

:

: 1997

:

•
1.

가 가 , 가 가

가 (, 1997)

10.2% 450 가 (, 1994).
가

가 ○

3가
(Taylor, Denham & Ureda, 1982)

(Surgeon General's Report, 1979 ; 1990) , 50%

가

Pender(1982)

. Pender(1982)

(Duffy, 1988 ; Pender, Walker, Sechrist & Frankstromborg, 1990 ; Walker, Volkan & Pender, 1988 ; Weitzel, 1989), 가 (Oh, 1993 ; Stuijbergen & Becker, 1994) (, 1995 ; 1996 ; Frank-Stormberg, Pender, Walker & Sechrist, 1990), (Duffy, 1993 ; Riffle, Yoho & Sams, 1989) 가 (, 1994, 1995 ; , 1995)

(Johnson, Ratner, Bottorff & Hayduk, 1993)
 (, 1995, 1996 ; ,
 1996 ; , 1997 ; , 1997) Pender(1982)
 (existential vacuum) 가 (family
 hardiness index)

2.

Pender(1982)

1)

2)

3.

1)

· : 가 (Ware, 1976).
 · : Speake, Cowart Pellet(1989) 가 가 가

2)

· : 가 가
 (, 1993).
 · : Rosenberg (1974)가

3)

· : (1990) 가
 1995).
 (,

4) 가

· : 가 가 가

(McCubbin, McCubbin & Thompson, 1987).

· : McCubbin, McCubbin Thompson(1987) 4

5)

· :
 (Frankle, 1963).
 · : Crunhaugh Maholick(1964)

6)

가 .

가 (Pender, 1982).

가 , 가

가

가 ,

2.

가 ,

Pender (1992) 가 , 1983

1992 23 52% 12

Pender (Gillis, 1993).

(,) ,

가

가 가 , ,

가 ,

가 가

가

가 가 (Family

Hardiness Index, FHI)

(Frankle, 1965)

自依性()

(, 1995). 가 < >

(

(), 1994).

(1995)

가

가

가 가

(multidisciplinary)

Pollock(1989)

Nicholas(1993)

가

($r = -.68, P < .001$),

(1995)

Duffy(1988, 1993)

Gillis(1993)

가

McCubbin, McCubbin Thompson(1987)

가

(FHI)

가

Kobasa(1979)

3

(confidence)

가

가

Failla

Jones(1991), McCubbin, McCubbin

Thompson(1987)

가

가

가

Pender(1982)

가

(1989)

가

(1993)

Hallal(1982)

Rutledge(1987)

가

가

Duffy(1988)

가

(, 1989 ; , 1990 ; Duffy, 1988)

가

(, 1994 ; , 1994 ; Desmond, Conrad, Montgomery & Simson, 1993 ; Pender, Walker, Sechrist & Frankstromborg, 1990) (1994)

1981 1994

40

, Duffy(1988), Weitzel(1989), Pender, Walker, Sechrist & Frankstromborg(1990), Nicholas(1993)

Mason Holm(1993)

가

(, 1990 ; , 1990) ()

가

(, 1995) Aaronson(1989)

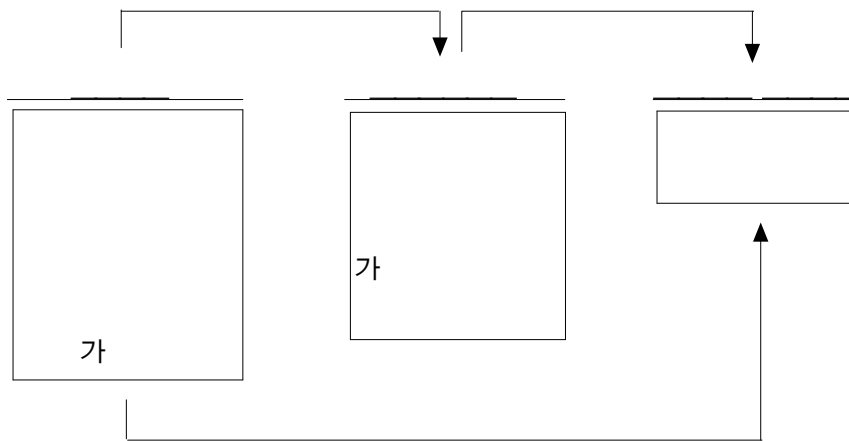
(Rock, Meyerowitz, Maisto & Wallston, 1987 ; , 1995). 가 (, 1994 ; Pender, Walker, Sechrist & Frankstrombory, 1990)

(Speake, Cowart & Pellet, 1989 ; Walker & Best, 1991), (Stuifbergen & Becker, 1994)

(Gottlieb & Green, 1984).

