

: , ,

.

1.

‘ (menopause)’ ,
 , , 가 ’가
 ‘ (empty nest syndrome)’ , ‘ 가’
 , (Kizilay, 1992).
 가
 . 40 50 . 가
 가 (vital force) , (spiritual well-being) 가
 (, 1984).

가 (, 1994).

(Wellness) 가
 (Spiritual well-being) ,
 , , , ,
 , 가 , 가
 , , 가

1)

2)

3)

4)

2.

1)

40

59

2)

40 60

45 65

22

3)

(Spiritual Well-being)

()

1.

가

4

0 50 (Erickson),

35 60 (Havighurst)

(, 1988).

가

가

가 ,

가 ,

(, 1997).

가

가

, 가 ,
 , 가
 , (Climateric)
 50% ,
 (, 1986 ; , 1987).
 , 가 , , , , ,
 , , , 가
 syndrome) (, 1997). (empty nest
 가
 (, 1996).
 Novak(1975) “ 가 ” , Hargreaves(1975) “ ”
 가 가 가 가 가 가 가 가
 가 , , , , , 가

2.

가

(靈)

1) (靈)

(靈, Spirit)

(, 1996)

가

가

(生命靈)

ruaph

(個體靈)

가

가

(祖靈),

(精靈)

(生靈),

(死靈),

(憑依)

(儀禮)

(職能者)

가

가

가

(知)

(善)

(無我說)

個體靈

Watson(1988) “
 ”
 Banks(1980)
 (神)
 4가
 (whole body) 가
 Banks(1980) Watson(1988)
 가

2)
 Soeken Carson(1987), Burkhardt(1989) ‘
 (),
 Watson(1986)

Chapman(1986) (神) 가
 Banks(1988)

3)
 (, 1988 ; , 1988 ; , 1986),
 (, 1985 ; , 1996 ; , 1983 ; , 1986 ;
 , 1990) 가 가

(1991) (1997), (1994),
가

가

가 ,

1.

, 40 59
, 1
, ,

가

가

가

가 10

1997 3 20 4 20
7

가

350
264 (91.0%)

290 가
가

2.

9

4 , 22 , 20

1)

가 3 (6 ,
9 , 7) 22 .
Neugartton(1965) 3 25 .
(1996, 1983, 1992, 1997)
4 ,

가 가
50 60

‘(3), ’ ‘(4), ’ ‘(5) 6 ‘(1), ’ ‘(2), ’
110 0 가 22

Cronbach's 0.92

2)

Paloutzian & Ellison(1982)

(1994)

(10)

(10

) , 가 2 .
20 9 11
(4), (3), (2),
(1) 4 .

가

가

Cronbach's 0.91

3.

SPSS/PC

ANOVA, t-test
Pearson correlation coefficient

4.

40 59

가

1.

81.0%가 40-49

43.9%가

38.6%
33.3%, 30

가
4.5%

78%

,
2-3

16-20
76.5%

가

35.2%, 21-25

< 1>
가

가

Achte(1970)

(1995)

(1996)

가

가

Achte(1970),Morse(1980)

(1996)

가

가

,

가

가

(1994)

가

(1990)

가

< 1>

N : 264

		(%)	M(SD)	t or F(p)	M(SD)	t or F(p)
()	40 44	126(47.7)	1.42(.92)		2.99(.58)	
	45 49	88(33.3)	1.62(.92)	5.17	2.86(.59)	1.68
	50 54	39(14.8)	1.93(.83)	(.002)	2.82(.55)	(.170)
	55 59	11(4.2)	2.23(1.01)		2.71(.51)	
		3(1.1)	1.39(1.21)		2.96(.85)	
		43(16.3)	1.86(.82)	1.93	2.75(.57)	3.01
		64(24.2)	1.73(.86)	(.106)	2.87(.59)	(.018)
		116(43.9)	1.48(.99)		2.89(.57)	
		38(14.4)	1.44(.93)		3.18(.49)	
		102(38.6)	1.55(.94)	.428	2.84(.61)	2.22
		162(61.4)	1.63(.93)	(.513)	2.95(.55)	(.137)
		97(36.7)	1.49(.87)		3.28(.50)	
		51(19.3)	1.86(.90)	2.31	2.57(.41)	61.19
		58(22.0)	1.67(.99)	(0.76)	3.09(.47)	(.000)
		58(22.0)	1.46(.98)		2.39(.32)	
()	10 15	36(13.6)	1.20(.92)		2.98(.57)	
	16 20	93(35.2)	1.52(.91)	4.23	2.98(.56)	1.61
	21 25	88(33.3)	1.63(.93)	(.002)	2.90(.61)	(.172)
	26 30	35(13.3)	1.93(.82)		2.75(.53)	
	30	12(4.5)	2.17(.98)		2.68(.50)	
()	1	9(3.5)	1.35(.76)		2.93(.56)	
	2	112(42.4)	1.76(1.04)	3.08	3.00(.54)	3.70
	3	90(34.1)	2.16(1.00)	(.028)	2.91(.61)	(.012)
	4	53(20.0)	2.13(1.11)		2.69(.53)	
		244(92.4)	1.58(.92)	1.06	2.92(.56)	.813
		20(7.6)	1.81(1.02)	(.290)	2.81(.72)	(.417)
가	100	25(9.5)	1.81(.83)		2.69(.59)	
	100 150	74(28.0)	1.85(.84)	3.07	2.91(.51)	2.96
	150 250	89(33.7)	1.51(1.00)	(.017)	2.85(.55)	(.020)
	200	76(28.8)	1.37(.91)		3.05(.63)	
가		84(31.8)	1.41(.95)		2.74(.48)	
		104(39.4)	1.66(.85)	2.47	3.25(.49)	23.01
		15(5.7)	1.47(1.12)	(.045)	2.98(.61)	(.000)
		61(23.1)	1.79(.96)		2.53(.50)	

