

\*

\*\* • \*\*\*

1. 가 ( , 1984).

가 ( , 1980).

가 ( , 1983: , 1989: , 1995), ( , 1992), ( , 1993), ( , 1999), ( , 1999), ( , 1999)

가, 가, 가 가

(Elliott, 1992)

(Snyder & Lindquist, ( , 1972). 1998). 가 ,

( , 1980). , 1999: , 2000: , 2002). (

---

\* 2002  
\*\*  
\*\*\*

( , 2000),  
3 6

4.

(Worwood, 1991). 1)

(Buckle, 1993), (Dunn, Sleep & Collet, 1995), (Kilstoff & Chenoweth, 1998)

2001),

(Buckle,

( , 2002), ( , 1999),  
( , 2000),

, 가 5: 3: 2

( , , , , ,  
2001), ( , 2001)

5

1  
가 30  
3

가

( , 2002)

2)

가

( , 1999),  
가 가

30

Cline (1992)

(VAS)

2.

1.

1)

(nonequivalent control group non-synchronized design)

2)

< 1>

3. 가

가 1:

Ye1 X1 X2 Ye2

가

Ye1 Ye2

가 2:

X :

Y : , ,

가 3:

< 1>

2.

1)

2002 2 1 3 30  
D

, ( , 2000: Burns, Blamy, 1994: Wiebe, 2000)

2

가

, , 가

5 : 3 : 2

2

, 가

가

가

2002 2 1 2 28  
20 , 3 1 3 30  
22  
20 , 21

가

1) 18

( , 2000)

2) 가

, , 가 5 : 3 : 2

3)

4)

, 가

(Buckle, 1992)

1

3.

5

3

1)

3 5

(VAS)

5

가

(Cline , 1992). 10cm

1 1 2

가

10

( )

0( ),

10cm

가

가

가 ( , 2000).

2

가

가

가 30

2)

가 5 10

0.1

( , 2000).

가

2)

1

4.

1

1

2

3)

2 5.

가 30 SPSS/WIN 10.0

5 : 3 : 2 : 가

3

1 5 1)

가 5 Fisher t

가

2) 가 t

4)

(1)

8 6.

5 10

1 1.

(2)

2

8 9

가 가 5 : 3 : 2  
1 5

3 30

2. 가

(3)

1) 가 1 :  
가

30

< 1 >

, 5 10

4.09 1.38 5.48  
5.20 5.65 0.45

(t = -2.93, p = .006) 가 1

< 1>

	±	±	t	p
	5.48 ± 1.36	5.20 ± 2.57	.433	.667
	4.09 ± 1.41	5.65 ± 2.64	-2.367	.023*
diff	-1.38 ± 1.43	.45 ± 2.41	-2.93	.006**

\*p < 0.05, \*\*p < 0.01

2) 가 2 :

< 2>, < 3>

116.67 mmHg

116.19 mmHg 0.47 mmHg

117.50 mmHg

116.50 mmHg 1.00 mmHg

가 (t = -.120,

p = .905).

78.09 mm

Hg 70.47 mmHg 7.61 mmHg

78.50 mmHg

76.00 mmHg 2.50 mmHg

가

(t = 1.766, p = .085). 가 2

< 2>

	±	±	t	p
	116.67 ± 16.53	117.50 ± 19.43	-.148	.883
	116.19 ± 16.87	116.50 ± 18.71	-.056	.956
diff	.47 ± 9.73	1.00 ± 17.44	-.120	.905

< 3>

	±	±	t	p
	78.09 ± 9.28	78.50 ± 9.33	-.139	.890
	70.47 ± 9.20	76.00 ± 10.46	-1.797	.080
diff	7.61 ± 9.95	2.50 ± 8.50	1.766	.085

3) 가 3 :

가

< 4>

72.62 /

67.43 /

5.19 /

71.75 /

77.90

/ 6.15 /

가

(t = 5.853, p = .000) 가 3

< 4>

	±	±	t	p
	72.62 ± 6.89	71.75 ± 5.44	.447	.657
	67.43 ± 6.19	77.90 ± 5.78	-5.592	.000**
diff	5.19 ± 6.72	-6.15 ± 5.60	5.853	.000**