3.

< 1>



< 1>

Pender(1982)

Pender

, , , 가 , , , 가

1.

Pender(1982)

가

(explorative correlational study)

2.

1997 7 9 2 , , , ,
 1)40-59 2) 3)
 4) 300 19
 281 .

3.

1) ,
 2) 가 가
 30 40

4.

< 1>

< 1>

	Cronbach Alpha
2	.867
7	.706
8	.868
가 14	.800
7	.795
3	.571
4	.527
20	.913
36	.910
9	.819
5	.719
4	.828
8	.805
5	.823
5	.693

1)

Speake, Cowart Pellet(1989) 3
 가 가 가 ' (1) ' (5 A) 5
 Cronbach Alpha가 .867 .

2) Rosenberg (self-esteem scale)
 (1974)가 10
 ' , ' , ' 4
 ' , ' , ' 가 3
 가 .
 7 28
 Cronbach Alpha가 , .706 .

3) (1990) (health scale)
 가 .
 8 5 . 8 40 가
 Cronbach Alpha가 .868 .

4) 가 (Family Hardiness Index, FHI) 4
 3 , 8 , 5 , 4 20 가
 가 .
 가 3
 가
 1 2 20 6 14 가
 ' , ' , ' 4 .
 14 56 가 가
 Cronbach Alpha가 가 .800
 .795 .571 .527 .

5) (existential vacuum) Crumbaugh, Maholick(1964)
 20 (Purpose in Life test : PIL) . 7
 20 140
 가 ,
 Cronbach Alpha가 .913 .

6) Walker, Sechrist Pender(1987)가 48
 36
 ' , ' , ' 4 6 9 ,
 5 , 4 , 8 , 5 5 .

2.5 2.73
 2.94 2
 4.33 5.0 가
 가 가 2.0
 2.82 3.12 3.12 가 2.82 가
 4.75 3.5
 2.65 2.0
 2.91, 2.13, 2.37, 2.75, 2.83,
 2.60

< 3 >

	(*)	(*)		()	
	2.73	.80	2.70	2.76	1-5
	2.94	.40	2.64	3.28	1-4
	4.33	.56	4.10	4.44	1-5
가	3.02	.37	2.64	3.26	1-4
	3.05	.43	2.93	3.26	1-4
	2.82	.49	2.64	2.95	1-4
	3.12	.51	2.93	3.25	1-4
	4.75	.90	4.04	5.61	1-7
	2.65	.44	1.91	3.14	1-4
	2.91	.53	2.41	3.14	1-4
	2.13	.61	1.91	2.35	1-4
	2.37	.81	2.20	2.51	1-4
	2.75	.61	2.52	2.95	1-4
	2.83	.63	2.65	2.99	1-4
	2.60	.59	2.28	2.84	1-4

(*) :

3.

