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1), 2)

## Health Status and Use of Health Care Services of the Elderly Utilizing Seniorcitizen Centers

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### = A B S T R A C T =

For this study a sample of 205 people, 66 males and 139 females, over 65 years of age, residing in C-gu of S-si and utilizing senior centers, were selected. The objective of the study was to provide basic data for health promotion program development provided by health centers. A questionnaire was used to collect data on general characteristics, health status, social health status and utilization rate for health services. The instruments used in this study were the Lawton scale, to measure daily routine function, the MMSE-K developed by Folstein and modified to fit the Korea situation, for mental health status, and the CES-Dtool developed by Radloff, for emotional health status. the SPSS Window program was used to calculate percentages. Tests of significance were done using t-test and ANOVA. Multiple regression analysis was used to identify variables influencing the use of health services.

The results are as follows :

Of those utilizing senior citizen centers, 40.9% of males and 17.3% of the female thought they were healthy.

The average score for IADL was 7.4. The daily routine of female respondents consisted of buying household articles and drugs, and other IADLs such as riding the bus or subway alone. These resulted in a higher score compared to males. For emotional health, 7.6% of the males reported depression compared to 21.6% of the females. For mental health, 48.5% of the males and 28.8% of the females were found to be in the group suspicious for dementia. On social health, 57.6% of the males and 62.6% of the females reported no intimate human relations. Of those older people who had close human relations, 52.5% of the males indicated a friend as



12  
(Instrumental activities of daily living, IADL)  
Lawton(1969)

가

가  
가 , 6  
3 가  
0-18 가  
가 가  
Cronbach alpha 0.926  
Folstein (1975) 가  
(1989)  
MMSE-K

가

12 , 6 , 4  
, 3 , 2  
, 30  
가

65  
가가 ,  
205 .

. 24 , 20-23  
, 19  
23  
24 . Cronbach  
alpha 0.9237 .

9 .  
20 가

가 Center  
for Epidemiologic Studies Depression Scale(CES-D)  
( , 1993).  
CES-D (National Institute of  
Mental Health) 20

?” “ ” “ ” “ ”

“ ” “ ” “ ” 3

, 가

. CES-D (self-report) 가 30.3%  
 , , 66.9% 가  
 , . CES-D 67.3%가 ,  
 14.1%, 가 16.6%  
 가 가 16  
 가 ( 88.8% , 11.2%  
 , 1991). 51 50.2% 가 ,  
 (1993) (25 ), 20 38.5%  
 (21-24), (16-20) ( , 1996)  
 Cronbach alpha 0.8193 . 69.6% 가 ,  
 2001 5 14 -5 31 , 9.8% , ,  
 , 가 93%  
 . 10 가 42.2%  
 , , 가 10  
 . 13.2%  
 65 ( 1).  
 가  
 가 2.  
 . 24.9%가  
 40.9%가  
 SPSS/WIN , 17.3%  
 , . 46.9%, 18.7% ,  
 27.8%  
 t-test, 29.8% . 47.6% 1  
 ANOVA . , 39.7%가 ,  
 12.7% 가 .  
 32.7% ,  
 21.1%  
 .  
 1. 54% 94.6%  
 205 가 66 .  
 (32.2%), 가 139 (67.8%) .  
 77 . 55.1% 16.6%

1.		(N=205)	(N=66)	(N=139)	
		(%)	(%)	(%)	
( )	65-74	71(34.4)	26(39.4)	45(32.4)	
	75-84	103(50.3)	34(51.5)	69(49.6)	
	85	31(15.3)	6( 9.1)	25(18.0)	
	±	77.05 ±2.31	75.97 ±2.68	77.56 ±2.05	
	( )	113(55.1)	20(30.3)	93(66.9)	
( )	( )	65(31.7)	21(31.8)	44(31.7)	
	( )	13( 6.3)	12(18.2)	1( 1.7)	
	( )	14( 6.8)	13(19.7)	1( 1.7)	
	( )	65(31.7)	48(72.7)	17(12.2)	
가	( )	138(67.3)	18(27.3)	120(86.3)	
	( )	2( 1.0)	-	2( 1.4)	
	( )	23(11.2)	3( 4.5)	20(14.4)	
	( )	182(88.8)	63(95.5)	119(85.6)	
	( )	34(16.6)	5( 7.6)	29(20.9)	
	+	29(14.1)	22(33.3)	7( 5.0)	
	+	138(67.3)	38(57.6)	100(71.9)	
	+	4( 2.0)	1( 1.5)	3( 2.6)	
	( )	20	799(38.5)	22(33.3)	57(41.0)
	( )	21-30	10( 4.9)	1( 1.5)	9( 6.5)
31-40		8( 3.9)	1( 1.5)	7( 5.0)	
41-50		5( 2.4)	3( 4.5)	2( 1.4)	
51		103(50.2)	39(59.1)	64(46.0)	
( )		20( 9.8)	12(18.2)	8( 5.8)	
( )	( )	142(69.6)	41(62.1)	101(72.7)	
	( )	9( 4.4)	5( 7.6)	4( 2.9)	
	( )	6( 2.9)	3( 4.5)	3( 2.6)	
	( )	4( 2.0)	3( 4.5)	1( 0.7)	
	( )	17( 8.3)	1( 1.5)	16(11.5)	
	( )	6( 2.9)	1( 1.5)	5( 3.6)	
	( )	27(13.2)	8(12.1)	21(15.1)	
	3	36(17.6)	9(13.6)	27(19.4)	
	3-5	34(16.6)	3( 4.5)	31(22.3)	
	6-9	21(10.2)	3( 4.5)	16(11.5)	
10	87(42.4)	43(65.2)	44(31.7)		

