

: ,

: 1996

:

•

1.

가 , ,

가 . 51

, 41-59 .(Barbo, 1987).

estradiol 35 , 45

(Barbo, 1987),

1

(Black, 1991 : Fishbein, 1992). 12

가 2-3

가 ,

가 (menopausal syndrome) (, 1997 : Neeson May, 1986).

, , , 가

(Black, 1991).

Achte(1980) ,

,

가

가

가 (Wasaha , 1996 :

1989).

가 . Palinkas

Barrett-Connor(1992) 가 가

가 가 2 가 ,

30-50%

(Barbo, 1987). , , , 가
가
3-5 가 .
, , . ,
noradrenaline (Black, 1991). LH
estrogen catecholamine 가 가
catecholamine catecholamine .
가
(Barbo, 1987). 가
progesterone androgen (extraglandular) estrogen
, , 가 , 가
(Black, 1991). , estrogen
estrogen estrogen
6.0-8.0 . 4.0-5.5
가
(Barbo, 1987 :
Black, 1991). 가 가
가 가
가 가 , , , ,
estrogen (Black, 1991).
(1986) , , , , (Black, 1991). Magos
가 estrogen 가
, , , ,
(nighe sweet) .
가 (Black, 1991 : ,
1989).
가
, .
.(, , 1980 : Ballinger,1990).
(MacPherson, 1981).
, , , , .
가 .

(, , 1992).
Achte(1970)

가
(1987) 가 가
, Morse(1989) 가
(1995) 400
38.4%가
Achte(1970) 가

75-80%가 , 10-15%
10% (Bobak Jansen,
Zalar, 1990).

(1993) 40-60 65
가
가
estrogen estrogen 가

2.

, 가 ,
(Beck, 1979 : Notman, 1979).

가 ,

(Wasaha & Angelopoulos, 1996: , 1995).
가 , 2
20 50 가 , 40 ,

(Fishbein, 1992: Steiner, 1973).

, 가
, 가
(, 1980).
Anderson (1987) 가 100

(91%), (91%), (88%), 63% (86%), (93%),
 Schmidt Rubinow (1991)
 가 가
 (Pearlstein, 1995). Stewart Boydell (1993)
 가 가
 Hay (1994)
 가 78 35 83%
 33%
 가 가 35% Palinkas Barrett-Connor (1992)
 가 가 가 가
 Winokur (1973) Lesse (1968)
 가
 (1995)
 가
 가
 (Fishbeine, 1992),

1.

41-69

가
 1995 11 1996 6 10
 30 가 가
 300 260
 244 가

2.

, vprudban,

1)

Neugarten (1963) (1995)
 4 , 8 , 8 20
 3 , 3 , 2 , 1

60 29 , 가
 Cronbachs=.99
 2)
 Zung(1974) 20 4
 , 1 , 가 2 , 3 4 10
 80 20 가 가
 Cronbachs=.86

3.

SPSS/PC t-test, Pearson correlation
 coefficient
 1) , , t-test
 2) Pearson Correlation Coefficient
 3)

1.

1-1
 1-2
 46-50 가 74.4% , 51
 46.6%, 46-50 가 42.7%
 가
 42 59
 35.1%, 34.1% , 38.0%
 31.3%
 가 59.6%, 가 40.4% ,
 가 70.0%, 가 30.0% 가
 90.4%, 85.4%
 가 43.6%, 가 28.8% , 가
 46.0%, 가 30.6%
 3 88.3%, 76.0%
 < 1-1>

| | | | % | | % |
|-----|-------|----|------|----|------|
| () | 42-45 | 17 | 19.1 | 16 | 10.7 |
| | 46-50 | 71 | 75.5 | 64 | 42.7 |
| | 51 | 6 | 6.4 | 70 | 46.6 |
| | | 16 | 17.0 | 31 | 20.2 |
| | | 32 | 34.1 | 57 | 38.0 |

| | | | | | |
|---|-----|----|------|-----|------|
| | | 33 | 35.1 | 47 | 31.3 |
| | | 13 | 13.8 | 15 | 10.0 |
| | | 56 | 59.6 | 105 | 70.0 |
| | | 38 | 40.4 | 45 | 30.0 |
| | | 85 | 90.4 | 128 | 85.4 |
| | | 5 | 5.3 | 17 | 11.3 |
| | | 4 | 4.3 | 5 | 3.3 |
| | | 13 | 13.8 | 25 | 16.7 |
| | | 27 | 28.8 | 46 | 30.6 |
| | | 41 | 43.6 | 69 | 46.0 |
| | | 13 | 13.8 | 10 | 6.70 |
| | 1-2 | 11 | 11.7 | 36 | 24.0 |
| | 3 | 83 | 88.3 | 114 | 76.0 |
| 가 | 가 | 19 | 20.2 | 26 | 17.3 |
| | 가 | 75 | 79.8 | 124 | 82.7 |
| | | 94 | 100 | 150 | 100 |

