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1.

가 가 (Choi, N. Y., Choi, S. Y. & Jo, 1998; Park, Lee & Cho, 2002),

가 가 ,

50 가 , 가 , , , , (Song, 1997).

가 가 (Korean Society of Menopause, 2000). (Choi et al., 1998; Han, Park, Kim & Cho, 1998; Song, 1997; Park & Kim, 1999)

2000) 45 (Yoo, Kim, M. H. & Kim, T. K., 1999),

58.0% , (Shin & Kown, 1999), (Park et al., 2002) 가 Park (2002)

76.5 72.8 , 80.0 (Korea National Statistical Office, 2003) , Han (1998) BMI, 가 Sung(2002)

1) 가 (E-mail: kjlee@gcgc.ac.kr) 03. 10. 13. 03. 10. 14. 03. 12. 10.

가
 Park (2002)
 Choi (1998)
 Han (1998)
 Jang (2002)
 가
 가
 가
 가
 3)
 가
 가
 2002
 Polit & Larcocco(1980)
 Choi (1998)
 4)
 Walker, Sechrist, and Pender
 (1987)가 Park & Cho(2001)가
 Health Promoting Lifestyle Profile 가
 1)
 2)
 3)
 4)
 5)
 6)
 2.
 1)
 40- 60 1 2
 Davis & Youngkin(1998)
 1,501 (57.8%)
 40 60 141 1,360 (52.4%)
 2002 8 10 2002 8
 2) 30

가 8 3 5 2 4 , 6 28
 2 , , 5
 가 8 7 2 28 140 가
 . 45 가
 . Cronbach's alpha .84 , Walker (1987) .92,
 Park & Cho(2001) .93 .
 10 , 17 , 29 , 3 8 13 4.

3. SPSSWIN 10.0
 , , ,
 5 , , ,
 , 8 , 5 , t-test ANOVA ,
 4 , 20 , 19 , Pearson Correlation
 28 84 . Coefficient .

1)
 Han (1998) Park
 & Cho(2001)가 1.
 , 20 , 5
 . 20 100 가
 Cronbach's alpha .90 , Han
 (1998) .79, Park & Cho(2001) .89 .

2)
 Polit Larcocco(1980) 65.8%,
 Choi (1998) , 가
 19 (BMI) 18.5-22.9()
 / / 1 , 가 45.4% 가 , 23.2
 0 . 0 19 . 가 49.4% 가 ,
 가 Cronbach's alpha .77 , 가 49.3% , 가
 Choi (1998) .74 . 가 51.0% 66.0% 가
 가 41.1%

3)
 Walker (1987) 45-49 가 44.7% 가 ,
 Park & Cho(2001)가 Health 48.7 , 49.0 .
 Promoting Lifestyle Profile 가 가 56.8%가 가 ,
 34 2.8 , 1.8 .
 5 , 6 , 7 , 2. ,

3.

<Table 4>

1.00 - 5.00	2.64	가	<Table 1, 2, 3>	<Table 1>
2.96	가		(F=25.07, p=.000),	(F=10.67,
.00- 1.00	.55		p=.000),	(F=6.02, p=.000),
.79	가		9.98, p=.000),	(F=15.82, p=.000)
1.28- 4.57	2.80			
가 3.16				
3.10		2.18	55- 60	2.80 ,
가				2.76 ,
				2.81
				2.92
				가

<Table 1> Climacteric symptoms, knowledge of menopause and health promoting behavior according to general characteristics (N=1,360)

