

: ,

:

•

1.

가 , (Lukman, 1987 ; Johnson 1 , 1992 ; 7 , 1988 ; 1 , 1989).

1/2 65 1/4 (Luckman, 1987 ; 3 , 1990)

1 10% , (Takuo, 1990).

가 가 . .

가

Pender

가 , , , ,

(Pender, 1987).

가

Rotter(1954)

Wallston & Wallston

(1976)

가

Wallston, Wallston & Devellis(1978)가

2

가

(, 1984 ; ,

1984 ; Janice, 1982 ; Daniel 3 , 1987 ; Susan 5 , 1990 ; Littlefield 2 , 1987 ; Maryalice 1 , 1985 ; Lynda, 1984 ; Frances, 1982 ; Pender, 1985 ; Paula 1 , 1983 ; Alicia, 1987)

(4 , 1993; Oberle, 1991)

(Oberle, 1991).

Penderah

oberle

, 3가

3가 가

가

Pender

가

가

가

가

가

가

가

1) (Perceived multimentional health locus of control)

(Internal health locus of control)

가

(Powerful others locus of control)

(Chance locus of control)

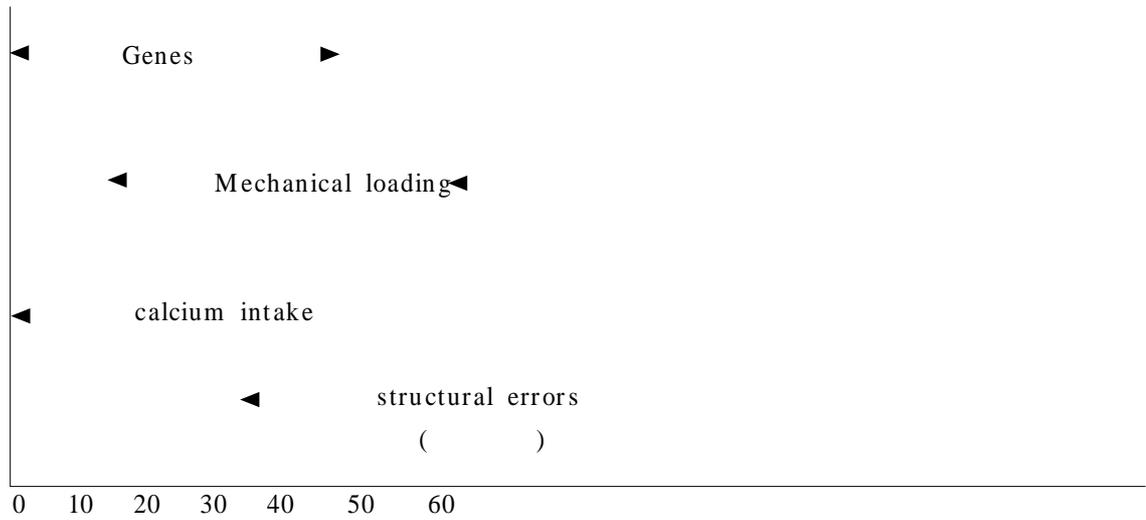
2) (Bone mass promoting behavior)

dnlo

가

(Walker

2 , 1987 ; Singler, 1982).



< 1> (Heaney, 1987)

, ,
 . (Estrogen replacement
 therapy) 5
 10 , 가 가 , ,
 , (Sharilyn, 1991)
 가 .
 (erosion) (7 , 1995),

2. (Multidimensional health locus of control)

Julian Rotter(1996)가

가 가 가 가
 () ()
).
 가
 29 . 가
 Wallston . 가
 은 (Multidimensional
 health locus of control)
 , ,
 . .
 , 18 ,

A, B 가 가 .
 , 가
 , (3 ,
 Oberle, 1991)
 3 (1993) 11
 7 , 17 ,
 1 가 , 8 가 .
 10 , 2 , 1 가
 , 가 21 , 30 ,
 4 . 1 , 10 가
 , 가 22 , 22 , 5 .

Oberle(1991) 1980 10
 가 가
 , 가
 , 가
 가 가
 3가 3가 가

()
 가

- Wallston(1982) 가 8
- 1) pure internal(가 , 가)
 - 2) pure powerful others external(가 , 가)
 - 3) pure chance external(가 , 가)
 - 4) double external(가 가)
 - 5) believer in control(가)
 - 6) type ()
 - 7) yea sayer(가)
 - 8) nay sayer(가)
- type 가 Wallston ,

3가 가 가

. Daniel 3 (1987) 400 가 3가 가
 8 6 가 Wallston (pure
 internal), 가 (yea sayer) 가 .
 Susan 5 (1990)
 160
 (double external), 가 (nay
 sayer) , , (believer in control), 3
 207
 가
 가
 (Janice, 1982). ,
 (Littlefield 1 , 1987)
 가

