

(, 1999;
& , 1998; , 1995, 1999).

가

가

2.

(
, 1996; , 1999; Strecher, De vellis,
Becker & Rosenstock, 1986; , 1995)

가

(Bandura, 1986),

1)

2)

(, 1993; , 1995;
Palank, 1991; Kelly, Zyzanski & Alemango,
1991; Weitzel, 1989)

(, 1994),

1.

(1995)

가

(One

가

- group pretest-posttest design)

(Kenney, 2000; Duffy, 1988)

가

2.

2002 8 1

(2002 9 15 6

, & , 2002; , 2002;
2002; & , 1999; ,
, & , 2001)

K 40 -64

18

2002)

10-15

15

(& ,

2002), (, 2001),

(, 1998), (, &

, 2002)

가

가

3.

1)

Inbody 2.0(biospace, USA)

(Kg), (Kg), (Kg), (%), 2)
(Kg), (%)

K

2)

(1998) 9

2, 4

1, 7 가

5

7-35 가 3)

Cronbach's α .86

Cronbach's

α .73

4)

3)

(1996)가 30

25, 4

25 100 가

Bandura(1986)

(3 1)

Cronbach's α .79

Cronbach's

α .76

4.

1)

K

200

가 1

가

5)

6

가

1 coach

()

1

5.

< 1> (N = 15)

SPSS/WIN 10.0

2	13.3
6	40.0
5	33.3
2	13.3

가 Wilcoxon

* ; 52.0± 6.9

matched - pairs signed - ranks test

2)

< 2>

61.8±4.2Kg,

157.7±4.0 cm,

60.0%

1.

가 46.7%

1)

1

80%가

< 1>

50-59 가 53.4% 가

가 46.7% 가

가

52.0±6.9

53.3%,

가 46.7%

가

가 가 80.0%

가

53.3%

73.3% 가

60.0%가

< 2>

99 가 53.4% 가

(N = 15)

가 40.0% 가

< 1>

(N = 15)

()	40-49	5	33.3
	50-59	8	53.4
	60	2	13.4
		2	13.3
		8	53.3
		4	26.7
		1	6.7
		12	80.0
		3	20.0
		2	13.3
		11	73.3
		2	13.3
		9	60.0
		6	40.0
()	-99	8	53.4
	100-149	2	13.4
	150	5	33.3

(Kg)	55-59	5	33.5
	60-64	7	46.8
	65	3	20.1
(cm)	150-154	3	26.8
	155-159	9	51.2
	160	3	13.4
		6	40.0
		9	60.0
		1	6.7
		7	46.7
		7	46.7
		12	80.0
		3	20.0
		12	80.0
		15	100.0
	가	4	26.7
		7	46.7
	1	1	6.7
	2-3	3	20.0
		7	46.7
		8	53.3

* ; 61.8±4.2, ; 157.7±4.0

& 1994; Strecher, De vellis, Becker & Rosenstock, 1986)

(, 1996; & , 1998). (1998) 6

(1998) 가 (One - group pretest-posttest design) 2002 8 1

2002 9 15 K 40 - 64 15 6 6

(1996) 가 SPSS/WIN 10.0

(1999) 가 가 Wilcoxon matched - pairs signed - ranks test

(, 1992; Pender, Walker, Sechrist & Stromborg, 1990) (Z=-2.533, p=.011), (Z=-2.023, p=.043), (Z=-2.023, p=.043)

가 (, 1996; p=.026) 가 (Z=-2.226,

1998; , 1994; , 1994) 2) 20.93±1.94 27.60±2.98

(Z=-3.434, p=.001), 73.07±5.89 83.27± 4.70 가 ((Z= -3.305

p= .001).

가

가

가

가

가

() 가 (1994). 가 (2002). , 9(2), 257-267. (2002). (1998). References (1992). (1996). , 26(2), 413-427. (1994). , 24(2), 278-302. (1998). , 12(2), 89-106. (1999). 29(3), 541-550. (2002). , 19(1), 133-147. (2001). , 18(3). 175-184. (1993). (1999). , 3(1), 75-87. (2002). , 32(6), 844-854.

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- 가
4(1), 27-37.
(1997).
(1996).
(1998).
(1999).
(1994).
가
(1998).
, 5(2), 174-190.
(1994).
(1993).
, 24(4), 617-629.
(1997).
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,
, (1998).
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- Abstract -

Effects of Health Management Program on Body composition, Self-efficacy and Health Promotion Behavior in Middle-Aged Women

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The purpose of this study is to determine the effect of a health management program on body composition (body weight, body fat mass, body fat ratio, lean body mass, abdominal fat ratio), self-efficacy and health promotion behavior in middle-aged women. This 6-week long program containing exercise and health education was developed by researchers.

The study design was one group pretest-posttest design. Data for the study was collected from August 1 to September 15, 2002. The participants consisted of 15 middle-aged women living in the community. The collected data was analyzed using Wilcoxon Matched - Signed - Ranks Test by SPSS/WIN program

The results are as follows :

1. There was a significant difference in body composition at week 6 compared to week 1. The body weight, body fat mass and body fat ratio significantly decreased ($Z = -2.533, p = .011$; $Z = -2.023, p = .043$; $Z = -2.023, p = .043$). But the lean body mass significantly increased ($Z = -2.226, p = .026$).
2. There was a significant improvement in self-efficacy at week 6 compared to week 1 ($Z = -3.434, p = .001$).
3. There was a significant improvement in health promotion behavior at week 6 compared to week 1 ($Z = -3.305, p = .001$).

In conclusion, health management program promoting self - efficacy for middle-aged women was effective in improving health promotion behavior. Further study with a longer follow up period is necessary in order to test the long term effect of the program.

Key words : Middle-Aged Women,
Health management program,
Body composition, Self-efficacy,
Health promotion behavior

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