3.  
 21.2% (14.4%)  
 . 56.6%가 43.4%가 (0- 18 ) 7.02 ± 2.31 ,  
 7.73 ± 2.99 7- 12  
 가 ( 2).

2.

	(n=205) (%)	(n=66) (%)	(n=139) (%)
	51(24.9)	27(40.9)	24(17.3)
	37(18.0)	12(18.2)	25(18.0)
	111(57.1)	27(40.9)	90(64.7)
가	51( 4.9)	29(43.9)	22(15.8)
	6( 2.9)	2( 3.0)	4( 2.9)
	24(11.7)	14(21.2)	10( 7.2)
	124(60.5)	21(31.8)	103(74.1)
가	19( 9.3)	18(27.3)	1( 0.7)
	42(20.5)	20(30.3)	22(15.8)
	12( 5.9)	1( 1.5)	11( 7.9)
	10( 4.9)	6( 9.1)	4( 2.9)
	122(59.5)	21(31.8)	101(72.7)
가	97(47.6)	33(50.0)	64(46.0)
	81(39.7)	28(42.4)	53(38.1)
가	26(12.7)	5( 7.6)	21(15.1)
	67(32.7)	31(47.0)	36(25.9)
	138(67.3)	35(53.0)	103(74.1)
	138(67.3)	46(70.0)	92(66.2)
	38(18.5)	11(16.7)	27(19.4)
	29(14.1)	9(13.3)	20(14.4)
	47(22.9)	19(28.8)	28(20.1)
	131(63.9)	38(57.6)	93(67.0)
	16(7.8)	5( 7.6)	11( 7.9)
	11(5.4)	4( 6.0)	7( 5.0)
가	146(71.2)	44(66.7)	102(73.4)
	25(12.2)	8(12.1)	17(12.2)
	34(16.6)	14(21.2)	20(14.4)
	116(56.6)	38(57.6)	78(56.1)
	89(43.4)	28(42.4)	61(43.9)

Mini Mental State Examination-Korea(MMSE- K) , 0-30 가 .  
 가 (p=0.027) , 23 23  
 (p=0.017) 24  
 ( 3). , 35.1%가  
 4. , , 48.5%, 28.8%가  
 가  
 Center for 61.3%가  
 Epidemiologic Studies-Depression(CES-D) 가  
 , 0- 60 가 52.5%, 45.0%  
 가 . 가 16  
 (71.4%)  
 , 17.3%가 (53.8%) 가  
 , 7.6%가, 21.6%  
 가 97.2% ( 4).

3. IADL

IADL	(n=66)	(n=139)	t	p
	1.24 ±0.56	1.32 ±0.60	- .843	0.400
( , )	1.23 ±0.55	1.32 ±0.65	- 1.005	0.316
	1.24 ±0.50	1.35 ±0.65	- 1.221	0.223
	1.09 ±0.38	1.17 ±0.48	- 1.212	0.227
가	1.06 ±0.30	1.20 ±0.47	- 2.234	0.027
	1.15 ±0.47	1.37 ±0.65	- 2.407	0.017
	7.02 ±2.31	7.73 ±2.99	- 1.706	0.090

4.