< 1-2>

| | | % | | % | |
|-----|-------|----|------|-----|------|
| () | 12-14 | 19 | 20.2 | 21 | 14.0 |
| | 15-17 | 49 | 52.1 | 93 | 62.0 |
| | 18 | 26 | 27.7 | 36 | 24.0 |
| | | 57 | 60.0 | 81 | 54.0 |
| | | 37 | 39.4 | 69 | 46.0 |
| | 1-3 | 34 | 36.2 | 39 | 26.0 |
| | 4-6 | 48 | 51.1 | 91 | 60.7 |
| | 7 | 12 | 12.7 | 20 | 13.3 |
| | 0-2 | 33 | 35.1 | 35 | 23.3 |
| | 3-4 | 52 | 55.2 | 88 | 58.7 |
| | 5 | 9 | 9.7 | 27 | 18.0 |
| | | 94 | 100 | 150 | 100 |

가 79.8%, 82.7% 가 .
 15-17 가 52.1%,
 62.0% .
 가 60.6%, 54.0%
 .
 4-6 51.1%, 1-3 36.2% , 4-6 가

60.7%, 1-3 가 26.0% 가 .
 3-4 가 가 55.2%, 58.6%

2.
 20 1
 3
 < 2> .
 28.36 , 29.05
 가 (t=-0.71, P=0.481).

가 , 가 '가 1.94
 가 , ' 1.89 '가 1.45
 가 ,

'가 1.76 가 , ' 1.60 , ' 가 '가
 1.59 , ' 가 '가 1.56 , ' 가 '가 1.45
 , 가 ' 1.15 1.21
 1.70 가 ' 가 ' 1.70 ,
 ' 가 ' 1.67 , ' ' 1.67 ,

가 .
 가 가 ' 가 ' (t=- 2.76,
 P<0.01), ' (t=- 2.13, P<0.05) 가

가 가 ' ,
 1.77 , ' ' 1.68 , ' ' ' 가
 ' 가 1.60 , 가 ' ,
 1.31 . ' 1.97 가 , ' ,
 ' 1.75 , ' '가 1.71 .
 '가
 (t=- 2.14, P<0.05) .

' , ' , ' ; ' ; ' ;
 (1987), (1995)
 . Mckinlay Jefferys(1974) 45-60
 가 , , , 가 가
 (1983) , 가 가
 (1997) 가 가

< 2>

| | (N=94) | (N=150) | t | P |
|---|--------------|--------------|--------|------|
| | M ± SD | M ± SD | | |
| 가 | 1.94 ± 0.62 | 2.04 ± 0.67 | - 1.23 | .219 |
| . | 1.89 ± 0.73 | 1.98 ± 0.66 | - 0.94 | .350 |
| . | 1.45 ± 0.67 | 1.53 ± 1.67 | - 0.98 | .326 |
| 가 | 1.72 ± 1.04 | 1.69 ± 0.75 | 0.24 | .808 |
| 가 | 1.59 ± 0.71 | 1.67 ± 0.78 | - 0.84 | .402 |
| . | 1.60 ± 0.74 | 1.67 ± 0.69 | - 0.82 | .414 |
| 가 | 1.45 ± 0.678 | 1.70 ± 0.73 | - 2.78 | .006 |
| . | 1.76 ± 0.10 | 1.59 ± 0.73 | 1.38 | .170 |
| 가 | 1.37 ± 0.62 | 1.41 ± 0.69 | - 0.40 | .687 |
| 가 | 1.56 ± 0.68 | 1.51 ± 0.72 | 0.55 | .582 |
| . | 1.15 ± 0.49 | 1.32 ± 0.67 | - 2.31 | .022 |
| . | 1.24 ± 0.97 | 1.21 ± 0.56 | 0.28 | .776 |
| . | 1.77 ± 0.71 | 1.97 ± 0.73 | - 2.13 | .034 |
| . | 1.60 ± 0.99 | 1.71 ± 0.71 | - 0.95 | .345 |
| . | 1.68 ± 0.64 | 1.75 ± 0.70 | - 0.83 | .407 |
| 가 | 1.60 ± 1.00 | 1.45 ± 0.62 | 1.24 | .216 |
| . | 1.39 ± 0.96 | 1.45 ± 0.68 | - 0.52 | .601 |
| . | 1.46 ± 0.99 | 1.35 ± 0.64 | 0.91 | .365 |
| . | 1.35 ± 0.85 | 1.31 ± 0.64 | 0.48 | .635 |
| . | 1.31 ± 0.57 | 1.35 ± 0.71 | - 0.46 | .645 |
| | 28.36 ± 8.22 | 29.05 ± 6.64 | - 0.71 | .481 |

Wilbur (1992) 1 28-75%

3.