\*\*p < 0.01

가

가 , 가  
 가  
 가  
 가 ( , 1984).  
 가  
 1. , 가 5 : 3 : 2 (2000)  
 , 20 3  
 가  
 가 (2002)  
 가 , Tweed(2000)  
 (lavender angustifolia)  
 (2002)  
 4 : 1 : 2 가  
 Dunn  
 (1995) 1%  
 Wiebe(2000) 66  
 , 가 ,  
 Borrromeo  
 (1999) 25 가  
 가  
 가가  
 ( , 1984: , 1992),  
 가  
 가  
 2 3가  
 가 가  
 가 ( ,  
 2000), , 가 5 : 3  
 : 2 5 : 3 : 2  
 가  
 2.

가

2002 2 1 2002 3 30  
D  
20 , 21  
가 30  
2 , , 가 5  
: 3 : 2 1  
5 3  
가  
SPSS WIN 10.0  
t , , Fisher  
, 가 t  
1. 가 1 :  
가  
(t = -2.93, p = .006), 가 1  
2. 가 2 :  
(t = -.120, p = .905)  
(t = 1.766, p = .085) 가  
, 가 2  
3. 가 3 :  
가  
가 (t = 5.853,  
p = .000), 가 3

(1992). \_\_\_\_\_, 4 , : .  
(2000). \_\_\_\_\_  
\_\_\_\_\_  
(1989). \_\_\_\_\_  
\_\_\_\_\_  
(1992). \_\_\_\_\_  
\_\_\_\_\_  
(1993). \_\_\_\_\_  
\_\_\_\_\_  
(1993). 가  
\_\_\_\_\_, 1(1),  
73-88.  
(1999). 가  
\_\_\_\_\_  
\_\_\_\_\_  
(1980).  
\_\_\_\_\_, 23(2), 103-108.  
(1999). 가  
\_\_\_\_\_  
\_\_\_\_\_  
(1972). 가  
\_\_\_\_\_, 2(1), 97-113.  
(1999). \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_, (2001).  
. 가 \_\_\_\_\_, 22(6), 922-929.  
(1999). \_\_\_\_\_

