

: , , ,

▪ ▪

1)

가

(Wilson & Mary, 1984). Woods

1.

(1982) Sullivan(1990)

15-25

, 35

가 20-95%가 ( , 1995; , 1985). 30-50%가 가 10-20%

(1999)

(Woods, Most & Dery, 1982)

( , 1986), 80%가 , 2000; , 1999)가 32.9%가 ( , 1999).

150-200 가

(Woods, Most & Dery, 1982)

1)

03. 4. 25

03. 4. 26

03. 5. 30

Billings & Moos (1981)  
(1999)

3)

2. (Premenstrual syndrome)  
(Dysmenorrhea)  
(, 1997)

Billings & Moos  
(1981)  
(1999)

1)  
2)  
3)

1.

3.

1)

가 202

2.

1) (Premenstrual syndrome)  
(Dysmenorrhea)  
(, 1997).  
: Moos Menstrual  
Distress Questionnaire(1968)  
(1988) (1999)  
30

2) Moos Menstrual Distress  
Questionnaire(1968) (1988)  
(1999) 30  
5 , 3 , 5 ,  
가 - 9 , 2 , 6  
(Folkman & Lazarus, 1984)  
6 Likert ' 1 , ' 2  
, ' 3 , ' 4 , ' 5  
가

(1999) Cronbach's alpha = .91  
 Cronbach's alpha = .94

3)

Billings & Moos(1981) 1.  
 (1999) 8, 5, 4, 7, 4  
 24  
 ' 1, ' 0  
 Cronbach's alpha = .88

< 1>	< 1>	
	(N = 202)	
	(% )	
( )	18-20	28(13.9)
	21-23	136(67.6)
	24-26	23(11.5)
	27-29	9( 4.5)
	30-32	5( 2.5)
	9-10	2( 1.0)
	11-13	123(61.2)
	14-16	73(36.4)
	17	3( 1.5)

4)

Moos(1981) Billings & Moos(1981) (1999) ( )  
 ' 1, ' 0

Cronbach's alpha = .88

3.

2001 9 10  
 2001 12 18 가  
 가  
 15

2( 1.0)
7( 3.5)
174(86.1)
101(50.2)
24(11.9)
1( 0.5)
23(11.4)
3( 1.5)
26(12.9)

4.

SPSS 10.0 Program

(descriptive statistics)

t-test ANOVA

5.

185(91.6)
17( 8.4)
3-4
34(16.8)
104(51.5)
16( 7.9)
83(42.0)
116(58.0)
1
32(41.0)
2
27(34.6)
3
12(15.4)
4
3( 3.8)
5
1( 1.3)
6
2( 2.6)
12
1( 1.3)

2

※

가

21-23 가 67.6% (136 ) 가  
 , 11-13 가 61.2% (123 )  
 .  
 2% (2 ), 3.5% (7 ), 86.1% (174 ),  
 50.2% (101 ), 11.9% (24 ),  
 0.5% (1 ), 11.4% (23 ), 1.5%  
 (3 ), 12.9% (26 ) .  
 91.6% (185 )  
 . 3-4  
 16.8% (34 ), 51.5% (104 ),  
 7.9% (16 ) .  
 42% (83 ) .  
 1 41.0% (32 ), 2  
 34.6% (27 ), 3 15.4% (12 ), 4 3.8% (3 ), 5  
 3.9% (3 ) .

2.

< 2> ( ) (N = 202)

	±
	1.23±1.32
	0.97±1.22
	0.72±1.16
	1.69±1.22
	2.60±1.25
	1.92±1.24
	2.26±1.25
	2.40±1.17
	2.20±1.22
	2.18±1.15
	1.97±1.17
가	1.96±1.22
	1.96±1.20
	2.11±1.19
	1.89±0.72

< 2> (N = 202)

	±
	2.88±1.00
	2.75±1.17
	1.95±1.17
	1.29±1.08
	1.23±1.12
	2.02±1.11
	2.27±1.13
	1.49±1.33
가	0.83±1.05
	1.53±1.17
	2.44±1.21
	1.99±1.25
	1.91±1.27
	1.89±1.28
, ,	0.93±1.05
	1.83±1.21
	2.71±1.17
	2.56±1.10
가	2.13±1.32
	1.97±1.32
가	1.61±1.14
	1.34±1.22

2.02 , ' 2.26 , ' 2.11 , ' ' ,  
 ' 1.83 , ' 1.69 ,  
 ' 1.53 .  
 ' 2.60 ,  
 ' 2.40 , ' ,  
 ' 2.88 , ' ,  
 ' 2.44 , ' ,  
 2.71 , ' ,  
 2.27 가 .  
 3 .  
 < 3> .  
 (F = 3.76, p = 0.01),  
 (t = 2.02, p = 0.04), (t = 7.73, p = 0.02)  
 (t = 5.95, p = 0.00) .

