Original Article

Level of Self - leadership in Pregnant Women

Park, Myeung Hee¹⁾

1) Associate Professor, Department of Nursing, Andong Science College

1)

1)

Abstract

Purpose: This study was to provide preliminary data for degree of self-leadership in pregnant women. Method: Participants were 148 pregnant women who visited 2 university hospitals in Taegu city. Data collection was done from April 16 to May 22, 2005 by self administered questionnaires. Results: The mean score for self-leadership of pregnant women was 3.27 and the thought self-leadership of subconcept was the highest score. The highest mean score in selfleadership was found in 'When I'm faced with a problem during the pregnancy period' and 'I tend to look for the opportunity it contains rather than drawbacks'. The lowest mean score in self-leadership was found in 'I often practice health management before I actually do them'. There was the highest positive correlation between self-leadership and natural reward. Conclusion: This study had highest positive correlation between self-leadership and natural reward. Considering this, self-leadership is an effective nursing strategy to promote natural reward. Further studies are necessary to identify the level of self-leadership in pregnant women.

Key words: Self-leadership, Pregnant women

, 가 ,

가

(Park, 2004a, 2004b).

가

1977)

(Bandura, 1969; Lee,

1998)

(Bandura,

(self-leadership)

(self-motivation) (self-

: 2005 : 2005 : 2005 : 2005 10 18 11 7 2 11 2.7 12 9

• Address reprint requests to : Park, Myeung Hee(Corresponding Author)

Department of Nursing, Andong Science College

496, Kyo-dong, Suhhoo-myun, Andong 760-822, Korea

Tel: +82-54-851-3545 Fax: +82-54-852-9907 E-mail: esthetic@Andong-c.ac.kr

280 11(4), 2005 12

direction)	(Manz,	가			
1992)				•	
	가		가		
			,	,	
	•				
			•		
· (Las 1000, Las	Chin & Daile 2000, Darle			•	
2000; Park, 2002; Yi, 1996),	Shin, & Baik, 2000; Park, (Kang, 2003), (Choi,				
1996)	(Kang, 2003), (Choi,		•		
1770)					
Manz(1986	;) .				
. (
(self-management)	가	1.			
가	·				
	. Manz				
(1992)	(self-				
management), (natural rewa	ard),	•			
(thought self-leadership)		•			
, Stewart(1993)	(self-	•			
control)					
Sims Lorenzi(1992)		2.			
		1)			
가			20	39	
Manz(1992)7	3가		•		
	1	2)	(16.111. ¹)		
2가 기	Ī	2)	(self-leadership)		
	(Manz & Sims, 1995).			가	
		Manz(1992)	Neck(1993)		
,	, ,	Wunz(1992)			
			,		
, (self-talk),	(mental imagery)				
(thought patterns)					
, , ,	,	1.			
, . ,					
	,				
	,				
,					
		2.			
			2005 4 16	5 22	

	J	N	2			, 7	' }			
			20	39						
									,	
	160		. 가							
				3			_			
						_	2	_		
	٦L					5		5		_
•	가				•	4 14	70	•	가	5
12	148		•			14	70		7 1	
12	110			•		Cronb	ach a	.90 . Yi	(1996)	
3.						,	,		()	
						Cronbach		.73, .76,	.75	
1)						,	,			
		,				Cronbach	n a	.84,	.87, .7	72 .
3			14		Yi(1996)					
		(SLQ1; Self	-Leadership Qu	estionnaire 1)		,	,			3가
Manz(1	992)가	6		,					5	, 5
,	,	,	,		4					
	3		_							
15			5	16 T 1 1 1						
15 Questionnai	iro 2) Mo	nz(1992)가		elf-Leadership 5	4.					
Questionnai		IIZ(1992)2)		SPSS/Wi	n 10.0			
	,	,	, 3			51 55/ 11/1	10.0			
,	15				•			•		
(SLQ1)		(SLQ2) M	Ianz(1992)가		•				,	,
				가						
					•				F	Pearson
				가	correlation	n				
	2									
71			1							
가		(TO)	TTI 1.4 C	10 T 1 1 1	4					
Questionnai	ire) Neck((TSL;	1 nought S	elf-Leadership	1.	•				
Questionnai		(1993)		87				∠Tak	ole 1>	
			Yi(19				30-34			•
,			11(1)	, ,						
1	,	4			가 54.7%,			8.2%,		,
		2			,		가			
가				,			1	가 59	.5%,	
			3				가 50%,			
34		15			가	59.5% 가			25	

11(4), 2005 12

282

61.5% フト フト 91.2% . フト 65.5% フト フト 77% .

