

43.4%가 , , 가 .
(1.
, 1998).

,
가 65 (, 1980;
, 1989).
(, 60
1988).

(, 1985). (1998)

2.
가

- 1)
- 2)
- 3) (, 1982). 4품
- 4)

3.

- 1) (IADL:Instrumental Activity of Daily Living) 가 (, 1989).
가

Lawton Brody(1969)

- 2) (quality of life) 가
(subjective well-being)
(, 1988) (IADL :
(1988)가 Instrumental Activities of Daily Living)

가 Havens, 1991).

21%가
16%가
(Leukonett,
1996). 65 46.3%가 ,

(, 1988). 가
(ADL) 1996). 65 46.3%가 ,

(IADL : Instrumental Activities of
Daily Living) , 가 2020 185
가
가 , Katz (1963) 54.1% ,
1965 Mahoney & Barthel 가 26.2%, 가 49.4%

(Instrumental ADL) 가
(Functional ADL) 가 (Holmes , 2020 가
, 1987). , 가 , , 가
, , 가 , 가
, , 가
가 , ,
Lawton(1971) 가
, Grimby(1986) 6
가 . (Burckhardt, 1985; Johanna & Ferinnand,
(1988) 65-85 가 1054 1985). Campbell(1976) “

95%
36.9-88.4% 가 가 , Burckhardt(1985)
. Young(1986) , (1988) ,
, Cunningham (1993) , 가
, ,
가 Torrance(1987)
, Burckhardt(1989)
(, 1994; , , 가
1985) , , 가
. Padilla (1990)
(Roos &

(1988) 가 가

(1993) 가 가

(1997)

1.

2000 12 1 20 M

(, 1994) S 가

(1987) 65 519 가 150

4

가 , 가

가 가

2.

Rickelman (1994) 가

5 ,가 5 ,

(1992) 가 가 7 , 44 , 61

1) (IADL : Instrumental Activities of Daily Living)

Lawton Brody(1969)

(1998) 가 가 Larson(1987)

8

7

Magilvy(1985)가 , ,

가 . 0

1 가

4 가

(.

, 1991), 7-26 .

(Heyneman & Premo, 1992) (, 1994) (1995)

Cronbach ' s .67 ,

(2000) Cronbach ' s .70 .

가 가

2)

(2000) 가 가 (1988)가 47 5

, 가 가 가

2.

7-26 , 20.68, 2.98 .
 가 가 3.83 가 ,
 3.65 , 3.21 , 3.20
 , 2.68 , 2.39 ,
 1.73 .< 2>

< 2> (N = 150)

	1-4	3.20	.78	4
	1-4	3.21	.74	3
가	1-5	3.83	.88	1
	1-3	2.39	.60	6
	1-5	3.65	.90	2
	1-3	2.68	.48	5
	1-2	1.73	.44	7
	7-26	20.68	2.98	

3.

.25 .
 3.22 , 가 3.22 가 가
 3.22 가 3.00
 , 2.95 , 2.86 ,
 2.85 .< 3>

< 4> (N = 150)

	가						
	.301***						
	.215**	.367***					
	.466***	.532***	.367***				
	-.201**	.152*	.002	-.076			
가	.011	.370***	.181*	.183*	.441***		
	.109	.251***	.024	.155*	.088	.209**	.230**

*p<0.05 **p<0.01 ***p<0.001

< 3> (N = 150)

	2.86	.51	5
	2.95	.35	4
	3.00	.28	3
	2.85	.39	6
	3.22	.52	1
가	3.22	.48	1
	2.96	.25	

4.

Pearson correlation coefficient

.< 4>
 ,
 r = .230
 , r = .301
 , r = .466
 , r = -.201
 . r = .367,
 r = .532, 가 r = .370
 , r =
 .367 가
 r = .441 .

5.

< 5>
 ,
 (t=2.927, p= .036) (t=2.482,
 p= .046) 가 ,

(t=4.089, p=.008), 가 (t=3.285, p=.040), (t=2.334, p=.021) , (t=4.129, p=.003), (t=3.908, p=.005) 가 .
 (t=5.332, p=.006),