	(n=205) (%)	(n=66) (%)	(n=139) (%)
	35(17.3)	5( 7.6)	30(21.6)
	170(82.7)	61(92.4)	109(78.4)
	72(35.1)	32(48.5)	40(28.8)
	133(64.9)	34(51.5)	99(71.2)
	125(61.3)	38(57.6)	87(62.6)
	36(45.0)	8(28.6)	28(53.8)
	42(52.5)	20(71.4)	22(42.3)
/	2( 2.5)		2( 3.8)
	172(97.2)	54(96.4)	118(97.5)
	2( 1.1)		2( 1.7)
*			
/			
	3( 1.7)	2( 3.6)	1( 0.8)

:

5.

				t or F	p-value
	65-74	71	24.54	4.75	
( )	75-84	103	20.27	5.90	20.559
	85	31	17.55	6.30	
		113	19.40	6.17	
		65	23.49	5.17	10.862
		27	24.33	4.59	
		65	23.06	5.73	3.907
		138	20.53	6.18	0.022
		34	22.68	6.08	
가	+	29	22.48	6.55	1.436
	+	138	20.84	5.87	0.233
	+	4	18.75	10.21	

:



5. (p=0.000) 가 .  
 가 24 ,  
 가  
 , , 가 (p=0.000).  
 Scheffé 가  
 30 , 가 가  
 23 24 23 가 (p=0.22)( 5).  
 , , 가 가  
 65-74 (24.54±4.75)  
 75-84 (20.27±5.90), 85 17.55 가 (p=0.004)( 6).  
 ±6.30 가 가

6.

				t or F	p-value
65-74	71	13.04	9.88		
( ) 75-84	103	10.52	7.73	2.294	0.104
85	31	10.06	6.76		
	113	11.40	8.23		
	65	11.71	9.05	0.396	0.756
	13	11.31	9.79		
	14	9.0	6.49		
	65	10.26	7.54		
	138	11.64	8.62	2.906	0.057
	2	24.00	19.80		
	34	15.76	10.99		
가 +	29	11.41	8.65	4.596	0.004
+ +	138	10.10	7.32		
+ +	4	15.25	9.25		

(p=0.015) , Scheffe 6.

가

(p=0.029).

7.

	±	±
	1.52 ± 0.50	1.08 ± 0.44
	1.33 ± 0.47	1.06 ± 0.39
	1.00 ± 0.00	1.00 ± 0.00
F	4.269	0.059
p-value	0.015	0.943

8.

	(%)	(%)	(%)	(%)	(%)	(%)
	14(27.5)	37(72.5)**	38(74.5)	13(25.5)	16(31.4)	35(68.6)
	6(16.2)	31(83.8)	29(78.4)	8(21.6)	13(35.1)	24(64.9)
	52(44.8)	64(55.2)	78(66.7)	39(33.3)	46(39.3)	71(60.7)
	21(31.8)	45(68.2)	21(76.1)	16(23.9)	16(24.2)	50(75.8)*
	51(37.0)	87(63.0)	95(68.3)	44(31.7)	59(42.4)	80(57.6)
	67(34.7)	126(65.3)**	137(70.6)	57(29.4)	69(35.6)	125(64.4)**
	5(45.5)	6(54.5)	8(72.7)	3(27.3)	6(54.5)	5(45.5)
	60(43.5)	78(56.5)**	107(77.5)	31(22.5)*	55(39.9)	83(60.1)*
	12(18.2)	54(81.8)	38(56.7)	29(43.3)	20(29.9)	47(70.1)
	68(40.2)	101(59.8)**	120(70.6)	50(29.4)	68(40.0)	102(60.0)*
	4(11.4)	31(88.6)	25(71.4)	10(28.6)	7(20.0)	28(80.0)
	72	142	145	60	75	130

가 가 (p=0.019), 가  
 (p=0.003), (p=0.000), (p=0.002), (p=0.002)  
 (p=0.001) 가 “ ” “ ”  
 , 가 (p=0.034),  
 , 가 (p=0.003),  
 , (p=0.005),  
 가 가 (p=0.003),  
 가 가 (p=0.000),  
 가 가 가  
 (p=0.013). (p=0.000), 가  
 (p=0.020), (p=0.000), (p=0.000) 가  
 (p=0.028), (p=0.025) , 가 ( 9).  
 ,  
 , 가  
 , 가 가 가  
 가 가 가  
 ( 8).  
 (60.5%), (34.1%)  
 가  
 (p=0.014) (p=0.008), 75-84 가 50.3% 가  
 , 85 15.3%  
 가  
 67.3% 가 (16.6%), (14.1%)  
 (2000) 33.8%,  
 (p=0.028) 가 22.9%, 38.9% 가  
 (p=0.030), 가 (1998) 28%,  
 가 (p=0.000), (p=0.000) 17.9%

57.1%,

24.9%

9.