2.

< 2>

가

26.9% (71) , 6 , 14 , 6 , 4
, 6 , 4 , 9 , 14 , 5 , 3
, 37% (98) ,
16 , 9 , 4 , 2 , 19 , 4 ,
14 , 10 , 3 , 17

가 60.6% (160), 가 20.1% (53),
 가 19.3% (51) .
 가 (1986 ; 1993 ; 1989, 1990).
 가 36 () ,
 57 () . 가 가 46-50 (58.8%) .
 가 가 ,
 가 가 .
 가 가 .
 45 가 .

< 2>

N = 264

		(%)	M(SD)	t or F(p)	M(SD)	t or F(p)
		71(26.9)	1.98(0.97)	4.15 (0.000)	2.81(.57)	.577 (.565)
		193(73.1)	1.45(0.88)		2.92(.58)	
		98(37.1)	1.80(0.94)	2.70 (0.007)	2.93(.59)	.407 (.685)
		166(62.9)	1.48(0.91)		2.90(.57)	
		160(60.6)	1.40(0.87)	9.82 (0.000)	2.94(.59)	.503 (.605)
		53(20.1)	1.80(1.05)		2.87(.56)	
		51(19.3)	1.99(0.82)		2.86(.56)	
	45	12(23.5)	1.72(0.85)	0.84 (0.437)	3.10(.41)	3.29 (.046)
(N:51)	() 46 50	30(58.8)	2.05(0.75)		2.87(.60)	
	51	9(17.7)	2.13(1.02)		2.49(.47)	

3.

가 . , ,
 3 < 3> .
 < 3> . N=264

95% < 3-1> 95.8%가 37
 가
 (1996) (60 : 27.90) .

< 3-1> N=264

	(%)	M(SD)
0 36	141(53.4)	
37 73	112(42.4)	35.20(20.61)
74 110	11(4.2)	

4 < 4> 20
 2.76,

3.04

(, 1997 ; , 1994 ; , 1990)

(1990)

6

87,

4.24

가

< 4>

				M(SD)
				2.70(1.05)
				2.91(1.09)
				2.92(1.00)
			가	2.55(1.06)
				2.78(1.01)
				2.70(1.05)
				2.70(1.05)
				2.76(0.96)
	가		가	2.64(1.01)
		가		2.89(0.96)
	M(SD)			2.76(0.81)
	가		가	3.05(0.98)
				3.02(0.82)
		가		3.14(0.91)
				2.93(0.82)
		가		2.93(0.81)
				3.12(0.86)
				3.10(0.69)
		가		3.23(0.80)
		가		2.81(0.89)
				3.80(0.79)
	M(SD)			3.04(.54)
	M(SD)			2.91(.58)

4.

가

“ ”

< 5>

< 5>

	M(SD)	M(SD)	M(SD)	t or F(p)
	1.79(1.04)	2.22(1.08)	2.29(0.90)	6.52(0.002)
	1.12(.81)	1.55(1.01)	1.72(0.84)	11.7(0.000)
	1.43(1.05)	1.77(1.30)	2.07(0.95)	7.12(0.001)
	2.76(0.86)	2.75(0.79)	2.77(0.69)	0.01(0.998)
	3.10(0.52)	2.97(0.55)	2.93(0.58)	2.32(0.100)

3 (, ,)

가

가 (1997)

가 가
 , 가
 .
 가 가
 (1988), (1989), (1977)
 , 가
 가
 가
 (1995)

5.

