

가

* . ** . *** . ****

1.

(Feibel & Springer, 1982).

1
. 60 가 .

5.3%가

60-64 3.7%, 65-69 5.3%, 70-74
6.6%, 75 6.8% (,

2000).

78% 30-60% , , ,

(Eggert, Granger, Morris & Pendleton, 1977),

가 (Granger,

, , 1988), 가 (

Shewood & Greer, 1977),

가 .

, 가

94.0% 가 가 (, , 1999)

가 60.3%

가

10 가 9.3%

가 .

(, 1999). 가 .

*
**

2000; (, 2000),

가

가

가

(, 2000),

4) 가

가

가

5) 가

4.

1) : 가 60

가

2) : 가

5

3) : 가

Barthel Index (Mahoney and Barthel, 1965)

4) : 가 (1995)

2.

가

5) : 가

가

25

가

6) 가 : 가

3. 가

(1995)가 가

5

가

1) 가

7) :

가

2) 가

가

3) 가

가

가

(,

가 (, 1999; , 1998; Iso-Ahola, 1977).

(O'Brien & Conger, 1991),

(, , 1995; Hui, Lum, Woo, Or, & Kay, 1995). (2000) 5 가

가 가 가 가

가 가

가

1.

가 가

2.

가 Kahn, Goldfarb, Pollack Peck (1960) (MSQ) 8

60 가 2000 11 20 12 18 7 .

3.

1)

60 가 , 가

2)

5 1 2 3 -5 .

3)

2 2

4)

Prism

5)

(1)

(2)

1 5 1 :

2 : , , , , 7
 3 : . , , ,
 4 : 가 3 7 21
 5 : 가 가

가 Cronbach .84 .

3) 가 가 가
 25

10-100

가 , 가
 가

Cronbach .93 .

4) 가

가 가 (1995)가
 가 , , , ,
 ,

(3)

13 5 Likert (1
) 가 가
 가 가

1

가 가
 Cronbach .87 .

5)

4. (1996) 15

1)

Brink (1982) 30 ,

Barthel Index(Mahoney and
 Barthel, 1965)

Beck
 Depression Inventory 0.85-0.90

Hamilton Depression Scale 가
 0.71 가

3 가 가 10 30

(Sheikh & Yesavage, 1986)

Cronbach .86 .

가 15 0.84

2)

0-15 5

(1995) (, 1996; , 1991; Sheikh & Yesavage,
 1986). Cronbach

.91 .

4. 71.4%가 5 . 71.4%
 가 가
 (42.9%), (28.6%), (14.3%),
 SPSS WIN(version 8.0) . (14.3%) ,
 , (42.9%), (28.6%), (14.3%),
 (14.3%) . 57.1%가 ,
 가 (Wilcoxon sign
 test) , 가 5% 85.7% 가
 (= .05) . < 1-2>.

< 1-2>

1.

		(%)
		0
		7(100.0)
		0
	7 가 85.7%	7(100.0)
73.9 .	85.7%가	5 2(28.6)
	가	5 5(71.4)
51.5%	100% 가	5(71.4)
	85.7%가	2(28.6)
	85.7%	3(42.9)
	71.5%가 < 1-1>.	1(14.3)
		2(28.6)
		1(14.3)
		1(14.3)
< 1-1>		3(42.9)
		2(28.6)

		(%)
		0
		1(14.3)
		6(85.7)
		1(14.3)
		6(85.7)
	가	1(14.3)
	가	2(28.6)
		2(28.6)
		1(14.3)
		1(14.3)
		7(100.0)
		0
가		1(14.3)
		6(85.7)
		6(85.7)
		1(14.3)
		3(42.9)
		2(28.6)
()		1(14.3)
		0
		1(14.3)

2. 가

1)

27.57 , 28.57
 가 ,
 가 1 < 2>.

2)

< 2 >

	\pm	\pm	Z	p
	27.57±2.64	28.57±1.51	-1.890	.059
	15.29±4.07	18.00±3.11	-2.124	.034
가	76.63±19.00	88.65±15.54	-2.366	.018
	3.21±.54	4.10±.42	-2.366	.043
	9.43±3.59	6.71±3.90	-1.442	.149

15.29 , 18.00 , , , , 2000)
 가 , (p = , ,
 .034) 가 2 < 2> , , .
 3) 가 가
 76.63 , 88.65 가 가
 (p = .018) 가 3
 < 2> , ,
 4) 가 , ,
 가 41.71 , 53.29 가 가
 (p = .043) 가 4 (Moore, 1990).
 < 2> 가 가
 5) 가 가
 (, 2000)
 9.43 , ,
 6.71 , ,
 가 5 < 2> , ,
 . , ,
 2 5 , ,
 가 가 , , .
 가 , 가 (, 2000),
 가 ,
 가 가 . 가
 (Goldberger, 1990),
 , , 가
 (, , , 2000; , , 가

가

가

가

가

가

(2000)

가

가

가

가

(, 2000; , 1995)

(

, 1998),

가

가

가 가

가 60

7

5

가

가

가

가

가

가

가

가

가

가가

가

가

가가

가

가

가

가

가

(2000)

가

(2000)

가

(2000). 가
 3(1), 24-33.
 (1984). 가
 (1996).
 , 26(2), 413-427.
 (1996).
 , 35(2), 298-307.
 (2000). 가
 , 3(1), 10
 8 118.
 (2000). 가 5
 3(2), 140-156.
 (1994).
 (1987).
 (1995). 가 가
 (1988). :
 (1994).
 (1994).
 35(3), 390 393.
 (1994). 가
 (2000). (1998
 12).
 (1993). _____

(1991). _____
 (1988).
 , 12(1),
 78 83.
 (1994). _____
 (1998). 가
 , 15 26.
 (2000). _____
 가
 (1991). 가 가
 , 21(1),
 50-61.
 (1988).
 , 12(1),
 33-38.
 (1995). 가
 (1998). _____
 , 7(1), 43-63.
 (1995). :
 (1999). 1998
 (1998).
 , 1(1), 111-123.

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- Abstract -

Key concept : Stroke, Elderly, Self-efficacy,
Self-help management program

The Effects of Community-Based Self-Help Management Program by Strengthening Self-Efficacy of Post Stroke Elderly Patients

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Kim, Keum Soon ***. *Baik, Hwan Gum* ****

The purpose of this study was to determine the effects of self-help management program which strengthens self-efficacy for post stroke elders who attend day care center in Chongju. One group pretest-posttest design was used, and the subjects were 7 post stroke elders with

hemiparesis. The self-help management program consisted of 5 sessions and each session included group education on stroke, ROM exercise, recreation and self-care strategies. Those strategies for encouraging and reinforcing self-efficacy provided verbal persuasion, performance accomplishment and vicarious experience. All subjects were questioned before and after the program about ADLs, IADLs, self-efficacy, self-care behavior and depression. The analysis of data revealed that the program was effective to increase the IADLs, self-efficacy and self-care behavior. However, there was no significant difference between pre and post ADLs and depression. The results indicated that this program may be adopted to improve the physical and psychological function of post stroke elderly patients in community settings.

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