

*

가

(Kausler, 1991).

1.

가 ,

가 7.3% (McDonald -Miszczak, Hertzog,
(3,372) (, www. Hultsch, 1995),
nso.go.kr, 2000).

가 가

가
(, 1985).

(, 1993; Gomez, 1993). (Hertzog, Hultsh, Dixon, 1989)

1-3% , (Hultsch ., 1988)

가 15% . (Bandura,1977)
(Mulsant, 1999).

40% 가 (, 1997; , 1998)

가 . (Rebok & Balcerak, 1989;
Seeman, Rodin & Albert, 1993)

*

3가 : 가 가

가

가

3.

(Dellefield & McDougall, 1996; Stigsdotter & Backman, 1993; Ponds & Jelles, 1996; Verhaeghen, Van Ranst, & Marcoen, 1993).

1)

(Fogler & Stern, 1994)

가

가 Fogler & Stern(1994), Baddeley(1998), Lapp(1995), (1990), (1993)

2 2 4 8

(, 1992; , 1993;

2)

, 1996; , 1997)

(1999)

가

가 (Battle, 1978) ,

15

(Short Form Geriatric Depression Scale; Sheikl & Yesavage, 1986)

(, , 1998; , , , 1998; , 1998)

가 (, 1999; , 1995)

3)

가

(Hertzog, Hultsh, Dixon, 1989), Bandura Berry (1989) 가

1)

2)

1.

2. 가

1가 :

가

(Verhaeghen ,

1993).

2가 :

가

(Harris, 1980), (Verhaeghen (1993) 129 (M=63.3) 1, 15 2 30 (2) 7-11 (9) 51%가

McDougall(1996) 2 가 (F=29.34, P<.001), 41%가 가 가 98%가

(F=4.04, P<.001).

가 Greenberg Powers(1987) (Hamilton, 1990) Stigsdotter Backman(1993) 가 (Lewis, 1974) (Youssef, 1990; , 1989; , 1996; , 1999).

visuo-spatial (Lewis, 1974) 가 (P<.05). Rebok & Balcerak(1989) feedback 가 가 가 (F=5.97, P<.001) Newman, Karip, Faux(1995) 2. (intergenerational school) 60 가 가 (, 1984) 26 , 6 , 가 가 6-8 RBMT(Rivermead Behavioral Memory Test), MFQ(Memory Functioning Questionnaire), 가 (1998) SGDS 10 (1-33%) 15.8% , (1998) GDS-K 16.64% 10%가 (1998) 65 50.9%가 Zarit, Gallagher, Kramer(1981) 50 가 (M=63.68) 47 2 1 30 가 (memory complain report)가 가

가

(2000)

(r = -.182)

Carole Charles (1987)

(Berry & West, 1993; Devolder & Pressley, 1992).

(capacity),

Breslow (1980)

(expectation),

(Hultsch, 1988)

Wechaler Memory Scale

가

가

(Herrman, 1982).

가

(1999)

가 (F = 12.27, P = .0007), (2000)

가

가

가

가

1.

McDou gall(1995)

McDou gall(1995)

(-.44)

(-.41)

가

2.

5

Dellefield McDou gall(1996)

1) 60

2)

3)

(MMSE) 24

4)

가

(F = 23.50,

(F = 23.50, P < .001).

가

2

가

가

1. 102 68.4
 60.8% 가
 10.9 가
 89.2% 가 38.2% 가

(4.12) (5.35) (t = 4.310, P = .000) 17가

< 2>

(±)	(±)	t	P
5.35 ± 3.12	4.12 ± 2.88		
5.21 ± 2.90	5.35 ± 2.91	-4.310	.000

* P<.01

2 - test
 (t = -2.211, P = .029) 가 <
 1> 가

2) 27가
 “ 가
 .” t - test (3-1> (509.33) (498.43) (t = 4.354, P = .000)

< 1>

±	t	P
5.35 ± 3.12	.230	.819
5.22 ± 2.91		
426.67 ± 139.70	-2.211	.029*
485.49 ± 128.75		

* P<.05

(3-2> (F = 11.254, P = .001) 27가

< 3-1>

(±)	(±)	t	P
426.67 ± 139.70	509.33 ± 137.34		
485.49 ± 128.75	498.43 ± 124.70	4.354	.000