< 5 >		(N = 150)						
		IADL M±SD	T or F	P	QOL M±SD	T or F	P	
		20.55 ± 3.14			2.95 ± .25			
		20.77 ± 2.87	-.440	.661	2.96 ± .25	-.234	.816	
69		20.05 ± 3.80			2.88 ± .31			
70-74		21.25 ± 2.57			2.94 ± .28			
75-79		21.28 ± 2.29	2.927	.036	2.98 ± .20	.967	.410	
80		19.72 ± 3.38			2.99 ± .22			
		21.11 ± 3.51	.970	.333	3.05 ± .28	2.334	.021	
		20.55 ± .279			2.93 ± .23			
		20.58 ± 2.85			2.96 ± .20			
		20.70 ± 2.46	.408	.666	2.92 ± .29	.441	.645	
		21.27 ± 4.30			2.98 ± .41			
		20.42 ± 3.13			3.00 ± .29			
		21.03 ± 2.29			3.00 ± .21			
		19.33 ± 4.38	1.005	.392	2.82 ± .23	4.089	.008	
		20.74 ± 3.47			2.86 ± .22			
가	가	20.64 ± 2.74			2.92 ± .23			
	가	20.89 ± 3.88	.088	.915	3.06 ± .29	3.285	.040	
	가	20.63 ± 2.74			2.96 ± .24			
		20.87 ± 2.95			3.00 ± .23			
		20.34 ± 3.24	.510	.601	2.93 ± .24	5.332	.006	
	*	120.40 ± 2.66			2.81 ± .27			
		20.66 ± 3.05			2.91 ± .16			
1-2		20.95 ± 2.55			2.97 ± .26			
3-4		20.87 ± 3.34	.662	.620	2.96 ± .22	2.241	.067	
5		20.52 ± 2.40			3.05 ± .25			
*		19.76 ± 3.17			2.83 ± .28			
2-3	/ 1	21.57 ± 2.67			3.07 ± .32			
1-2	/ 2	20.10 ± 3.67			2.88 ± .22			
1	/ 1 -1	20.89 ± 2.72	1.415	.232	3.00 ± .19	4.129	.003	
		20.25 ± 1.70			2.86 ± .33			
	*	19.87 ± 3.11			2.84 ± .26			
2-3	/ 1	22.00 ± 2.35			3.08 ± .35			
1-2	/ 2	19.52 ± 2.97			2.86 ± .22			
	,가	20.95 ± 2.99	2.482	.046	2.99 ± .20	3.908	.005	
		20.00 ± 1.82			2.89 ± .37			
	*	19.87 ± 3.11			2.89 ± .26			

*

Spreizer & Snyder(1974)

(1969) Lawton Brody 가 ,
 8 가
 7

가 , , 가 , , 가
 0 , 가
 1 가
 가
 7-26 , 가
 20.68 (1988) 가
 가 75 가 , Flanagan(1982)
 70 , , , 가 ,
 5 2.96 가
 , , 가 가 가
 가 가
 가 (1998)
 3.29/5 , (1995) 가
 3.40 3.10, 가
 (1994) 가
 3.35 (1998)
 3.33, (1992) 가
 2.99, 2.76 M S 가
 (2000) 2.18 , 가 150
 (1997) 2000 12 1 20
 2.94 6 20
 , 가 가
 (1998), (1998), Lawton Brody
 (1992) (1969)
 가 (1988), (1988)
 (1987), (1987) SPSS/PC+ , ,
 (1998) , t-test, ANOVA, Pearson correlation
 coefficient
 , (2000)
 가 , 가 1)
 (1995) 7-26 , 20.68, 2.98
 가 가 3.83
 가 , 3.65 , 3.21

- 28(2), 329-343.
- (1998).
- (1988). 가
- (1988).
- , _____
- , 18(1), 70-79.
- (1987). 가 가
- (1992).
- , 22(4), 552-568.
- (1998).
- (2000).
- (1998).
- (2000).
- , _____
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-Abstract-

Key concept : Elderly Home Residents, ALDL, Quality of Life

A study on the Instrumental Activities of Daily Living and Quality of Life of Elderly Home Residents*

*Moon, Myeong Ja***

This study was done to investigate of instrumental activities of daily living(IADL) and quality of life and their relationships between the elderly. Data were collected from 150 elderly home residents. The data were collected from December 1st to December 20th, 2000.

Structured questionnaires developed by Lawton & Brody and by Ro were adopted to measure IADL and Quality of life. Data were analyzed for percentage, means, t-test, ANOVA and Parson correlation coefficients using the SPSS program.

The results were as follows:

1. The average score of the level of IADL was $20.68 \pm 2.98(M \pm SD)$ with a range of 7-26.
2. The average score of the level of Quality of life was $2.96 \pm 0.25(M \pm SD)$. In the average score of each lower area, highest score was 3.22 for neighbor relationship and family relationship and then 3.00 for self-esteem, 2.95 for economic status, 2.86 for emotional status, and 2.85, lowest score, for physical condition and function.
3. Comparing IADL and Quality of life with general characteristics, IADL showed that there were significant difference in age ($t=2.927$, $p=0.036$) and separated children contact frequency ($t=2.482$, $p=0.046$), while Quality of life showed that there were significant difference in spouse existence ($t=2.334$, $p=0.021$), religion ($t=4.089$, $p=0.008$), family style ($t=3.285$, $p=0.040$), children number living together ($t=5.332$, $p=0.006$), communication with separated children frequency ($t=4.129$, $p=0.003$), and separated children contact frequency ($t=3.908$, $p=0.005$).
4. There was also significant positive correlation between IADL and Quality of life.

The above results show that neighbor relationship and family relationship which have greatly an influence on IADL and Quality of life are very important.

The elderly should be helped to satisfy their basic desire and show their potential living

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together with the younger generation interdependently without being isolated from family and society.

Therefore, the nursing strategy that enhance

IADL and Quality of life are needed and the nursing strategy that can improve IADL and Quality of life of Elderly Home Residents should be developed.