

가 (1)

Montgomery, Gonyea, Hooyman(1985)
 Zarit, Reeve, Bach-Peterson(1980)
 (1985)가
 (1996)가

(2)

가 , Montgomery, Gonyea, and
 Hooyman(1985)
 (1985)가 (1996)
 가

3) 가

2. 가

1) 가 , 가

2) 가

3) 가

4) 가 , 가

3. 가

1) 가 가 가 가

가 (Orem, 1971)
 (, 1986). Orem
 가
 (Meleis, 1997), 가
 (Moody et al., 1988).
 Orem 가
 가
 가 가

(Orem, 1980). 가

, 가

2) 가 가
 가 (1984).
 가
 가
 가 (, 1984).

(, 1990). 80 가 가
 Montgomery (1985) 가 ,
 (, 가
 , 1990). 가
 , 가 가
 (Katz, Ford, Moskowitz, Jackson, & Jaffe, 1963). (가 , 1993).
 Pallet (1990) 가 ,
 , 가 , , 가
 , 가 가
 (, 1984). 가 가
 가 Barthel
 index . Barthel index 9 self (1999) 가 가
 care index 6 mobility index , , .
 가 , 가
 (Granter, Albrecht, & Hamilton, 1979). Barthel index가
 Granger, Dewis, Peters, Sherwood, Barrett (1979)
 Barthel index 가 .
 2. 가 가 가
 가 , 1999; (, 1998;
 , 1996). 가 가
 , 가 가
 가 , Carson Keller (1992)
 가 가
 (Oberst, Tomas, Gass, & Ward, 1988). 가
 가 가
 (, 1996), Zarit, Todd,
 Zarit (1986) 가 가 가
 , 가 가

(Bishop, Epstein, Keitner, Miller, & Srinivasan, 1986; Strauss et al., 1984).

가

, 가

6가
가

가

. Evans, Bishop,

가

Haselkorn (1991)

가

가

가

Elmstahl, Malmberg, Annerstedt (1996)

가

(1998)

3

Novel Caregiver

가

Burden Scale

가

. 가

가

가

, 가

가

가

가

가

가

가

가

. Reimer, Haan, Rijnders,

Limburg, Bos (1998)

3

, 3.

가

가

가

가

가

가

가

80

(1996)

가

가

13

78

, 가

54.30

, 가

가

가

(1998)

가

(Oberst

40

110

72.41

et al., 1989).

, 가

가

, 61

가

(

, 1997).

(1999)

가

81

(Weeks, 1995). 가
가 ,

(DeVito, 1988). (Wood, 1991).

Weeks(1995) 83 Matthis(1989)
Educational Wants of Family Caregivers of
Disabled Adults questionnaire
가
Matthis가 45
4가 ; 1) 2)
3) 가
4)
가
1 5
2.92 4.86 , 가 4.0
31 , 4.5 20
가 4.5 20

가 가 ,

(, 1998). 가 , 가
Orem(1980)
1) 2) 3)
4)
, 가 가

1.
가 가 , 가
가 가
가 (

, 1998). 2.
K 2
(6 , 3)
97 가 97
, 가
가
가 , 가
가 가 , 1999 7 26 8 5
가 ,

가 , 가 , (, , ,)

가 (1996)

Chronbach's = .83,

3. Chronbach's = .68 ,

Chronbach's = .86,

Chronbach's = .73 .

12 ,

가 9 , 가 15 , 4) 가 가

가 7 14 , 가 Matthis 가

13 (6 , 7 (Educational Wants of

) 가 Family Caregivers of Disabled Adults Questionnaire)

20 . Matthis(1989)가 가

45 5

1) 가 가

Brott (1989) NIH 가 4.5 20 ,

. NIH 15 Chronbach's = .88 .

0 42 가 4 .

Chronbach's = .88 .

2) 가 가 SPSS

가

(1984) Katz scale, 1) 가

Kenny scale, Schoening 가 , Barthel .

index Crewe 가 , 2) 가

7 14 ANOVA .

3 1 3) 가

42 가 가 4) 가

가 ANOVA

Chronbach's = .96 . 5) 가 , 가 , 가

3) 가 Pearson's

Montgomery (1985) Zarit (1980) Correlation .

, (1985)가 .

(1994)가 .

(1996)가

. 가 13 6 1.

13 78 , 가 60 55

가 (56.7%) ,

59.8 가 58.8% ,
 가 49.5% .
 54.6% 가 ,
 (36.1%) (34.0%)가
 가 < 1-a>.