* P<.05

2. 가

1) 17가
 “

가 .”
 t - test < 2>

3) 3가
 “ 가 가

< 3-2>

Source	Sum of Squares	df	Mean Square	F	Sig.
()	836753.204	1	836753.204	131.247	.000
	71747.786	1	71747.786	11.254	.001*
	844151.604	2	422075.802	66.204	.000
	554661.552	99	6375.420		
Total	1398813.156	101			

* P<.05

pearson correlation
 ($r = .292, p = .037$)
 3가

< 4 >

r	P
-.292	.037

* P<05

가 ,
 가
 가
 Greenberg & Powers
 (1987)
 Rebok & Balcerak (1989)
 feedback
 가 가

5.35 4.12
 Newman (1995)

60

16.64%

Pearson corelation

가
 (, 1993), (, 1989;
 , 1996; , 1999; Youssef, 1990),
 (, 1992), (,
 1997; , 1999)

2

가
 McDougall(1996)
 가
 (r = - .182)
 (2000)

McDougall(1995)

(-.44) (-.41)

가

가
 (2000)

가

가

Dellefield & McDougall(1996)

2

가

2.

가

1999 2 25 7 20
60

102

Fogler

& Stern(1994), Lapp(1995), Baddeley(1998),
(1990), (1993)

2 2

4 8

Sheikh & Yesavage(1986)

Berry (1989)

가

SPSS PC

1.

가

2.

가

3.

가

가

가

(1989). Mini- Mental State
Examination(MMSE-K)

(1999).

_____ , 11(1),
50-62.

(1998).

1(1), 61-72.

(1999).

(2000).

_____ , 12(1),17-29

(1993).

(2000).

_____ , 11
(1), 158-171.

(1997).

_____ , 2(2), 188-197.

(1998).

_____ 23

, 79.

(1998).

_____ , 2(2),
176-186.

(1998).

_____ 가 _____
, 19(1), 77-84.

(1985).

(1992).

1.

_____ , 57(7), 441- 450.

- (1993). _____
_____.
, (1993). _____, 26(3),
412-429.
, (1984).
_____, 4, 44-59.
, (1999).
_____, 9(3),
95-112.
(1989). _____
_____.
, (1996). 가
_____, 7(1), 29-36.
, (1998).
_____, 37, 352-362.
(1995). _____
_____.
(1998). 가 _____
_____, 4, 62-72
(1997). _____
_____.
(1985). _____ : _____
, (1991). _____.
- Baddeley. A. (1998). Your Memory- A User's Guide-. Prion.
- Bandura, A. (1977). Self-efficacy toward a unifying theory of behavioral change. Psychological Review, 84(2), 191-215.
- Battle. J (1978). Relationship between self-esteem and depression. Psychological reports, 42, 745-746.
- Berry, J. M., & West, R. L. (1993). Cognitive self-efficacy in relation to personal mastery and goal setting across the life span. International Journal of Behavioral Development, 16, 351-379.
- Breslow, R., Kocsis, J., & Belkin, B. (1981). Contribution of the depressive perspective to memory function in depression. American Journal of Psychiatry, 138(2), 227-230.
- Carole. K. H., Charles. J. H. (1987). Self-efficacy, Social Support and Depression in Aging : Longitudinal Analysis. Journal of Gerontology, 42(1), 65-68.
- Dellefield . Ken S., McDougall . Graham J. (1996). Increasing Metamemory In Older Adults. Nursing Research, 46(5), 284-290.
- Devolder, P.A, & Pressely, M. (1992). Causal attributions and strategy use in relation to memory performance differences and in younger and older adult. Applied Cognitive Psychology. 6, 629- 642.
- Fogler. J. Stern. L. (1994). Improving Your Memory. The Johns Hopkins University Press Ltd., London.
- Gomez, G. E., & Gomez, E. A. (1993). Depression on the elderly. Journal of Psychosocial Nursing , 31(5), 28-33.
- Greenberg. C., Sandra Powers, S. M. (1987). Memory Improvement among Adult Learners, Educational Gerontology. 13, 263-280.
- Hamilton (1985). Reminiscence. Independent Nursing Intervention. A Wiley Medical Publication, 303-318.
- Harris, J. E. (1980). Memory aids people use : Two interview studies. Memory & Cognition. 8(1) , 31-38.
- Herrman, D. J. (1982). Know the memory : The use of Questionnaires to assess and study memory. Psychological Bulletin, 92, 434-452.
- Hultsh, D. F, Hertzog, C. F., Dixon, R. A., (1988). The metamemory in adulthood (MIA) Questionnaire. Psychopharmacology, Bulletin, 24, 671-688.
- Hertzog, C., Hultsh, D. F., Dixon, R. A. (1989) Evidence for the convergent validity of two self report metamemory questionnaire. Developmental Psychology, 25, 687-700.
- Kausler, D. H. (1991). Experimental Psychology: Cognition, and human aging. New York: Wiley.