< 6>

< 6>	r(p)			
	.767(.000)			
	.800(.000)	.784(.000)		
	-.006(.917)	-.002(.972)	0.25(.681)	
	-.312(.000)	-.302(.000)	-.349(.000)	.485(.000)
				-.133(.031)

(-) 가
 , , 가
 ,
 ,
 ,
 , 3 (-)
 ,
 가 (-)
 ,
 가
 가

()

가
Catolico(1997)

가

가

40 59

264 , 1997 3 20

4 20

Neugarton

3

22

Paloutzian

& Ellison

2

20

ANOVA, t-test, Pearson's correlation

1. (F=4.23, P=0.002), (F=3.08, P=0.028), 가 (F=5.17, P=0.002),
가 (F=2.47, P=0.045) (F=3.07, P=0.017),
(F=61.19, P=0.000), (F=3.04, P=0.018), (F=3.70,
P=0.012), 가 (F=2.96, P=0.020), 가 (F=23.1, P=0.000)
2. (F=4.15, P=0.000), (F=2.70, P=0.007), (F=9.82, P=0.000)

3. 45 가 가 (F=3.29, P=0.46).
 가 가 (2.60)'
 (,)
 (1.97, 1.60). (3.40)
 (2.76) , 2.91 .

4. 가 가 (F=6.52, P=0.002).

5. 가 가 (r=-0.13).
 (-) 가

(-)
 (; r=-0.31, ; r=-0.30, ; r=-0.35).

1. 가

2. 가 , 가

가

3. 가 가 가

가 가 가 가 가

(1996). _____

(1985). _____

3(1). 가 _____

(1987). _____

, (1997). _____, 3(1), 67-76.
(1983). _____
(1986). _____
(1997). _____
_____, 21(1).
(1986). _____
_____, (1986). _____
_____, 7.
(1996). _____, 2(2),
235-243.
_____, (1994). _____ : _____
(1987). _____
(1988). _____
(1997). _____ : _____
(1996). _____, 42 .
(1995). _____
(1995). _____ (The American Social Welfare
Service of Women's Health Care). _____, 18.
_____, (1987).
_____, 1281 , 291-304.
_____, (1992). _____, 2(1).
_____, (1995). _____
_____, 1(2).
_____, (1996). _____ Hormone Replacement Treatment
_____, 39(10),
1899- 1912.
4 (1997). _____ : _____
(1994). _____, 24(4), 623-634.
6 (1995). _____ : _____
(1988). _____ : _____
(1993). _____
(1989). _____, 2(19),
160- 172.
_____, (1990). _____

_____, 33(10), 107-116.
 (1988). _____, 12.
 (1984). _____ : _____.
 (1997). _____, 2(2),
 230-240.
 (1990). _____, 33(1).
 (1994). _____.
 _____, 9(1).
 91991). _____
 _____, 14(1), 237-250.
 (1993). _____.
 5 (1995). _____.
 34(4), 70-82.
 (1990). _____.
 (1989). _____, _____, _____.
 _____, 11, 51-57.
 (1996). _____ : _____.
 (1986). _____.

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- Abstract -

Key concept : Middle-aged woman, Menopausal symptoms, Spiritual well-being

On the Relationship Between Menopausal Symptoms and Spiritual Well-being

Kim, Mi Hyang

The purpose of this study is to investigate the relationship between menopausal symptoms and spiritual well-being.

In order to collect the research data, 350 questionnaires were sent to the middle aged women who were 40-59 years old. During the collection period, March 20, 1977-April 20, 1977, 264 questionnaires were collected. The questionnaire was prepared by using other researchers' scale, such as menopausal symptom scale by Neugarton and spiritual well-being scale by Paloutzian & Ellison. The research data were analyzed by various testable methods, such as frequency, t-test or ANOVA, and Pearson's correlation.

The main results of this study were as follows ;

Among the general characteristic variables, some variables have statistical significance in explaining the difference of the menopausal symptoms. Such variables include age(F=5.17, p=0.002), years get married(F=4.23, p=0.002), number of children(F=3.08, p=0.028), income level of family(F=3.07, p=0.017), life style at leisure time(F=2.47, p=0.045).

Some variables related to health condition could explain the differences of the menopausal symptoms among middle aged women. current menstruation stage(F=9.82, p=0.000), current health condition(F=9.82, p=0.000), and experience being operated in the past(F=9.82, p=0.000) are related to the menopausal symptoms. Serious menopausal symptoms which could be found in this study were 'back pain and joint pains(2.6)', nervousness(2.4), and psychosomatic symptom(1.97).

Spiritual well-being inquiries could be classified into two subgroups, existential and religious. The mean score of existential well-being(3.04) was higher than that of religious well-being(2.76).

Relatively higher existential well-being(3.10) was found in the women who have stable menstruation cycle. The age when the menopause began was related to spiritual well-being($F=3.29$, $p=0.046$).

The correlation between menopausal symptoms and spiritual well-being was statistically significant($r=-0.133$, $p=0.031$).

Based on the above results, nursing intervention program of menopausal symptoms is recommended in order to promote the health of middle-aged women.