< 1-a> (N = 97)

39	7	7.2
40 49	10	10.3
50 59	25	25.8
60 69	36	37.1
70 79	15	15.5
80	4	4.1
	57	58.8
	40	41.2
	20	20.6
	19	19.6
	7	7.2
	49	50.5
	2	2.1
	12	12.4
	32	33.0
	17	17.5
	25	25.8
	11	11.3
	35	36.1
	14	14.4
	3	3.1
	33	34.0
	4	4.1
	8	8.2

< 1-b> 가 (N = 97)

19	4	4.1	
20 29	25	25.8	
30 39	16	16.5	
40 49	19	19.6	
50 59	15	15.5	
60 69	14	14.4	
70	4	4.1	
	35	36.1	
	62	63.9	
	43	44.3	
	54	55.7	
	5	5.2	
	13	13.4	
	17	17.5	
	40	41.2	
	22	22.7	
가	가	82	84.5
	가	15	15.5
	100	69	71.1
	100 200	19	19.6
	200	9	9.3
		41	42.3
		11	11.3
		34	35.1
		2	2.1
		9	9.3
		65	67.0
		32	33.0
	1	43	44.3
	1 2	8	8.2
	2 3	4	4.1
	3	42	43.3

가
 < 1-b> 60 79
 81.5% , 63.9%
 (55.7%) ,
 62 (63.9%) 가 가
 84.5% 가 ,
 100 가 71.1%
 가 41 (42.3%) ,
 34 (35.1%) ,
 65 (67.0%) .
 1 가 44.3% 가 3
 43.3% .

2. 가
 54.6% , 45.4% ,
 (42.3%) (46.4%)가
 가 56.7% .
 54.6% , 2
 20.6% 3 24.74% .
 1 가
 49 (50.5%) 3 24 (24.7%) .
 가 가
 14 ,

가 35.33 (P< .01).
 가 가 가) , 가 (26.85
 < 2> 가 < 2>. 31.24
 24.30
 89.78
 (N = 97)

		M±SD	F or t
	53	54.6 27.84±9.67	1.15
	44	45.4 25.62±9.01	
	41	42.3 26.51±8.95	
	45	46.4 26.02±9.19	4.21**
	9	9.3 35.33±8.21	
	2	2.1 14.00± .00	
	55	56.7 27.85±9.67	.93
	42	43.3 25.63±9.01	
	53	54.6 28.90±9.51	1.62
	44	45.4 28.98±9.52	
1	53	54.6 28.98±9.52	
2	20	20.6 25.70±9.95	2.19
3	24	24.7 23.29±7.56	
1	49	50.5 28.22±9.76	
1 2	13	13.4 25.53±9.25	2.51
2 3	11	11.3 31.00±9.33	
3	24	24.7 23.04±7.72	

** P< .01

3. , 가 , 가
 가 ,
 가
 < 3> .

< 3> 가 , 가 ,
 가

		Mean ±SD		
	0	42 12.15 ±8.40	0	42
가	1	42 26.85 ±9.39	14	42
	1	36 31.24 ±4.81	12	36
	1	42 24.30 ±6.99	7	42
	1	100 89.78 ±9.99	50	100

12.15
 가 (26.85)
 가
 31.24
 24.30
 89.78

4. 가
 가
 < 4>. 가
 가 “ (4.78)” “ 가
 (4.71)”, “ (4.68)”
 , 가 가 “ (4.13)
 ” (4.19)”, “ (4.27)”

5. 가 가
 가
 < 5>, 가 (90.74
) 가 (84.60) (p< .05)

가 (p< .05).
 < 5> 가

	Mean ± SD	t
가		
가	90.74 ± 9.42	4.97*
가	84.60 ± 11.66	
	25.32 ± 6.78	4.27*
	22.25 ± 7.04	

* p< .05

< 4 > 가

	Mean	SD
1.	4.78	.52
2. 가	4.71	.62
3.	4.68	.70
4.	4.64	.79
5. 가	4.59	.60
6.	4.55	.76
7.	4.55	.82
8.	4.52	.80
9.	4.52	.79
10. 가	4.50	.76
11.	4.50	.79
12. 가 ()	4.50	.79
13. 가 가	4.47	.89
14.	4.45	.92
15.	4.41	1.04
16.	4.38	.87
17.	4.36	.84
18.	4.27	.87
19.	4.19	1.08
20.	4.13	.97

6.

가 , 가 가 .
 Pearson's correlation < 6 > 가 가 .
 가 (r = -.612, P < .001), 가 ,
 가 가 가 가 가 가
 가 가 가 가 (r = 가 .
 -.261, P < .01), NIH 가 가
 (r = .221, p < .05). 42
 가 (r = - 12.15 .
 .275, p < .01).