<

4-1, 4-2>

가 (F=4.78, P=.0029) Scheffe 2.80, 2.92, 2.88, 3.07 가

(F=5.17, P=.0017)Scheffe 4.09, 4.20, 4.28, 4.52

가 (F=7.04, P=.0001) Scheffe 2.69, 3.05, 2.97, 3.13

	가	,	가	가	
		2.75,	3.12,	2.98,	3.17
가	(F=5.68, P=.0009) Scheffe	,			가
		2.33,	2.84,	2.78,	2.95
	(F=6.21, P=.0004) Scheffe	,	,		
가		4.00,	4.51,	4.64,	5.16
	(F=11.24, P=.0000), Scheffe	,	,		
가		2.31,	2.54,	2.59,	2.86
가	(F=11.53, P=.0000) Scheffe	,	,		
가		2.49,	2.93,	2.79,	3.14
	(F=10.92, P=.0000) Scheffe				가
		1.71,	2.04,	2.09,	2.29
	(F=4.25, P=.0059) Scheffe				가
		1.70,	2.04,	2.34,	2.70
가	(F=10.99, P=.0000) Scheffe	,	,		
가		2.73,	2.56,	2.74,	2.90
	(F=3.46, P=.017) Scheffe				가
		2.53,	2.78,	2.75,	3.03
	(F=4.77, P=.0029) Scheffe				가
		2.16,	2.48,	2.56,	2.80
	(F=6.44, P=.0003) Scheffe	,	,		
가			4.90	4.66	
	(t- 2.14, P=.033),		2.18	2.48	가
	(t=- 3.03, P=.003)		2.65,	2.80	
	(t=- 2.01, P=.045).		2.23,	2.73,	3.07
가	(F=6.23, P=.0014) Scheffe				가
		3.13,	2.94,	2.75	가 (F=5.38, P=.0051) Scheffe
		가			
		4.31,	4.38,	3.95	가 (F=7.53, P=.0007)
Scheffe		가			가
3.08,	3.04,	2.81	가 (F=5.22, P=.0059) Scheffe		
	가			3.16,	3.07,
가	(F=5.72, P=.0037) Scheffe			2.81	가
		5.17,	4.76,	4.32	(F=5.69, P=.0038)
	가				
가	(F=6.63, P=.0015) Scheffe			3.08,	2.76,
				2.45	가
가		가	2.97	가	2.84

< 4-1 >

	t or F P Scheffe			t or F P Scheffe			가			가						
	(SD)			(SD)			(SD)			(SD)						
40-44	2.70(.79)	1.12		2.96(.40)	.55		4.35(.58)	.43		3.03(.38)	.12					
45-49	2.69(.84)			2.93(.42)			4.34(.62)			3.02(.38)						
50	2.90(.80)			2.89(.41)			4.26(.37)			3.00(.29)						
1.	3.18(.75)	2.32		2.80(.46)	4.78	.0029	3<4	4.09(.51)	5.17	.0017	2,3<4	2.69(.33)	7.04	.0001	1<2,4	
2.	2.84(.85)			2.92(.38)				4.20(.58)				3.05(.39)			3<4	
3.	2.74(.84)			2.88(.38)				4.28(.60)				2.97(.36)				
4.	2.60(.71)			3.07(.42)				4.52(.45)				3.13(.33)				
	2.71(.77)	-.29		2.98(.41)	1.32			4.29(.65)	-.76			3.00(.40)	-.81			
	2.74(.83)			2.92(.40)				4.35(.51)				3.03(.34)				
1.	2.23(.72)	6.74	.0014	2<1	3.13(.30)	5.38	.0051	3<1	4.31(.57)	7.53	.0007	3<2	3.08(.54)	5.22	.0059	3<2
2.	2.73(.80)			3<1	2.94(.40)			4.38(.49)				3.04(.34)			3<1	
3.	3.07(.70)				2.78(.44)			3.95(.93)				2.81(.36)				
	2.44(.56)	-1.05			2.98(.68)	.19		4.33(.39)	-.01			2.85(.52)	-1.36			
	2.74(.81)				2.94(.40)			4.33(.57)				3.03(.36)				
가	가	2.71(.79)	-.66		2.97(.39)	2.26	.025		4.35(.56)	1.19		3.04(.36)	1.35			
	가	2.79(.81)			2.84(.41)			4.25(.59)				3.00(.38)				

	t or F P Scheffe			t or F P Scheffe			t or F P Scheffe			t or F P Scheffe					
	(SD)			(SD)			(SD)			(SD)					
40-44	3.06(.46)	.12		2.84(.51)	.60		3.12(.50)	.51		4.80(.93)	1.30				
45-49	3.05(.41)			2.77(.48)			3.16(.55)			4.75(.90)					
50	3.02(.34)			2.86(.44)			3.06(.50)			4.55(.75)					
1.	2.75(.38)	5.68	.0009	1,3<4	2.33(.67)	6.21	.0004	1<2,3,4	2.86(.45)	2.27		4.00(.45)	11.24	.0000	1,2,3<4
2.	3.12(.49)			2.84(.53)			3.07(.55)			4.51(.76)					
3.	2.98(.42)			2.78(.43)			3.09(.50)			4.64(.88)					
4.	3.17(.37)			2.95(.49)			3.22(.50)			5.16(.89)					
	3.04(.48)	-.39			2.79(.52)	-.93		3.08(.54)			4.90(.97)	2.14			
	3.06(.40)				2.84(.48)			3.13(.49)			4.66(.84)				