Characteristics	Values	Frequency (%)	Climacteric symptoms	t or F (p)	Knowledge of menopause	t or F (p)	Health promoting behavior	t or F (p)
			M±SD	M±SD	M±SD			
Age(years)l)	40- 44	328(24.1)	2.42±.63		.58±.24		2.74±.40	
	45- 49	428(31.5)	2.58±.64	25.07	.56±.24	3.85	2.82±.43	2.59
	50- 54	300(22.0)	2.77±.63	(.000)	.54±.22	(.009)	2.80±.48	(.051)
	55- 60	304(22.4)	2.80±.63		.52±.26		2.80±.41	
Education level	Elementary ↓	333(24.5)	2.76±.67		.49±.24		2.74±.42	
	Middle school	424(31.2)	2.69±.62	10.67	.52±.24	17.47	2.78±.44	2.68
	High school	538(39.6)	2.54±.64	(.000)	.59±.23	(.000)	2.83±.44	(.046)
	College ↑	65(4.7)	2.45±.68		.68±.28		2.84±.42	
Marital status	Married	1144(84.1)	2.55±.74		.53±.27		2.96±.49	
	Unmarried	45(3.3)	2.60±.64		.56±.24		2.80±.42	
	Divorce	68(5.0)	2.91±.68	6.02	.49±.28	1.31	2.66±.40	3.81
	Widow	94(6.9)	2.83±.66	(.000)	.53±.25	(.262)	2.79±.51	(.004)
	Extra	9(.7)	2.64±.40		.53±.35		2.61±.52	
Religion	Christian	353(26.0)	2.62±.67		.58±.24		2.84±.45	
	Catholic	179(13.1)	2.59±.66		.59±.23		2.81±.43	
	Buddha	343(25.2)	2.70±.62	1.57	.52±.25	3.68	2.81±.43	3.12
	Confucianism	19(1.4)	2.82±.61	(.179)	.58±.17	(.005)	2.79±.52	(.014)
	None	466(34.3)	2.61±.65		.54±.24		2.74±.42	
Family structure	Nuclear	1154(84.9)	2.63±.65	-.32	.55±.24	.12	2.79±.43	.36
	Extended	206(15.1)	2.65±.65	(.747)	.55±.24	(.902)	2.78±.45	(.715)
monthly income	Very deficit	279(20.5)	2.81±.67		.53±.23		2.68±.46	
	Deficit	818(60.1)	2.61±.62	9.98	.55±.25	1.31	2.79±.40	12.76
	Enough	253(18.6)	2.54±.69	(.000)	.57±.25	(.268)	2.91±.46	(.000)
	Very enough	10(.8)	2.27±.72		.48±.21		3.04±.44	
Employment	No	890(65.8)	2.65±.64	1.14	.55±.24	-.74	2.81±.42	2.10
	Yes	465(34.2)	2.60±.66	(.250)	.56±.25	(.458)	2.76±.45	(.035)
Satisfaction of marital status	Very poor	74(5.4)	2.92±.60		.52±.26		2.67±.44	
	Poor	209(15.4)	2.78±.64	15.82	.53±.26	2.58	2.67±.42	15.89
	Good	578(42.5)	2.66±.63	(.000)	.54±.24	(.520)	2.77±.42	(.000)
	Very good	449(36.7)	2.50±.66		.57±.24		2.89±.43	

1) average age: 49.08±5.59(range: 40- 60years)

(F=3.68, p=.005)

<Table 2>
(F=82.04, p=.000), .68 , .59 가

(F=3.40, p=.017), 가 (F=-8.80, p=.000, F=-3.35, p=.001)

<Table 2>
(F=2.84, p=.021), (F=4.55, p=.001), 가 (F=-2.60, p=.009)

3.38 , 2.67 , , 가 2.79 , 2.72 가

<Table 3>
(F=52.95, p=.000) (F=2.63, p=.049) .57 가

40-44 2.93 가 (F=5.73, p=.003) (F=6.45, p=.000) .58 ,

4. 3 .62 가

5.

<Table 1, 2, 3>

<Table 1>
(F=3.85, p=.009), (F=17.47, p=.000), <Table 1, 2, 3>

<Table 2> Climacteric symptoms, knowledge of menopause and health promoting behavior according to health status

(N=1,360)