< 6 >

	Y1	Y2	Y3	Y4	Y5
(Y1)	1.000				
가 (Y2)	-.612***	1.000			
(Y3)	.105	-.261**	1.000		
(Y4)	.035	.094	-.151	1.000	
(Y5)	-.038	.055	.221*	-.275**	1.000

* P < .05 ** P < .01 *** P < .001

(11.3%) (42.3%)가 가 , (35.1%), (p < .05). Foxall, Eckberg, Gvifith (1986)

55.54 19 78 가

(1996) 가 가 . Jacob (1991)

31.24 가 가

(1996), (1994) 가 가 가

Kosberg, Garl, Keller (1990) 가 가

(1991) 가 가 가

가 가 (1996) 가 가 (p < .05)

가 가 가 가

(1994) 가 가 ()

Pallet (1990) 가 (1997) 가 가

Cantor (1983) 가 (1999) 가 가

가 가 가

가 가 가

(31.78) (26.32) 가 , 가

가 가 가 (, 1998).

가 가 Weeks (1995) 가

가 Matthis 가 26.85 가 31.24
 , 가 (36) ,
 , ' 가 24.30 (42) .
 가 가 89.78 .
 ' , 가 ' 가 , 가
 . Galarneau(1993)
 가 (90.74) 가 (84.60)
 가 (p< .05).
 가
 , (p< .05).
 Rosenthal 가 가 “
 (1993) 가 66%가 (4.78)”, “ 가
 (4.71)”, “
 (4.68)”, “
 가 (4.64)” ‘ , ,
 가 , , 가 가 “ (4.13
)”, “ (4.19)”, “
 (4.27)”
 가 , , .
 , 가 2.
 , .
 가 가 가
 가 가 가
 가 가
 가 가
 1. 가

1999 7 26 8 5
 97 가 97
 가 가
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 12.15 (42) (1984). _____ 가
 , 가 _____ .

- (1994). _____, 24(1), 18-31.
- (1997). 가 _____, 27(3), 550-562.
- (1998). 가 _____, 28(3), 602-615.
- (1988). _____, 18(2), 83-88.
- (1997). (). _____, (1990). _____, 21(1), 63-78.
- (1989). _____, 28(2), 6-13.
- (1992). 가 _____, (1998). 가 _____, 4(1), 81-94.
- (1998). 가 _____, 28(3), 695-704.
- (1991). 가 _____, 44(3), 49-58.
- (1999). 가 _____, 11(1), 119-134.
- (1988). 가 _____, (1988). _____, (1993). 가 _____, 23(3), 467-486.
- (1994). 가 _____, 21(2), 321-335.
- (1998). B _____, 5(1), 65-79.
- (1985). 가 _____, (1996). 가 _____, 26(4), 853-866.
- (1994). 가 _____, 8(1), 17-32.
- (1997). _____, 1 _____, (1998). 가 _____, 1(1), 1-14.
- (1991). 가 _____, 15(2), 67-73.
- (1986). _____, 16(1), 30-34
- (1993). 가 _____, 23(4), 602-616.
- (1998). '97 _____, (1992). _____, 16(4), 460-466.
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-Abstract-

Key concept: Stroke, Self-care Activities, Family Burden, Educational Needs

A Study on the Degree of Self-care Activities of Stroke Patients, the Family Burden, and the Educational Needs of Primary Caregivers

Cho, Bok Hee *. *Kim, Mi Hyang* **
Seo, Nam Sook ***. *So, Hyang Sook* *

The purpose of this study was to identify the degree of self-care activities of stroke patients, the family burden, and the educational needs of primary caregivers. A descriptive survey research was conducted in 97 stroke patients and their respective primary caregivers. Data were collected by the interviews using a structured questionnaire from July 26th to August 5th, 1999.

NIH stroke status was 12.15 ± 8.40 , the degree of self-care activities of stroke patients was 26.85 ± 9.39 . The score of objective burden of primary caregivers was 31.24 ± 4.81 and subjective burden was 24.30 ± 6.99 . The score of the educational needs was 89.78 ± 9.99 . We present several informations about clients from these scores as follows: The patients were convalescent and their dependent level of self-care was middle range; The objective burden was higher than the subjective burden; And the educational needs of family caregivers were very high.

The Elain Mattis Educational Wants of Family Caregivers of Disabled Adults Questionnaire was used to assess the educational needs of primary caregivers of stroke patients. The results of this research are offered to help nurses understand the feelings of uncertainty about the new and unexpected role that family caregivers face and to help nurses meet the needs of families preparing to care stroke survivors at home.

* Chonnam National University, Chonnam Research Institute of Nursing Science

** Sunchon Chongam College

*** Dongshin University