	1.	3.16(.60)	5.72	.0037	3<2	2.90(.65)	1.96		3.05(.57)	2.06		5.17(.97)	5.69	.0038	3<1,2
	2.	3.07(.40)			3<1	2.84(.47)			3.14(.50)			4.76(.84)			
	3.	2.81(.46)				2.65(.56)			2.95(.48)			4.32(1.10)			
		2.82(.62)	-1.54			2.54(.71)	-1.64		3.13(.54)	.05		5.18(.97)	1.37		
		3.06(.42)				2.83(.48)			3.17(.51)			4.74(.89)			
가	가	3.06(.42)	.95			2.82(.48)	.10		3.15(.50)	1.11		4.82(.87)	2.46		
	가	3.00(.47)				2.82(.54)			3.00(.53)			4.50(.94)			

< 4-2 >

		t or F	P	Scheffe		t or F	P	Scheffe		t or F	P	Scheffe		t or F	P	Scheffe
		(SD)		(SD)		(SD)		(SD)		(SD)		(SD)		(SD)		(SD)
	40-44	2.67(.43)	.40	1,2,3<4	2.96(.52)			2.15(.63)		2.35(.80)	.10					
	45-49	2.63(.47)			2.85(.53)	1.88		2.16(.63)	1.06	2.41(.83)						
	50	2.61(.42)			2.81(.57)			2.00(.49)		2.36(.83)						
	1.	2.31(.27)	11.53	.0000	2.49(.44)	10.92	.0000	1,3<4	1.71(.60)	4.25	.0059	1<4	1.70(.50)	10.99	.0000	1,2,3<4
	2.	2.54(.40)			2.93(.53)			2.04(.53)		2.04(.81)						
	3.	2.59(.43)			2.79(.52)			2.09(.56)		2.34(.77)						
	4.	2.86(.41)			3.14(.48)			2.29(.69)		2.70(.76)						
		2.63(.42)	-.62		2.98(.53)	1.59		2.08(.58)	-1.06	2.18(.82)	-3.03					
		2.66(.44)			2.87(.53)			2.16(.62)		2.48(.79)						
	1.	2.82(.42)	1.86		3.04(.58)			2.42(.52)		2.61(.67)						
	2.	2.64(.43)			2.90(.53)	.70		2.09(.59)	2.82	2.38(.82)	2.41					
	3.	2.59(.44)			2.90(.52)			2.19(.73)		2.11(.78)						
		2.61(.21)	-.53		2.90(.41)	-.03		2.20(.76)	.35	2.31(.79)	-.20					
		2.65(.44)			2.91(.54)			2.12(.61)		2.37(.81)						
가	가	2.69(.41)	2.64	.009	2.96(.50)	3.01	.003	2.15(.63)	1.10	2.43(.79)	2.47	.003				
	가	2.52(.49)			2.79(.60)			2.05(.54)		2.14(.85)						

가 (r=.485, P=.000), 가 (r=.423, P=.000), 가 (r=.332, P=.000),
 가 (r=.506, P=.000), 가 (r=.453, P=.000),
 가 (r=.633, P=.000)

< 5 >

	X1	X2	X3	X4	X5	Y1
X1	1.00					
X2	-.287 (P=.000)	1.00				
X3		.206 (P=.001)	1.00			
X4 가	-.226 (P=.000)	.448 (P=.000)	.423 (P=.000)	1.00		
X5	-.336 (P=.000)	.537 (P=.000)	.332 (P=.000)	.506 (P=.000)	1.00	
X6	-.227 (P=.000)	.466 (P=.000)	.285 (P=.000)	.453 (P=.000)	.663 (P=.000)	1.00

5.