1)
 30 60 , C
 1997 6 9 158 .
 40 122 (79%), 30 28 (18%), 50 5 (3%) , 가
 69%, 가 63.9% . Body Index (B.I.=0% ; 39%),
 (B.I.=0- 10% ; 28.6%), (B.I.=10- 20% ; 18.8%), (B.I.=20% ; 13.6%)
 (Broca = (- 100) × 0.9, B.I.= < (-) / > × 100).
 23.6% 19.7%,
 3.8%, 0.6%, 1.9%, 1.3%,
 5.1%, 5.1%, 12.1% , 3.8%
 가 가 16.9%, 4.5%, 54.5%, 3.2%, 2.6% ,
 1.3%, 9.3%, 0.7% 가
 , 49%, 3.7%, 24% .
 8.9%, 21.9%, 33% , TV, 90.4%,
 38.1% 가 .
 28.9%,
 65.8%, 5.3% , 55.3%,
 42.0%, 2.7% .

2)

· **(bone mass promoting behavior)**
 : Walker 2 (HPLP : health promoting lifestyle profile)
 (1990) wqrmsqja (1994)
 33
 , 14 ,
 5 , 3 , 3 ,
 3 , 3 5 , 가
 가 , 가 , -2 Kappa k
 .82- .92 (excellent)

· **(perceived multidimensional health locus of control)**
 : Wallston, Wallston & Devellis(1978)가
 A,B 가 가 , (1994),
 (1996) 16 6 , 5 , 6
 , Wallston 6
 4 , , 가
 -2 Kappa k .62- 1.0
 (fair to good-excellent)

SPSS-PC window ,
 Pearson's correlation,
 ANOVA, multiple regression, cluster analysis

·

1.

3가 3.32, 3.09, 2.39 < 1>.
 (cluster analysis) 6
 가
 (Hierarchical clustering) , initial number 8
 (Wallston Type .) (weighted case) 14
 45 가 ,
 iteration 4 . (nearist neighbor methdo single linkage)
 가(Minimum distance) 1.5652
 < 2> 6 ,
 pure powerful others external(, .) double external(. ,
)

6 (F=65.96, p=0.00**), (F=28.50, p=0.00**), (F=82.77, p=0.00**)
 가 가 .

< 1> 3가 (N=155)

	mean	SD	min	max
	3.32	.54	1.83	4.00
	3.09	.49	1.40	4.00
	2.37	.64	1.00	4.00

< 2> (N=155)

/cluster center		weighted cases			
cluster	(pure internal : , .)	14	3.64	2.51	1.60
cluster	(pure chance : , .)	16	2.61	2.88	3.19
cluster	(Believer in control : . ,)	45	3.76	3.41	2.04
cluster	(Type : . ,)	28	3.37	2.88	2.64
cluster	(yea sayer :)	22	3.53	3.56	3.19
cluster	(Nay sayer :)	30	2.69	2.83	1.93
	F		65.96	28.50	82.77
	p		.00***	.00***	.00***

6가

cluster (pure internal : , .)

cluster (pure chance : , .)

cluster (Believer in control : . ,)

cluster (Type : . ,)

cluster (yea sayer :)

cluster (nay sayer :)

45 , 30 , 28

3가 , 14 , 16

가

pure powerful others external cluster()가
 가 가 . , > > > ,

2.

6 . 3가

< 3> 가 (r=.2891, p=.00**),

가 , (r=-.1367, p=.00**)

가

6가 < 4> 6가

가 (F=2.27, p=.05*), >

> > > >

Penderah

가 < 5>

24%

(Multiple R=0.4924, R²=0.24255, F=5.28, p=.00**), B.I.,

(9가), 가 , ,

< 3> (N=157)

	r=.2891	p=.00**
	r=.1193	p=.14
	r=-.1367	p=.00*

< 4> (N=155)

	M (SD)	M (SD)	M (SD)	M (SD)	M (SD)	M (SD)
cluster ()	3.60(.32)	2.67(1.10)	3.04(.50)	3.48(.74)	2.98(1.60)	3.64(.71)
cluster ()	3.34(.32)	2.54(.95)	2.71(.38)	3.48(.83)	2.96(.97)	3.45(.82)
cluster ()	3.54(.39)	2.53(1.02)	3.15(.73)	3.88(.72)	3.33(.84)	3.97(.67)
cluster ()	3.54(.30)	2.89(1.07)	3.01(.64)	3.61(.80)	3.31(.74)	3.99(.63)
cluster ()	3.46(.32)	2.52(.93)	2.93(.73)	3.65(.78)	3.25(.90)	3.90(.94)
cluster ()	3.42(.41)	2.59(.84)	3.07(.45)	3.59(.76)	3.12(.85)	3.42(.84)

< 5> (N=155)

	M	S.D.	min	max
cluster ()	3.30	.40	2.56	3.85
cluster ()	3.11	.34	2.45	3.81
cluster ()	3.38	.31	2.85	4.06
cluster ()	3.39	.33	2.81	4.06
cluster ()	3.28	.30	2.63	3.73
cluster ()	3.23	.34	2.61	3.97
F	2.27			
p	.05*			

3.

