

: , ,  
 - -  
 .  
 .  
**1.** 가  
 .( ,1997).  
 , , (Bee & Mitchell,1980),  
 , , ( ,  
 ,1994).  
 가 .  
 가 (HRT)  
 가 (medical syndrome) (biological  
 reductionistic model)  
 가 (McElmurry & Huddleston, 1991).  
 ( , 1995)  
 가 .  
 , ,  
 , ,  
 , ( ,1993; , , 1998; ,  
 , 1999).

2.

가

가

3.

1)

,1986),

40-60

2)

(Walker, Sechrist & Pender, 1987).

Walker (1987)

Health Promotion Lifestyle Profile (HPLP) 48

41

3)

(,1993)

가

가 가

2

가

4)

Carrington, 1997),

24

(1983)

(Willson &

1.

가

(Pender &Pender,1987).

Pender Pender(1987)

가

, Singer(1982)

Walker (1987)

6

가

가

. Gannon, Hansel Goodwin(1987)

가

, Germaine

Freedman(1984) 가

가

(Gannon, 1988),

endorphin 가 endorphin

LH

(Cumming, Vickobic, Wall, Fluker & Belcastro,1985),

endorphin

가

GnRH LH

가

, 가

. Keolner, Toft, Nielson Tondebold(1983)

, Lichtman(1991)

(1995)

가

53.3%

'37.5%, '

'10.8%

50% 가

가

가

가 ,

( ,1997).

2.

.1993).

, , ( )

가 ,  
가

(belief system)  
 (practice system)  
 ( , 1993).  
 (1993)  
 가  
 가 3 100 1  
 가  
 (産後病) ( ,1993).  
 40  
 가  
 , 가  
 ( ,1994).  
 40-50  
 가  
 가,  
 가  
 ( ,1989; Galloway,1975; Pearson,1983).  
 가 (1996)  
 (1997)  
 가 가

가 ( , ,1998) ( ) 가 가

1.

40-60

2.

1) Walker (1987) Health Promotion Lifestyle Profile

6 48 . 0.92 2 -  
 (test-retest reliability) 0.93 0.70 0.91 .  
 41 11 , 8 ,  
 4 , 6 , 5 , 7 . 4  
 < > 1 < > 4  
 41 164 가 HPLP 가  
 Cronbach's 0.87 .

2)

가 가 2  
 가 ( ' 5 , ' 4  
 , ' 3 , ' 2 , ' 1 )  
 (' 1 ' 1 , ' 8 -30 ' 2 , ' 31-60 3 , ' 61-100 ' 4 )

3)

(1983) 24  
 < > 0 <  
 >5 가  
 Cronbach's 0.93 .

3.

1997 10 25 11 10

150 117 가 9  
 108 가

4.

SPSS/PC+

- 1) , , .
- 2) t-test, ANOVA Scheffe method .
- 3) , .
- 4) Sreewise multiple regression
- 5) (content analysis) (quantification) .

5.

- 1) 가
- 2) 가 가 가 가

1.

40 60 40-49 가 71  
 . 1-2 가 54.6% 41.7% 가  
 . 54.6% 가 , 가 200 가 38.9%, 300  
 29.6% . (95.4%) (53.4%)  
 6 (5.8%)  
 (60.5%)  
 13% 25.9%  
 38 55 48 21.3% 23  
 36.1%가 , ,  
 , 10.2% 11  
 (50.5%) ,  
 22US (20.4%) .  
 (47.0%) 21.6% . 3  
 100 1 1 (70.6%)가 가 .  
 (50.5%) (27.5%)가 .

< 1>

(N=108)

|        |    |       |
|--------|----|-------|
|        | 65 | 60.5  |
|        | 14 | 13.0  |
|        | 28 | 25.9  |
|        | 1  | 0.9   |
| 38 -47 | 8  | 47.95 |
| 48 -55 | 15 |       |
|        | 85 | 78.7  |
|        | 23 | 21.3  |
|        | 54 | 50.5  |
|        | 32 | 29.6  |
|        | 22 | 20.4  |
|        | 69 | 63.9  |
|        | 39 | 36.1  |
|        | 97 | 89.7  |
|        | 11 | 10.2  |

2.