Characteristics	Values	Frequency (%)	Climacteric symptoms	t or F (p)	Knowledge of menopause	t or F (p)	Health promoting behavior	t or F (p)
			M±SD		M±SD	M±SD		
BMI ¹⁾	18.5 below	48(3.6)	2.62±.51	.84	.54±.22	2.84	2.88±.43	1.34
	18.5- 22.9	618(45.4)	2.63±.66	(.495)	.56±.24	(.021)	2.80±.44	(.253)
	23.0- 24.9	365(26.8)	2.64±.62		.54±.25		2.81±.42	
	25.0- 29.9	308(22.6)	2.65±.68		.55±.24		2.75±.41	
	30 above	21(1.6)	2.38±.73		.39±.28		2.81±.67	
Perceived health status	Very bad	64(4.7)	3.38±.61	82.04	.47±.25	4.55	2.68±.54	6.93
	Bad	272(20.0)	3.03±.62	(.000)	.56±.24	(.001)	2.73±.45	(.000)
	Normal	672(49.4)	2.56±.56		.54±.24		2.78±.42	
	Good	296(21.8)	2.34±.58		.58±.24		2.87±.40	
Exercise	Very good	56(4.1)	2.25±.67		.47±.25		2.95±.44	
	Never	670(49.3)	2.67±.65	3.40	.54±.25	1.18	2.66±.39	53.56
	Sometimes	427(31.4)	2.64±.65	(.017)	.55±.24	(.316)	2.87±.41	(.000)
	More Sometimes Regularly	154(11.3) 109(8.0)	2.57±.61 2.48±.68		.55±.23 .59±.24		2.99±.45 3.04±.47	
Personal- health problems	No	694(51.0)	2.48±.62	- 8.80	.54±.26	- 1.55	2.73±.42	- 5.35
	Yes	666(49.0)	2.79±.64	(.000)	.56±.23	(.121)	2.86±.43	(.000)
Family- health problems	No	897(66.0)	2.59±.64	- 3.35	.54±.25	- 2.60	2.77±.43	- 2.71
	Yes	463(34.0)	2.72±.65	(.001)	.57±.23	(.009)	2.84±.44	(.007)

1) Average BMI: 23.23±2.94(range; 14.33- 41.42)

<Table 3> Climacteric symptoms, knowledge of menopause and health promoting behavior according to Parity (N=1,360)

Characteristics	Values	Frequency (%)	Climacteric symptoms	t or F (p)	Knowledge of menopause	t or F (p)	Health promoting behavior	t or F (p)
			M±SD		M±SD		M±SD	
Menstruation status	Premenopause	508(37.4)	2.41±.62	52.95 (.000)	.58±.25	5.73 (.003)	2.79±.43	.58 (.555)
	Perimenopause	292(21.5)	2.71±.62		.55±.23		2.77±.42	
	Postmenopause	560(41.1)	2.80±.64		.53±.24		2.80±.44	
Menopausal age(years)l)	49- 44	56(10.0)	2.93±.69	2.63 (.049)	.53±.27	.56 (.637)	2.77±.50	.58 (.627)
	45- 49	250(44.7)	2.85±.64		.52±.26		2.78±.42	
	50- 54	228(40.7)	2.72±.60		.54±.22		2.83±.53	
	55- 60	26(4.6)	2.68±.72		.49±.25		2.84±.27	
No. of delivery2)	0	57(4.3)	2.58±.85	2.07 (.102)	.53±.26	1.17 (.318)	2.77±.46	.44 (.723)
	1	176(12.9)	2.65±.67		.58±.23		2.78±.44	
	2- 3	1038(76.3)	2.62±.64		.55±.25		2.80±.43	
	≥4	89(6.5)	2.79±.59		.52±.22		2.75±.46	
No. of artificial abortion3)	0	772(56.8)	2.61±.66	2.20 (.066)	.52±.24	6.45 (.000)	2.78±.43	.80 (.522)
	1	292(21.6)	2.60±.65		.56±.24		2.79±.43	
	2	178(13.2)	2.70±.60		.60±.24		2.81±.43	
	3	75(5.6)	2.71±.65		.62±.21		2.85±.44	
	≥4	38(2.8)	2.86±.60	.59±.24	2.86±.49			

1) No. of postmenopause(560): Mean age of Menopause, 48.71±4.13, Median 49.00±4.12

2) Average No. of delivery: 2.85± .58(: 0- 5)

3) Average No. of artificial abortion: 1.82±1.16(: 0- 10)

<Table 4> Degree of climacteric symptoms, knowledge of menopause and health promoting behavior of subjects (N=1,360)