가
 . 35
 , 50
 < 6> 가 3가 가
 40

< 6> 가 (N=155)

	r=-.0526	p=.518
	r=-.0860	p=.290
	r=.1046	p=.198

•
 1980 1990 10
 가 (Kathleen oberle, 1991).
 f
 가 , 가
 , (: cluster), (),
 (: cluster) Wallston 가
 가
 , 가 , 가
 가
 가 ()
 6가 Susan9199 ,
 3가 , Daniel (1987) 6
 (cluster) 가
 , ,
 (Alica, 1987),
 (Paula 2 , 1983), (Lynda, 1984),
 (Littlefield, 1987)
 가
 , 가
 가 ,

가
(cluster) 가
가
, Marylice 가
가
1 3
1 1 , 1 2-3 가
가
(double external)
()
3가
2가
, Daniel Susan
가
(cluster)
가
(cluster)
가 가
가
가
가
가
Oberle(1991)
가
가
,가

가 , , ,
 (Susan, 1990) . , , ,
 (Arklin) , 30-60 가
 가 . ,
 35 가
 가 .
 ,
 .
 •
 1.
 , , ,
 .
 1. 6
 cluster (pure internal : , .)
 cluster (pure chance : , .)
 cluster (Believer in control : . ,)
 cluster (Type : . ,)
 cluster (yea sayer :)
 cluster (nay sayer :)
 Wallston 8가 (pure powerful external : , .)
 (double external : . ,)
 , .
 2. 3가

($r=.2891, p=.00^{**}$), ($r=-.1367, p=.00^{*}$).
 3. 6 가
 ($F=2.27, p=.05^{*}$).

> > > >
 > , ()
 가

4. 가 가

2.

1)

가

2)

< >

1. , , , , , , :
 : , 1, 1, 1995, 42-50.
2. : - , , , , : 가 , 49, 1,
 1996, 25-38.
3. , , :
 () : , 24 , 2 , 1989, p.571-581.
4. , , , : : , 23,
 4, 1993, p. 694-712.
5. : , , 1985.
6. :
 : , 1984.
7. , , , , , , :
 () : , 34 , 4 , 1988 :
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8. , , , :
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- Abstract -

A Relations of Bone Mass Promoting Behaviors for Prevention of Osteoporosis and Multidimensional Health Locus of Control Scale Cluster

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This study was made to suggest the nursing strategies for promoting the behaviors about bone mass health behaviors in order to prevent middle aged women's osteoporosis.

This study was a descriptive-correlational design that also concerned to the types which improve bone mass promoting behaviors by inspecting patterns of health locus of control method out of recognizable variables of health improving models influencing on these bone mass promoting behaviors.

For these purpose, data were collected by self reported questionnaire in middle school, from 158 women living in Seoul. The measuring tools used in this study about bone mass promoting behaviors and multidimensional health locus of control, were developed by author on the basis of literature review and analyzed by SPSS-PC window, into pearson's correlation, ANOVA, multiple regression, cluster analysis.

Data was analyzed as follows.

1. 6 Multidimensional health locus of control scale clusters were existed. : a)cluster (pure internal), b)cluster (pure chance), c) cluster (Believer in control), d), cluster (Type), e)cluster (yea sayer), f) cluster (nay sayer). There were no findings of the powerful others external cluster and double external cluster.

2. The higher the value of internal health locus of control was, the better the bone mass promoting behaviors were($r=.2891$, $p=.00^{**}$).

The higher the value of chance external health locus of control was, the worse the bone

mass promoting behaviors were ($r = -.1367, p = .00^{**}$).

3. On the basis of these relationships, 6 clusters were significantly different in the bone mass promoting behaviors ($F = 2.27, p = .05^*$). The value of bone mass promoting behaviors was ranked the order of type >believer in control>pure internal>yea sayer>nay sayer>pure chance external highly.

4. Bone mass promoting behaviors were not significantly different as to age.

Suggestion

Based on the results from the study, I would like to make some suggestions as follows.

- 1) To delay the loss of bone mass in middle aged women, the study on the cluster of the multidimensional health locus of control should be conducted repeatedly.
- 2) The tool of multidimensional health locus of control should be developed through a qualitative method adjusted on Korean' health culture.