< 3>

1.52 , 1.46 가 1.75 가 ,

가

Wilbur (1992) 가

, Anderson (1987) 가 100 79%
63%

(1988), (1989) 가

< 3>

| | A | B=A × 3 | (N=94) | | (N=150) | | t | P |
|--|---|---------|--------------|-------|--------------|-------|-------|-------|
| | | | M ± SD(C) | (C/A) | M ± SD(D) | (D/A) | | |
| | 4 | 12 | 7.00 ± 2.13 | 1.75 | 7.25 ± 1.90 | 1.81 | -0.92 | 0.361 |
| | 8 | 24 | 11.71 ± 2.92 | 1.46 | 12.09 ± 3.08 | 1.51 | -0.95 | 0.341 |
| | 8 | 24 | 12.15 ± 4.33 | 1.52 | 12.35 ± 3.34 | 1.54 | -0.37 | 0.710 |

4.

< 4>

49

가 94 84 89.4% , 10.6%
가 150 119 97.3%
20.7% 1/5
39.68 41.45
80-90%
Rubinow (1991) 가 85.1% 가 Schmidt
Anderson (1987) 가 86% 100 35%
Hay (1994) 가 가
78 35 가

< 4>

| | (N=94) | | | (N=150) | | | t | P |
|--------------|--------|--------|--------------|---------|--------|--------------|-------|-------|
| | % | M ± SD | | % | M ± SD | | | |
| 49 () | 84 | 89.4 | | 119 | 79.3 | | | |
| 50-59 () | 10 | 10.6 | 39.68 ± 8.22 | 29 | 19.3 | 41.45 ± 9.64 | -1.55 | 0.122 |
| 60 () | - | - | | 2 | 1.4 | | | |

5.

< 5>

가 가 ,
가 가 (r=0.2083, P<0.01).
가 가 Palinkas
Barrett-Conner(1992) 가 가

가 가 Hay(1994)
 1
 4 , Hay (1994)
 가
 < 5>

| |
|--------|
| (r) |
| .0316 |
| .2083* |

*P<0.01

1995 11 1996 12 41 59
 Karines Zung Neugarton
 94 150 가 가
 spss/pc , t-test. Pearson
 1. ‘ 가 가 ; ‘
 ; ‘ 가 ; ‘
 2. 가 ‘ 가 (t=-2.78, P<0.01) ‘
 (t=-2.31, P<0.05) ‘ (t=-2.13, P<0.05)가
 3. 89.4%, 79.3%가
 21%
 가
 4. (r=0.2083,
 P<0.01)

1. 10 (1996).
 - 2(2), 235-243.
 2. (1989).
- , 19(2),

- 173- 190.
3. (1988).
 4. (1997).
 5. (1995). : Q . 25(4), 807-824.
 6. , (1980). , 19(3), 234- 245.
 7. , (1987). , 1281, 291-304.
 8. (1993). , 8, 105- 135.
 9. , (1992). , 2(2), 70- 86.
 10. 10 (1977). , : , 1308- 1318.
 11. , (1980). , : , 22- 23.
 12. (1983).
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-Abstract-

Key Words : Depression, Menopausal Syndrom

An analysis of the Relationship between Depression and Menopausal Syndroms in Women at Midlife

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This study was done for the purpose of analysing the relationship between menopausal syndrom and depression in the pre and post menopausal women's group.

Data were collected by a questionnaire from November, 1995 to December, 1996.

The subjects were 244 midlife women(94 subjects were in pre-menopausal period, 150 subjects were in post-menopausal period).

The instruments used for this study were the menopausal syndrom scale by Neugarton and depression scale by Zung.

Data were analyzed with the SPSS/PC using frequency, t-test, and Pearson correlation coefficients.

The results of this study were as follows ;

1. The most serious menopausal symptom in the midlife women was 'back pain and joint pain'.
2. The item of 'Hot flush'(t=-2.78, p<0.01), 'sweating'(t=-2.31, p<0.05) and 'nervousness'(t=-2.13, p<0.05) as menopausal syndroms were statistically significant in the two groups ; Post menopausal group were higher then premenopausal group.
3. Postmenopausal group were a little higher then premenopausal group as depression level. It was none statistically significant in the two groups.
4. The relationship between menopausal syndroms and the level of depression was statistically significant in the group of post-menopausal group(r=0.2083, p<0.01).