- Lapp, D. C. (1995). Don't Forget!. Perseus Books.
- Lewis, /F. L., Bulter, R. N. (1974). Lifr-Review Therapy : Putting Memories to Work Individual and Group Psychology. Geriatrics, 29, 165-173.
- McDonald-Miszczak, L., Hertzog, C., & Hultsch, D. F. (1995). Stability and accuracy of metamemory in adulthppd and aging: A longitudinal analysis. Psychology and Aging, 10, 553-564.
- McDougall, G. J. (1995). Metamemory and Depression in cognitive impaired elders. Nursing Research, 44(5), 306-311.
- Mulsant BH, Ganguli M (1999). Epidemiology and diagnosis of depression in late life. J Clin Psychiatry, 60(20), 9-15.
- Newman, S., Karip, E., Faux, R. B. (1995). Everday memory function of older adults : The impact of intergenerational school volunteer program. Educational Gerontology, 21, 569-580.
- Rebok, G. W., & Balcerak, L. J. (1989). Memory self-efficacy and performance differences in young and old adults: The effect of mnemonic. Developmental Psychology, 25(5), 714-721.
- Seeman, T. E., Rodin, J., & Albert, M. (1993), Self-efficacy and cognitive performance in high-functioning older individuals. Journal of Aging and Health, 5, 455-474.
- Sheikh, J. I., Yesavage, J. A. (1986). Geriatric depression sacle(GDS) recent evidence and development of a shorter version. Clinical Gerontology, 30, 319-325.
- Stigsdotter, A. N, Backman, L. (1993). Effects of Multifactorial Memory Training in Old Age : Generalizability Across Tasks and Individuals. Journal of Gerontology : psychological Sciences. 50B(3) . 134-140.
- Verhaeghen, P., Van Ranst, N., Marcoen, A. (1993). Memory training in the community : Evaluation by participants and effects on metamemory. Educational Gerontology, 19, 525-534.
- Youssef, F. A. (1990). The impact of group reminiscence counseling on a depressed elderly population. Nurs Pract, 15(4), 32-38.
- Zarit, S. H., Gallagher, D., & Kramer, N. (1981). Memory training in the community aged: Effects on depression memory complaints and memory performance. Educational Gerontology, 6, 11-27.

-Abstract-

Key concept : Memory Training Program,
Depression,
Memory Self-Efficacy.

The Effects of a Memory Training Program for Adults' Depression and Memory Self-Efficacy

*Kim, Jeong Hwa **

This study was a quasi-experimental study to confirm the effects of a memory training program. The purpose was to develop an effective memory training program for elderly people and to identify the effects of the memory training program.

This study was carried out between February 25 and July 20, 1999 and the subjects of the study were 102 elderly people who were participants at a welfare institute in Seoul. The experimental group (51) and the control group (51) were assigned by means of participation

* Department of Nursing, Kyunghee University, Professor.

order. The control group was matched to the experimental group and was selected considering age, sex, and religion. The experimental group participated in the memory training program.

The memory training program was based on the literature of Fogler & Stern (1994), Wang & Lee (1990), Lee (1991) and Lee (1993). The memory training program was given twice a week for two weeks with each program lasting two hours.

Depression was measured using the Geriatric Depression Scale developed by Sheikh & Yesavage(1986) and memory self-efficacy was measured using the Memory Self-Efficacy Scale developed by Berry & Dennehey (1989).

Data were analyzed by SPSS PC and the results are described below.

1. The experimental group which participated in the Memory Training Program showed lower depression scores as compared to the control group ($t = -4.310$, $P = .000$).
2. The experimental group which participated in the Memory Training Program showed higher higher memory self-efficacy scores as compared to the control group ($t = 4.354$, $P = .000$).
3. In the experimental group, there was significant negative correlation between the depression scores and memory self-efficacy scores

The results showed that the Memory Training Program is an effective nursing intervention for the elderly with depression and memory problems.