

： ， ， ，

，

， ：

.

： 가
：

•
1.

，

， .

가

(gULICK, 1983).

1970	46.0%	68.9%	80	36.0%	49.6%
， 90	21.4%	35.4%			

(， 1992).

가, 가

(， 1993) ；

， 1994 ； Entwistle, 1991).

(， 1995 ； ， 1993 ； Aberman &

Kirchhoff, 1985).

가 가 가 가

(， 1997).

가 가 (， 1994), 가 (Chen, 1993).

(， 1993 ； Camerson & Hofvander, 1983 ； Dickman, 1979), (， 1983 ； ， 1991 ； Wright & Walker, 1983), (， 1994 ； ， 1993),

(, 1991 ; , 1994) .

(, 1995 ; , 1997) .

가 , .

2.

1 () 2 ()

3. 가

1) 4 가

2) 4 가

3) 4 가

4.

1)

(1997)가 가 . 가

2)

(1996) 가 .

가

3)

(1997)가 가

가

4)

WHO가 (Helsing, 1985)

100% , , , , , .

100% , , , , .

•

1.

(Reeder & Martin, 1987), 가

(, 1984), 가 가 (, 1993).

가 가 ,

가 (, 1983).

가 , .

가 , .

가

2 가 (, 1992 ; , 1995).

(1993)

가

가

2.

WHO(1981) 1979 ,

1970 가 1990 90%

(WHO, 1994), 20 가 1990 28.8% (, 1992)

가 ‘ ’ . (1983)

Henry Karen,

Linda Henry(1995)

가 1 2 8 ,

가 1 ,

가 가 가

가 가 (, 1995 ; , 1994; Goodin& Fried, 1984).

(1984)

가 ,

가 가 가

가 가 (Kearney, Cronenwett & Barrett, 1990).

가

, , .

1.

, .

2.

1998 6 20 9 30

가

20 35 37 42 , Apgar score 7 , 2.5 40kg

가

가

.
70 , 72 142 ,
113 (61 , 52) .

3.

1)

(1996) 가 . 22 ,

5 “ ” 1 “ ” 5 .

Cronbach's 0.77, 0.87 .

2)

(1997)가 20 , 5 , “

” 1 “ ” 5 . Cronbach's 0.84,

0.88 .

3)

WHO가 (Helsing, 1985)

, , , , .

4.

1998 6 7 6 17 1998

6 20 9 30 .

1) ()

가

24

18

가 가

2) (6 24) :
 . : 가 ()
 . , , , ()
 30 가 . 가
 . : 가 가
 가 . 가
 20 30
 (7 10) :

,
 5 20 .

3) ()
 가 4
 , .

5. SAS , 5%

1) ,
 x^2 -test, t-test .
 2) , x^2 -test, t-test, paired t-test

1.
 1) 27.17
 , 27.07 , 47.6%, 48.1%가 1
 . 836%, 73.1% 가
 . 가 91.8%, 84.6%가 가 155.98 ,
 158.26 가 .
 x^2 -test 가

2) 가 ○
 , 90.2%, 92.3%가 ,
 3.21kg, 3.20kg .
 73.8%, 67.3%가 .
 50.8%, 51.9%가 가
 1 . 91.8%,
 96.2%가 .
 78.7%, 80.8%가 ,

82.0%, 88.5%가
68.9%, 69.3%가

6.25 5.09

88.6%, 90.4%가
45.9%, 50.5%
45.9% 38.5%가 3
61.1%가 57.0%,
68.9% 65.3%가 1

2 가 19.7%, 23.1%

x²-test

가
3)

가 , 4.01 , 4.02)
4.08 , 4.00 가

x²-test 가

2. 가
1) 1가
“ ” 1가 4 가
(4.08 ± 0.33)가 (3.43 ± 0.40)
(t=9.12, p=0.0001).

4 1

가 .
4.01 ± 0.37 , 4.08 ± 0.33
(t=1.14, p=0.2592) 가 가
4.02 ± 0.26 , 3.43 ± 0.40
(t=-7.23, p=0.0001),
가

2) 2가
“ ” 2가 4 가
(4.11 ± 0.39)가 (3.57 ± 0.51)
*t=6.12, p=0.0001). , 4

가 (, ,)
 (t=5.31, p=0.0001 ; t=4.97, p=0.0001 ; t=5.95, p=0.0001).
 4 가
 2가 .
 4.08 ± 0.40 , 4.11 ± 0.39
 (t=0.87, p=0.3885), 가 가
 4.00 ± 0.42 , 3.57 ±
 0.51 가 (t=- 3.82, p=0.0007),
 가 .
 (4.11 ± 0.47)
 (4.26 ± 0.37) 가 가
 (t=- 2.04, p=0.0431). (4.30 ± 0.42)
 (4.36 ± 0.49) 가 (t=- 0.79, p=0.4311),
 (3.87 ± 0.52) (3.75 ± 0.52) 가
 , 가 (t=1.25, p=0.2124). , , ,
 (t=2.42,
 p=0.0173 ; t=5.25, p=0.0001 ; t=4.52, p=0.0001).