(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)
4( 7.8)	47( 92.2)	12(23.5)	39(76.5)	29(56.9)	22(43.1)	3( 5.9)	48( 94.1)	15(29.4)	36( 70.6)
2( 5.4)	35( 94.6)	8(21.6)	29(78.4)	22(59.5)	15(40.5)	2( 5.4)	35( 94.6)	7(18.9)	30(81.1)
14(12.0)	108( 88.0)	45(38.5)	72(61.5)	73(62.4)	44(37.6)	3( 2.6)	114( 97.4)	48(41.0)	69(59.0)
4( 7.0)	53( 93.0)	14(24.6)	43(75.4)	32(56.1)	25(43.9)	5( 8.8)	52( 91.2)	17(29.8)	40(70.2)**
16(10.8)	132( 89.2)	51(34.5)	97(65.5)	92(62.2)	56(37.8)	3( 2.0)	145( 98.0)	59(35.8)	95(64.2)
6( 9.8)	55( 90.2)	14(23.0)	47(77.0)	32(52.5)	29(47.5)*	7(11.5)	54( 88.5)**	16(26.2)	45(73.8)
14( 9.7)	130( 90.3)	51(35.4)	93(64.6)	92(62.2)	56(37.8)	1( 0.7)	143( 99.3)	54(37.5)	90(62.5)
6( 9.0)	61( 91.0)**	13(19.4)	54(80.6)*	38(56.7)	29(43.4)	3( 4.5)	64( 95.5)	12(17.9)	55(82.1)**
14(10.1)	124( 89.9)	52(37.7)	86(62.3)	86(62.3)	52(37.7)	5( 3.6)	133( 96.4)	58(42.0)	80(58.0)
13( 9.4)	125( 90.6)*	53(38.4)	85(61.6)*	87(63.0)	51(37.0)	6( 4.3)	132( 95.7)	61(44.2)	77(55.8)**
7(10.4)	60( 89.6)	12(17.9)	55(82.1)	37(55.2)	30(44.8)	2( 3.0)	65( 97.0)	9(13.4)	58(86.6)
20(10.3)	174( 89.7)	60(30.9)	134(69.1)**	118(60.8)	76(39.2)	8( 4.1)	186( 95.9)	63(32.5)	131(67.5)**
-( 0.0)	11(100.0)	5(45.5)	6(54.5)	6(54.5)	5(45.5)	-( 0.0)	11(100.0)	7(63.6)	4(36.4)
15(12.0)	110( 88.0)	54(43.2)	71(56.8)**	86(68.8)	39(31.2)**	5( 4.0)	120( 96.0)	56(44.8)	69(55.2)**
4( 5.1)	75( 94.9)	11(13.9)	68(86.1)	37(46.8)	42(53.2)	3( 3.8)	76( 96.2)	14(17.7)	65(82.3)

가

(1995)

68.2%가 ‘

51

50.2% 가

(1997)

가

47%

9.8%

20

38.5%

가

(1995)

가

65

25%

가

가

가  
가  
(2000)

가  
가

가  
가

139 205

S C 65  
66

가  
Lawton

6

Folstein(1975)

Mini Mental State

Examination-Korea(MMSE-K)

Radloff가

Center for

Epidemiologic Studies-Depression Scale(CES-D)

( , 2000).

가

SPSS/WIN

t-test,

ANOVA ,

가

1.

40.9%

가

17.3%

( : , ,

46.9%,

18.5%

)

57.6%가

16.5%

13.3%,

14.4%가

가

가 47%,

25.9%

42.4%,

43.9%가

1

94.6%, 83.4%

2. (IADL) 0-18

74  
가 ,

가

7.6%,

21.6%

48.5%,

28.8%가

1.

Mini - Mental State Examination(MMSE-K)

, 1

: MMSE-K

; 1989; 28;

125-135

2.

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, 1997, 17(2)

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, 1996, 16(1) 150-162

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the Center for

Epidemiologic Studies

Depression Scale(CES-D)

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1991; 30; 752-767

11.

가 , , .

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12.

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3.

53.8%

(p=0.000),

가

(p=0.000).

4.

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14. , . 가  
the Center for Epidemiologic Studies Depression  
Scale(CES-D) ,  
1993; 32; 381-399
15. .  
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1999
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