

가
(11).

2. 연구방법

1998 1 2

가 (1).

56
16 0 10 cm
(visual analogue scale, VAS)

연구대상 및 방법

1. 연구대상

3. 통계처리
SAS 6.12

VAS t-test

192

179

150

120

t-test

연구결과

1. 인구학적 특성

10%(6)

60 , 67 , 52
(N = 174, 97.2%)

(N = 53, 44.2%).

가

2 3 4 5
1 3

(1),

7 : 00 3 : 30,

(p<0.

3 : 00 10 : 00, 10 : 00

001), (p<0.001),

7 : 00 , 30

(p=0.001). 가 (p<

001) 가

Table 1. Comparison of demographic variables between shift-work and non-shift work nurses

	Shift(N = 179)	Non-shift(N = 120)	t	p
	Mean ± SD(range)	Mean ± SD(range)		
Age(yr)	25.1 ± 3.0(18 - 34)	29.5 ± 5.2(20 - 40)	8.29	0.000**
Marital status(single, %)	150(83.8%)	54(45.0%)	- 7.06	0.000**
Education(yr)	15.2 ± 0.7(12 - 16)	14.2 ± 1.6(12 - 18)	- 6.93	0.001**
Total working period(yr)	3.6 ± 2.8(0.3 - 12.5)	8.6 ± 4.6(1.8 - 23.8)	10.59	0.000**
Working period on current duty(yr)	4.3 ± 4.2(0.2 - 12.5)	3.2 ± 2.6(0.1 - 21.7)	2.30	0.012*

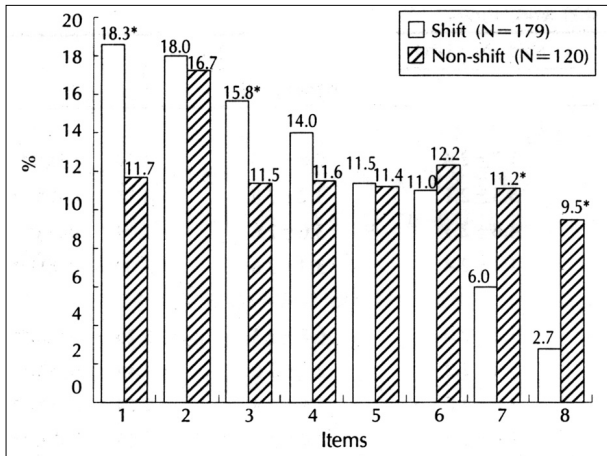


Fig. 1. The sufferings associated current working-schedule in shift working and non-shift working nurses. Items, 1: sleep disturbance, 2: restriction of leisure, 3: restriction of social life, 4: worsening of intrafamilial relationship, 5: restriction of physical exercise, 6: eating problem, 7: housekeeping, 8: looking after a child. *: $p < 0.01$.

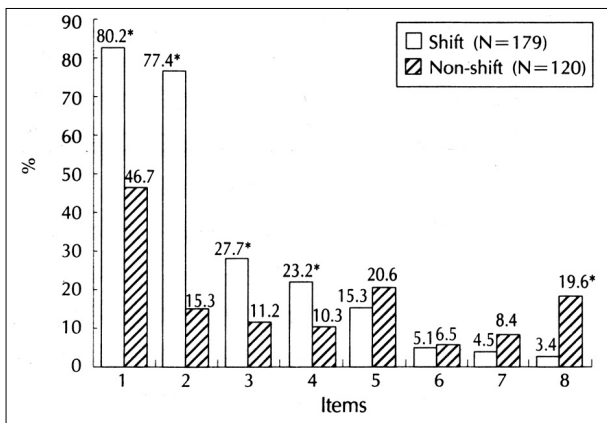


Fig. 2. The contributing factors for sleep disturbance in shift working and non-shift working nurses. Items, 1: pressure for getting up, 2: irregular sleeping time, 3: noise in bedroom, 4: brightness in bedroom, 5: worrying about, 6: physical discomfort, 7: housekeeping, 8: looking after a child. *: $p < 0.01$.

가
($p < 0.01$), 가
($p < 0.05$).

5. 수면장애 기여요인 및 수면전략

(23.2%) (77.4%), (80.2%), (27.7%), (69.1%), (69.1%), (41.0%), (38.2%)

($p < 0.01$)(2).

(76.4%), (69.1%), (69.1%), (2.2%)

6. 수면시간의 비교

8.42, 6.03, 6.87, 6.57, 7.74, 7.48

($p < 0.05$).

고 찰

24

, 가
($p < 0.01$)
(1).
(47.6%), (29.9%), (22.5%)
($Z = 3.77, p = 0.000$).

4. 비번인 날에 선호하는 활동

(66.3%), (56.2%), (38.8%), 가 (29.2%), (24.2%), 가 (19.7%), (6.7%)

(1,8,10). Folkard(12) (3).

가 , , 가 가 (3).

가 , , 가 가 (8), 가 (1).

가 가 가 가 .

가 가 . 가

가 (4 - 10). 20 75% 가

(8). , 가 ,

Vener (4)

가 가 ,

Scott LaDou(5) 가 가 (8 - 10), (1,11,13).

Novak Auvil - (9), (14).

Novak(9) 1/2 가 가) (6.87

가 가 (6.57) 5

(92.9%), (61. 7 (15)

8%), (22.9%), (11.8%) 가 .

가 가

(62.8%), (25.0%), (14.0%) 가

(16)

(7,10), (87.0%) 가 (70.4%) 가 .

가 가 ,

가 ,
 가 ,
 (,)
 가
 가
 (9,10,13,14).

가 ,
 가
 38.2%가 , 2.8%
 가 , 2.2%가
 5.5%가
 Niedhammer (17)

가 4
 86.4%가
 74.9%
 1.71
 가 가
 가 1 20%
 가 (18).

요 약

목 적 :
 방 법 : 299 (179, 120)
 56

결 과 :
 가

결 론 : 가

중심 단어 :
 감사의 글 _____

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