- \_\_\_\_\_ .  
(1995). \_\_\_\_\_ .  
\_\_\_\_\_ .  
\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,  
(2000). 3  
\_\_\_\_\_ 3 \_\_\_\_\_ .  
: \_\_\_\_\_,  
<http://www.worldaroma.co.kr>. 1-22.  
(2000). \_\_\_\_\_ .  
(1983).  
\_\_\_\_\_. \_\_\_\_\_, 13(2), 70.  
(2000). \_\_\_\_\_ 가  
\_\_\_\_\_, \_\_\_\_\_, A  
\_\_\_\_\_. \_\_\_\_\_, 30(5), 1357-1367.  
(2001). \_\_\_\_\_ 가  
\_\_\_\_\_. \_\_\_\_\_ .  
\_\_\_\_\_, 31(5), 770-779.  
(2002). \_\_\_\_\_ .  
\_\_\_\_\_. \_\_\_\_\_ .  
(1980). \_\_\_\_\_ . \_\_\_\_\_,  
19(13), 49-53.  
(1984). \_\_\_\_\_ . \_\_\_\_\_, 8(10),  
330-337.  
(2000). \_\_\_\_\_ . : \_\_\_\_\_ .  
(1999). \_\_\_\_\_ .  
\_\_\_\_\_. \_\_\_\_\_ .  
(1984). \_\_\_\_\_ . \_\_\_\_\_ .  
\_\_\_\_\_, 23(4), 38-47.
- Borromeo, AR. (1999). The effects of aromatherapy on the patient outcomes of anxiety and sleep quality in coronary care unit patients. Doctoral dissertation, Texas Woman's University.
- Buckle, J. (1992). Which lavender oil?. Nursing Times, 88(32), 54.
- Buckle, J. (1993). Aromatherapy: Does it matter which lavender essential oil is used?. Nursing times, 89(20), 32-55.
- Buckle, J. (2001). The role aromatherapy in nursing care. Nursing Clinics of North America, 36(1), 57-72.
- Burns, E., Blamery, C. (1994). Using aromatherapy in childbirth. Nursing Times, 90(9), 54-60.
- Cline, ME, Herman, J., Shaw, ER, Morton, RD (1992). Srandardization of the visual analogue scale. Nursing Research, 41, 378-380.
- Dunn, C., Sleep, J., Collett, D. (1995). Sensing an improvement: an experimental study to evaluate the use of aromatherapy, massage, and periods of rest in an intensive care unit. Journal of Advanced Nursing, 21, 34-40.
- Elliott, DA (1992). Review of Ng strategist reduce patient anxiety in coronary care unit part 2. Australian Critical Care, 5(3), 10-16.
- Kilstoff, K., Chenoweth, L. (1998). New approaches to Health and well bell for dementia day-care clients, family cares and day-care staff International. Journal of Nursing Practice, 4(2), 70-83.
- Snyder, M., Lindquist, R. (1998). Complementary/alternative therapies in nursing(3rd ed.), NY: Springer Publishing Co.
- Tweed, SA (2000). Affective and biological reaction to the inhalation of the essential oil lavender(Lavandula angustifolia, Aromatherapy). Master dissertation, Christopher Newport University.
- Wiebe, E. (2000). A randomized of aromatherapy to reduce anxiety before abortion. Effect Clinic Practice, 3(4), 166-169.
- Worwood, VA (1991). The complete book of essential oils & aromatherapy. San Rafael, CA: New World Library.



-Abstract-

Key concept : Inhalation Method Using  
Essential Oils, Preoperative  
Anxiety, Hystrectomy Patients

## The Effects of Inhalation Method Using Essential Oils on the Preoperative Anxiety of Hystrectomy Patients

*Oh, Young Hi\* · Jung Hyang Mi\*\**

The purpose of this study was to elucidate the effects of inhalation method using essential oils on the preoperative anxiety of hystrectomy patients, and to provide effective and holistic nursing care to them.

The research design was a nonequivalent control group non synchronized design. The data were collected from February 1 to March 31, 2002 at D Medical Center in Busan.

The subjects were forty one patients that were operated on under general anesthesia for hystrectomy. They were assigned to two groups, twenty one subjects in the experimental group and twenty subjects in the control group.

The tool of the Visual Analogue Scale(VAS) was used to anxiety on all patients the day before surgery and the preoperative period. Then systolic and diastolic blood pressure, pulse rate levels were measured the day before surgery and the preoperative period. The experimental group

received two treatments of inhalation method using essential oils of with lavender, ylang ylang, and bergamot oil.

The data were analyzed by the  $\chi^2$  test and the independent t-test.

The results of this study were summarized as follows:

1. Hypothesis 1: It has been supported that the experimental group received inhalation method using essential oils might cause lower level of the preoperative VAS anxiety than that of the control group( $t=-2.93$ ,  $p=.006$ ).
2. Hypothesis 2: It has been rejected that the experimental group received inhalation method using essential oils might cause lower level in the preoperative systolic blood pressure than the control group( $t=-.120$ ,  $p=.905$ ).  
It has been rejected that the experimental group received inhalation method using essential oils might cause lower level in the preoperative diastolic blood pressure than the control group.( $t=1.766$ ,  $p=.085$ ).
3. Hypothesis 3: It has been supported that the experimental group received inhalation method using essential oils might cause lower level in preoperative pulse rate than the control group( $t=5.853$ ,  $p=.000$ ).

According to these results, inhalation method using essential oils can be considered an effective nursing intervention that relieves the preoperative anxiety of hystrectomy patients and stabilizes vital sign partially.

---

\* Department of Nursing Graduate School, Dong Eui University

\*\* Professor. Department of Nursing, Dong Eui University