2.42 (2.69), (2.16), (2.29), (2.07), (2.75) 가 (1.86) (

2). , 가 , , 104.80 (91.13) (98.73) (F=7.57, P=0.00), Scheffe . 가 5% 101.85 200 300 (95.09) 102.90,201 - 300 (F=3.30, P=0.04). 가 (F=2.60, P=0.07). 가 (t=- 2.07, p=0.04), (F=5.44, P=0.00)

7

< 2> (N=108)

|        | ±           |
|--------|-------------|
| (HPLP) | 2.42 ± 0.35 |
|        | 2.69 ± 0.47 |
|        | 2.07 ± 0.58 |
|        | 1.86 ± 0.66 |
|        | 2.75 ± 0.57 |
|        | 2.61 ± 0.54 |
|        | 2.29 ± 0.52 |

3.

( 4). 가 5 9 5.34  
 28 (28.3%) , 6  
 48 (48.4%) . 23 (23.2%) 5  
 가 가 ,  
 가 27.5% .

< 3>

|   |             |      |
|---|-------------|------|
| 2 | 2           | 2.0  |
| 3 | 10          | 10.1 |
| 4 | 16          | 16.2 |
| 5 | 23          | 23.2 |
| 6 | 24          | 24.2 |
| 7 | 20          | 20.2 |
| 8 | 4           | 4.0  |
| ± | 5.34 ± 1.43 |      |

4.

5 1.69  
 가 가 ‘ ,  
 ( 2.59) , ‘ , 가 / ( 2.51), ’ ( 2.15) ‘  
 가 ( 2.14) .

(F=6.83,p=0.00), (t=6.69, p=0.00), 가 (t=- 2.16,p=0.03), (F=4.67,p=0.01),  
 p=0.06), ,(t= - 2.04, p=0.06), (F=4.68, p=0.01), (F=2.87,  
 P=0.00), 가(F=4.84,p=0.00) (t= - 2.04, p=0.04), (F=11.63,  
 , 가 , 가 , 가 ,  
 가 , 가 , 가 ,  
 가 .



< 4> (N=108)

|  |        |    |      |
|--|--------|----|------|
|  | 0      |    | 0.9  |
|  | 1-48   | 64 | 59.3 |
|  | 49-95  | 43 | 39.8 |
|  | 96-120 | 0  | 0    |

5. ,

( 5) .

Person Coefficient

(r=-0.19)가

가

(r=-0.19)가

가

가

(r=0.34)

가

가

< 5> ,

|  |                   |                   |      |
|--|-------------------|-------------------|------|
|  | 1.00              |                   |      |
|  | -0.19<br>(p=0.03) | 1.00              |      |
|  | 0.34<br>(p=0.00)  | -0.27<br>(p=0.00) | 1.00 |

< 6>

|  | B      | SEB   | t     | p     | R <sup>2</sup> |      |
|--|--------|-------|-------|-------|----------------|------|
|  | -1.91  | 0.44  | -0.43 | -4.36 | 0.00           | 0.44 |
|  | -7.75  | 2.12  | -0.32 | -3.65 | 0.00           | 0.54 |
|  | 1.83   | 0.82  | 0.21  | 2.22  | 0.02           | 0.57 |
|  | 100.45 | 12.55 |       | 8.00  | 0.00           |      |

6.

, , 가 , 가

가'가 가 54% , ' 가 44% , ' 가 57% 가 .

7.

< 7>

|         |   | ( ) |
|---------|---|-----|
|         | .(40 )  |     |
| -       | (14 ), (11 ), (11 ), (1 ), (1 ),<br>(1 ), (1 )                            |     |
|         | .(39 )  |     |
| -       | (8 )  |     |
|         | (24 )   |     |
|         | .(20 )  |     |
|         | .(11 )  |     |
| -       | (estrogen, progesteron)   |     |
|         | .(4 )   | 168 |
|         | .(1 )   |     |
|         | .(30 )  |     |
| -       | (12 ), (4 ), (3 ), (2 ),<br>(2 ), (2 ) TV (1 ), (1 ), (1 ),<br>(1 ), (1 ) |     |
|         | 가   |     |
|         | .(23 )  |     |
| -       |   |     |
|         | .(12 )  |     |
|         | .(1 )   |     |
|         | .(1 )   |     |
| -       | 가   | 23  |
|         | .(9 )   |     |
| -       |   |     |
|         | .(3 )   |     |
| -       | (2 ), (1 )  |     |
|         | .(1 )   | 5   |
|         | .(1 )   |     |
| ' 가 가 ' |   |     |

(54.6%) , ‘ ’가 14.8%, ‘ ’가 11.1%, ‘ ’가 6.5% .