25

< 3 >		(N = 202)	
	±	t or F	P-value
18-20	1.78±0.66	3.76	0.01*
21-25	1.85±0.73		
26-30	2.34±0.61		
31-32	2.78±0.16		
9-13	1.92±0.67	0.28	0.75
14-16	1.84±0.78		
17	2.03±1.49		
	1.93±0.69	1.59	0.11
	1.72±0.85		
	2.53±0.18	1.25	0.21
	1.88±0.72		
	2.43±0.62	2.02	0.04*
	1.87±0.72		
	2.25±0.57	7.73	0.00*
	1.54±0.69		
	1.93±0.57	0.28	0.77
	1.89±0.74		
	1.91±0.80	0.14	0.88
	1.89±0.71		
	1.61±1.33	-0.68	0.49
	1.90±0.71		
	2.23±0.61	5.95	0.00*
	1.64±0.70		

\* p < 0.05

< 4 >		(N = 202)	
	(%)	(%)	
	169(83.7)	150(88.8)	
	135(66.8)	115(85.2)	
	109(54.0)	65(59.6)	
	95(47.0)	94(99.0)	
	87(43.1)	84(96.6)	
	73(36.3)	58(79.5)	
	52(25.7)	40(76.9)	
	8(4.0)	4(50.0)	
	122(60.3)	91(74.6)	
	89(44.0)	74(83.1)	
	86(42.5)	73(84.9)	
	25(12.4)	20(80.0)	
	13(6.4)	11(84.6)	
	138(68.3)	75(54.3)	
	82(40.6)	49(59.8)	
	81(40.1)	42(51.9)	
	50(24.8)	42(84.0)	

< 4 > ( ) (N = 202)

	(%)	(%)
	76(37.6)	43(56.6)
	60(29.7)	19(31.7)
	40(19.8)	17(42.5)
	40(19.8)	19(47.5)
	24(11.9)	10(41.7)
	6(3.0)	5(83.3)
	2(1.0)	1(50.0)

※ 가

(86.1%), (50.2%) 가 (1999)

42.4%

89.0%, (1999) 20 가

10-20

30-40

91.6% (1998)

(2002)

204

81.9%

(2001) 14-53 463

가 (1999) 86.7%

(2000)

42.0%가

2000) 61.5%가 38.0% ( (

, 2002)

가

6 5 (1999)

(1999)

(2000)



5. (1999).  
 (1998).  
 1. (1985).  
 2. (1998).  
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- Abstract -

## A Study on Menstrual Symptoms, Coping and Relief of Symptoms in Female College Students

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The purpose of this study was to identify menstrual symptoms, coping and Relief of Symptoms used by female college students. A convenience sample of 202 students were obtained from two colleges in Seoul. Data were collected through questionnaires from September 10 to December 18, 2001. Three instruments were used in this study, the Menstrual Symptoms Questionnaire by Park K. R(1988) and Menstrual Coping Questionnaire and Relief of Symptoms by Billings & Moos(1981) modified for this study.

The data were analyzed by descriptive statistics, t-test, ANOVA with the SPSS 10.0 program.

The result of this study are as follows.

1. Prevalence rate of dysmenorrhea was 91.6%.
2. The total mean score for menstrual symptoms was 1.89 of a possible total of 5 and mean score for each category was, 2.26 for water retention, 2.11 for negative affect, 2.02 for pain, 1.83 behavioral change, 1.69 for autonomic reactions, and 1.53 for concentration.
3. According to the result of this study, statistical differences were found for age ( $F=3.76$ ,  $p=0.01$ ), menstrual fear ( $t=2.02$ ,  $p=0.04$ ), dysmenorrhea ( $t=7.73$ ,  $p=0.02$ ), and taking medication ( $t=5.95$ ,  $p=0.00$ ).
4. The coping mode with the highest scores were 'rest and go to bed (83.7%)', 'regard menstruation as a physiological and temporary phenomenon (68.3%)', 'take a warm shower(66.8%)'. The most frequently used methods to relief of symptoms were 'take pain killers (99.9%)', 'to apply hot water bag on painful parts of the body (96.6%)' and 'rest and go to bed (88.8%)'.

Key words : Female college students, Menstrual symptoms, Menstrual coping and relief of symptoms

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