Values	Sub-category	Mean	Range	Group mean	Group range
Climacteric symptoms	Skeretoarticular system	2.96±.90	1.00 - 5.00	2.64±.65	1.00 - 5.00
	Vascular system	2.66±.86	1.00 - 5.00		
	Urinary system	2.23±.81	1.00 - 5.00		
	Digestive system	2.45±.83	1.00 - 5.00		
	Psychologic system	2.87±.79	1.00 - 5.00		
Knowledge of menopause	Menopause	.50±.30	.00 - 1.00	.55±.25	.00 - 1.00
	Women's cancer	.48±.30	.00 - 1.00		
	Osteoporosis	.79±.35	.00 - 1.00		
	Exercise	.62±.39	.00 - 1.00		
	Sexual life	.39±.30	.00 - 1.00		
Health promoting behavior	Health care	2.18±.91	1.00 - 5.00	2.80±.44	1.28 - 4.57
	Self-regulation	2.68±.70	1.00 - 5.00		
	Nutrition	2.86±.65	1.00 - 5.00		
	Self-esteem	3.16±.72	1.00 - 5.00		
	Stress	3.10±.69	1.00 - 5.00		

<Table 1> 2.96 , 2.84 , (F=2.68, p=.046), (F=3.81, 3.04 , 2.81 , p=.004), (F=3.12, p=.014), (F=12.76, 2.89 가 . (F=15.89, p=.000) . <Table 2> (F=6.93, p=.000), 2.84 , (F=53.56, p=.000), , 가 (F= -5.35, p=.000,

F=- 2.71, p=.007)

2.95 , 3.04 , 가
2.86 , 2.84 가

<Table 3>

가

56%가
45 가
(Ministry of Health & Welfare, Korea, 2000)

65

(Ministry of

6.

<Table 5>

(r=.161, p<.000)

가

가

가

.55/1

.62/1

Park (2002)

55.7%가

80.6%

가

가

2.64/5 Yoo

(1999) 1.69/4 , Park (2002) 1.97/4
, Park, Koo, Kang, Chun & Yoon

(2001) 3.66/7

2.80/5

가 3.16 가

2.18 가

Park &

Cho(2001)

3.24/5

2.96 가 (Han et al.,
1998; Park et al., 2001) 가

3.87 가

2.55 가

1980

()

가 ,

<Table 5> Correlation analysis of climacteric symptoms, knowledge of menopause and health promoting behavior

Values	Climacteric symptoms	Knowledge of menopause
	r(p)	r(p)
Knowledge of menopause	.000 (1.000)	-
Health promoting behavior	-.045 (.099)	.161 (.000)

48.7 , 49.0
 2.63
 가 가 .55
 Park (2002) 가
 2.80 가
 (Choi ,1998) 가
 가
 (r=.161, p<.000),
 가
 가
 가
 가

(Emery, 1980) 가
 Jang (2002) 가
 가
 가

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1 40- 60
 1,360
 2002 8 10 2002 8
 30 SPSSWIN 10.0
 , t- test,
 ANOVA, Pearson Correlation Coefficient

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- Abstract -

A Study on the Relationship among Climacteric Symptoms, Knowledge of Menopause and Health Promoting Behavior in Middle-Aged Women

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Yoo, Jae Heel)

Purpose: This study was to identify the correlations among climacteric symptoms, knowledge of menopause and health promoting behavior in middle-aged women. **Method:** 1,360 women between 40-60 years of age living in Incheon, were asked to complete a questionnaire on their health. The data was collected between October 10th and October 30th, 2002.

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The data was analyzed using T-test, ANOVA and Pearson's correlation coefficients with SPSS/pc program. **Result:** The variables significantly affecting climacteric symptoms, knowledge of menopause and health promoting behavior were education, perceived health status and family health problems. The relationship between

knowledge of menopause and health promoting behavior was statistically significant with a positive correlation. **Conclusion:** The knowledge of menopause by middle aged women was in positively correlated with health promoting behavior. Therefore, based on this study, we plan to develop a health education program to promote knowledge of menopause and health promoting behavior.

Key words : Middle-aged women,
Climacteric symptoms,
Knowledge of menopause,
Health promoting behavior