (F=2.89, P=0.038) 가 가 (F=2.66, P=0.043).  
 .(F=4.18, P=0.007), 가 가

1.

2. 가

1. 10 (1995). (下), .
2. , (1989). , , 19(2), 173-190.
3. (1984). , , 23(2).
4. , (1990). , .
5. (1991). , .
6. (1988). ,
7. (1978). ,
8. (1992). , , 31 4 167 .
9. (1987). , , 54 7 , 513-523.
10. (1983). , .
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12. (1995). : Q , , 25(4), 807-824.
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16. , (1994). , , 2 , 70-86.

17. (1993). , 가 , , 1993. 5. 22-26.
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20. (1987). , : .
21. (1985). , : .
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23. (1985). , , 24(2), 72-79.
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25. 5 (1995). , , 34 4 70-82.
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- Abstract -

# **An Analysis of the Relationship between Menopausal Symptoms and Depression**

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Baim Jeung Yee · Sing, Ae Ri

Yoe, Jung Hee · Chung, Eun Soon

Jung, Hyang Mi

Jung, Hyang Mi: Kouean Women's Nursing Academic Society Member of Kyung Nam and Pusan Regions

This study was done for the purpose of analyzing the relationship between menopausal symptoms and depression.

Data were collected by a questionnaire from November 28 to December 30, 1995.

The subjects were 134 women between 40-61 years of age.

The instruments used for this study were The Menopausal symptom scale by Neugartom and Depression scale by Zung.

The results of the study were as follows.

1. Mean score of menopausal symptoms was 1.59. Mean score orders of experienced symptoms were "Rack pain and joint pain"(2.02), "General weakness"(1.98), "Nervousness"(1.96).

The most serious menopausal symptom was psychosomatic symptom.(1.88)

Total score orders of experienced symptoms was 27.9 and over 90.3% of women complained menopausal symptom.

2. Mean score orders of depression was 39.13. It was normal range of depression. 85.1% of the women were normal range of depression and 14.2% of women mild depression.

3. The relationship between menopausal symptoms and depression was statistically significant( $r=0.5307$ ,  $p=0.000$ ).

When the relationship among three dimensions of menopausal symptoms were explored the psychosomatic symptom( $r=0.4090$ ,  $P=0.000$ ), Physical symptom( $r=0.319$ ,  $P=0.000$ ), Physical symptom( $r=0.319$ ,  $P=0.000$ ) were statistically significant.

4. General characteristic variables were significantly related to the level of menopausal symptoms as follows ; environment of living( $F=2.89$ ,  $p=0.038$ ), religion( $F=4.18$ ,  $P=0.007$ ), times

of birth ( $F=2.66$ ,  $p=0.043$ ).

The analysis of this study have implication for management of middle aged women's health, to solve the nursing problems, and to prevent and relieve climacteric symptoms.