3) 3가
 “ ” 4 가
 ” 3가 ,
 100% 가 44.3% (27) 가
 가 18.0% (11) ,
 가 16.4% (10) , 100% 가 11.5% (7) ,
 가 9.8% (6) . 가 36.5% (19
), 15.4% (8) , 15.4% (8) , 5.8% (3)
 (x²=20.79, p=0.001). 3가 .
 (6 24)
 100% 1 96.7% , 2 90.2% , 3
 90.2% , 4 88.5% , 1 73.1% , 2 65.4% ,
 3 63.5% , 4 63.5% .

•
 1.
 (4.08) (3.43)
 4 가 가 (t=9.12, p=0.0001)
 가 . 4
 (1995) 151
 2
 4 가 .

4.01 , 가 4.08 (t=1.14, p=0.2592).
가
4
가 가 가
. Margaret Linda(1990) 가 가
가 , 가
가 가
, 가
가 가
가 가
, 가
가 .
4.02 가 3.43
(t=- 7.23, p=0.0001). 가
Rentschier(1991)
가 50%
가
가 가
(t=9.12, p=0.0001) 가 (4.08)가 (3.43)
가 가
, , ,
가 .
가
가 가
가 ,
가 가
(, 1994; , 1994).
가

2.

(4.11) (3.57)
 (t=6.12, p=0.0001)

4 가 가 4
 가 가 Dusdicker, Booth, Seals
 Ekwo(1985) 가 ,
 가 (1997)
 76 가 4

4.08 , 4.11
 가 (t=0.87, p=0.3885).
 4.00 3.57
 가 가
 (t=- 3.82, p=0.0007).

Marchand Morrow (1994) 가 가
 가 가

4.11 4.26
 가 (t=- 2.04, p=0.0431)
 가 가

4.05 3.81
 (t=2.42, p=0.0173).
 (1994) 1 가
 ‘(49.5%)’ (81.8%), ‘ (92.9%), ‘

3.87 3.75 (t=1.25, p=0.2124), 4.30
 4.36 (t=- 0.79, p=0.4311)

3.21 (t=5.25, p=0.0001) 4.20 3.79
 (t=4.52, p=0.0001) 가
 (1994) 1 가
 ‘ (33.2%), ‘
 ‘(41.5%) , ‘
 ‘(45.6%) , 가

가 가

(, 1991).

가 가 가 가

(Hoffman & Combest, 1990).

가

3.

가 (x²=20.79, p=0.001) 가 4
Kistin Sullivan(1990) 24 130

(45%) (50%) 가 (23%) 가
Saunders Carroll(1988)
1-3 4-5

가 2 2 4 4

96.7% 73.1% 1 1 가
(1996) 188 □

62.9%, 34.3%

1

가

(Jan & Kathleen,

1993).

가 , 가
 . , 가
 4 , , 가
 가 가
 . , 가
 4 , 가
 , 가
 가 가
 가 가

1998 6 20 9 30
 □ 61 , 52 113
 가
) 2 () 4 , 1 (

- SAS Program , χ^2 -test, t-test, paired t-test
- 1) “ ” 1가 가 가
 (t=9.12, p=0.0001).
 - 2) “ ” 2가 가 가
 (t=6.12, p=0.0001).
 - 3) “ ” 3가 가 가
 ($\chi^2=20.79$, p=0.001).
- , ,

가

4
가

< >

1. (1983).
2. (1993).
, 3(2), 172-186.
3. (1993).
, 3(2), 166-171.
4. (1995).
5. (1993).
6. (1993).
7. (1994). , 24(1), 33-46.
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18. (1995).

- . , 1(1), 108-119.
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- Abstract -

Key concept :Breast-feeding Education, Method, Attitude Duration

The Effect of Breast-feeding Education on Method, Attitude, and Duration of Breast-feeding by Primipara

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The purpose of this study is to investigate the effect of breast-feeding education on skills, attitude, and duration of breast-feeding among primipara mothers. The educational session was offered during the period of June through September at the T medical center in T city.

One hundred thirteen primiparas were selected for this study, 61 who received breast-feeding education(lecture, demonstration, and additional telephone counselling) served as the experimental group and 52 who did not as the control.

Data collection was done by self-reporting method. the reliability of the instrument was from .77 to .87. Duration of breast-feeding was classified into through according to the WHO classification at the time point of 4 weeks of postpartum.

The results were as follows :

1. The score for the experimental group on the skills of breast-feeding techniques was significantly higher than those of the control($t=9.12$, $p=.000$).
 2. The score for the experimental group in the attitude toward breast-feeding was significantly higher than those of the control($t=6.12$, $p=.000$).
 3. Duration of breast-feeding for the experimental group was significantly longer than that of the control at the time of 4 weeks of postpartum($²=20.79$, $p=.001$).
- In conclusion, the breast-feeding practice can be promoted effectively through the breast-feeding education.