, , 가 ,
 < 6 >

< 6 >

	R ²	CUM.R ²	F	P
.435	.380	.435	170.849	.0000
.239	.063	.443	110.355	.0000
.157	.016	.459	78.376	.0000

가 6.3%, 1.6% 가 가 3 가 38.0% . 45.9% .
 , 가 , , 4 1.6%

Pender(1982)

(, , , ,)

8 3

45.9% 38%

가

unique identity) (sense of
(existential vacuum)' (Frankle,
1963). 가

가

6.3% Hull, Van Treuren
Virnelli(1987) (Kobasa, 1980, 1982b ; Ganallen & Mlaney, 1984 ; Schlosser &
Sheeley, 1985 ; Rich & Rich, 1987) 가 가

1.6%
(Duffy, 1988 ; , 1989)

가 2 가 가

2.65
(1995) 3.26 18-34
Walker, Volkan Pender(1988) 2.63
2.91, 2.83, 2.75, 2.60 가
, 2.13, 2.37 가 2.91
가

programroqkf
가
(, 1995 ; , 1996 ; , 1997 ; Walker, Volkan & Pender,
1988) program

(, 1995 ; , 1995 ; 1995 ; Pender, Walker, Sechrist & Frankstromborg 1990 ; Weitzel & Waller, 1990)

(, , 1990 ; , 1990)
(1995)

가 3 , 8 , 5 , 4
3 , 1 ,
2
(Rorf, 1989 ; Wagnild & Young, 1991 ; Funk, 1992 ; Tartasky, 1993)

(1996)

ㄴ

가 가 가
가 가
가 Cronbach Alpha .491-.527 가

가 40-59

가

1.

1997 7 9 2 , , , , 40-59

, 가 ,
Pearson , t-test, ANOVA Scheffe's test,

- 1) , 가 가 , ,
- 2) .

가 가 가 가

- 가
- 3) , , , 가 ,
- 4)
- 38.0%, 6.3%,
- 1.6% 3 가 45.9% , 가 ,
- , 4 가 1.6%

2.

- 1) 가 가
- 2) , 가 가
- 가
- 3) 가
- 4) program
- 5) 가 6

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2. , (1990). , 29(3), 49-63.
3. (1997). 8 Highlights, 7
4. (1993).
5. (1990).
6. (1996).
7. (1994). , 5(1), 81-96.
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10. (1994). , 21-56.
11. (1994). 29
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13. (1995).
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 15. (1994).
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- Abstract -

Factors influencing related Health Promoting Life-Style in Middle-aged Women

Factors influencing related Health Promoting Life-Style in Middle-aged Women : Thesis was studied by college research fund.

Park, Myeung Hee

Park, Myeung Hee : Dept. of Nursing, Andong College

The purpose of this study is to provide a basis for nursing intervention strategies to enhance health promoting practice that are constructive to a healthy lifestyle.

Data were collected through self-reported questionnaires from 281 middle-aged women living in Seoul, Kyeong ki, Taegu, Kyeong pook, and Kyeong nam from July to September 1997.

The following instruments were used in the study after some adaption : scale of perceived health status, self-esteem, perceived benefits, family hardiness index, purpose in life, Walker and other health promoting lifestyle profiles.

The data were analyzed, by t-test, ANOVA Scheffe's Pearson's correlation & stepwise

multiple regression, by using the SAS program.

The results are as follows:

- 1) The average score for the health promoting lifestyle was 2.65. In the sub-categories, the highest degree of practice was self-actualization(2.91), and in the lower degree was health responsibility(2.13).
- 2) In the relationship between social demographic and health promoting lifestyle there were significant differences in education, occupation, economic status, and type of family.
- 3) There is a significant correlation between perceived health status, self-esteem, perceived benefits, family hardiness index, existential vacuum and total & subcategory health promoting lifestyles.
- 4) Existential vacuum was the highest factor predicting a health promoting lifestyle for middle-aged women(38.0%).
- 5) Existential vacuum, commitment and self-esteem accounted for 45.9% of the total variance.