가 , ‘ 가 55.6% . ‘ ’가 2.8%, ‘ ’가 0.9%, ‘ ’가 23.1%, ‘ 가 ’가 13.9% .

196

( 7)

가 (168 ) . , (11), (8)

(23) (42), (40), (30)

(31), , . (1)

가 (20), (4), (1)

가 (9),

(23) 큰 , (3) (1)

(5) . (85.7%)

.

, 가 , 가 (

, 1995 ; , 1993; ,1998).

( ,1992).

가

4

2.42 . (1995)

5 가 3.19, 3.26,

3.18 (1998)

가 5 3.25

.

, 가 , ,

,

가 . Gottlieb Green(1984)

가  
 ,  
 ,1995; ,1993.; ,1998) ( ,  
 5.34 , (1998) 33.4  
 23.2 ,  
 , 가 50.4% 가 ,  
 ( : , ) , 가  
 , , , ( ,1993,1997). ,  
 (1998) 가 75.2% 5.5%

1 가 1가 5 1.69  
 . 가 ‘ ; ‘ , ; ‘ ; ‘  
 , (1983) ‘ , , , ‘  
 ( ,1988; , ,1988; ,1989)  
 가 , , , , ,  
 , , , , ,  
 ( ,1987).

가  
 가

가

가

가

가

1998; ,1993)

(54.6%)  
40-60  
가

3  
57%

1.

(40-60 )

Walker (1987) 40-60 108 Health Promotion Lifestyle Profile (HPLP) 가 (1983)가  
1997 10 25 11 10  
t-test , ANOVA, Scheffee, Pearson's Correlation Coefficient  
stepwise multiple regression

1) 가 4 2.42 (2.75)  
(2.69), (2.61), (2.29), (2.07), (1.86)  
가

2) 5.34



, (1998).  
,12(2),89- 106  
(1988).  
(1997). ,3(2),139- 157  
, (1988).  
,9,109- 130.  
, (1995).  
,1(2),234- 242.  
(1995). ,34(1),6- 11.  
, (1992). ,22(3),362- 372.  
, , , , (1986). :  
(1993). :  
,2(2),37- 65.  
(1997). ,36,(5),74- 90.  
, , (1998).  
,4(2),217- 230.  
(1996).  
,3,(2),151- 165.  
, (1994). ,2(1),70- 86.  
(1998). : ,37(1),31- 50.  
(1983).  
, , , , (1995).  
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,11,51- 71.

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**- Abstract -**

## **Middle Aged Women's Related Factors to Climacteric Symptoms and Coping Pattern : The Relationship with Sanhujori**

**Yoo, Eun Kwang \* Kim, Myoung Hee**

The purpose of this study was to identify the degree of hardiness, knowledge of menopause, menopausal management of the middle aged women to identify the variables that show differences in the hardiness, knowledge of menopause and menopausal management of middle aged women and to investigate the relationship among hardiness, menopausal knowledge and menopausal management of the middle aged women. The subjects were 132 middle-aged women and belonged to the age between 40 and 60. They were selected in Pusan, Korea. Data were collected from Oct. to Nov., 1998 by



means of a structured questionnaire.

The instruments used for this were the hardiness scale developed by Song In Sook and Song Ae Ri and the menopausal management scale developed by Song Ae Ri.

The results were as follows

1. The mean score of hardiness was 2.83, in minimum score 1.24 to maximum score 5.04. The mean score of knowledge of menopausal was 0.68, in minimum score 0.21 to maximum score 0.71. the mean score of menopausal management was 2.26, in minimum score 1.35 to maximum score 3.18.

2. In the relation between social demographic and hardiness there were significant differences in the health condition, income, supportive person. In relation between social demographic and menopausal knowledge there were significant differences in the health condition, family members. In the menopausal management there was significant differences in the marital state.

3. There was significant correlation between the hardiness and menopausal management of middle aged women ( $r=-0.208, p=0.017$ ).

4. There was not significant correlation between the knowledge of menopause and menopausal management ( $r=0.001, p=0.992$ ).

These findings suggest the need to develop nursing strategy to improve the power of hardiness in middle aged women. hardiness is important to improve the menopausal management of middle aged women.