<Table 1> General and obstetrical characteristics of subjects (N=148)

Characteristics	Category	f(%)
Age(years)	20-24 25-29 30-34 35-39	6(4.1) 60(40.5) 63(42.6) 19(12.8)
Education	High school Over college	29(19.6) 119(80.4)
Religion	Yes No	67(45.3) 81(54.7)
Occupation	Yes No	47(31.8) 101(68.2)
Economic level	Low Moderate High	24(16.2) 94(63.5) 30(20.3)
Frequency of pregnancy	1 2 or more	88(59.5) 60(40.5)
Frequency of delivery	0 1 2 or more	74(50.0) 50(33.8) 24(16.2)
Frequency of abortion	0 1 2 or more	88(59.5) 45(30.4) 15(10.1)
Gestational period(week)	Under 13 13-24 Over 25	19(12.8) 38(25.7) 91(61.5)
Prenatal examination	Regular Irregular	135(91.2) 13(8.8)
Attending experience of prenatal class	0 1 2 or more	97(65.5) 27(18.2) 24(16.3)
Wanted pregnancy	Yes No	114(77.0) 34(23.0)

2.

<Table 2> .

<Table 2> Mean score of self - leadership (N=148)

	Mean(SD)	Min	Max
Self-leadership	3.27(.54)	2.14	5.00
Self-management	3.13(.66)	2.00	5.00
Natural reward	3.28(.65)	2.00	5.00
Thought self-leadership	3.42(.59)	2.00	5.00

5 3.27(SD=.54) 5 3.13(SD=.66) , 3.28(SD=.65) 3.42(SD=.59) .

3.

2.89(SD=.76) . 7\ 7\ 7\ , 3.84(SD=.82) 7\ , ,

3.17(SD=.80) .

4.

<Table 4> .

(N=148)

	Item	Mean (SD)
1.	I usually am aware of how I am performing on health management of pregnancy.	3.59(.76)
2.	I try to arrange my work area in a way that helps me positively focus my attention on health management of pregnancy.	3.39(.84)
3.	I like to set task goals for health management of pregnancy .	3.11(.89)
4.	When I have successfully completed health management, I often reward myself with something I like.	2.84(.90)
5.	I often practice health management before I actually do them.	2.70(.80)
6.	I can name the thing I do in health management that I really enjoy.	2.89(.76)
7.	I try to arrange to do health management in pleasant surrounding when possible.	3.49(.74)
8.	When I have a choice I try to do health management in ways that I enjoy rather than just trying to get it over with.	3.28(.83)
9.	I focus my thinking on the pleasant rather than the unpleasant feelings I have about health management.	3.45(.79)
10.	I pay more attention to enjoyment of health management itself rather than rewards I will receive for doing it.	3.30(.87)
11.	I tend to dwell on the negative details in any situation of pregnancy while ignoring any positive aspects present.	3.24(.75)
12.	I sometimes try to plan what I should say to myself to make sure it's constructive in health management during pregnant period.	3.17(.80)
13.	Sometimes I imagine a successful performance of health management before I actually do it.	3.43(.84)
14.	When I'm faced with a problem during pregnant period, I tend to look for the opportunity it contains rather than drawbacks.	3.84(.82)

1.-5. Self-management 6.-10. Natural reward 11.-14. Thought self-leadership

7† (r=.88, p=.001) (r=.84, p=.001), (r=.82,

p= .001)

. 가 ,

가

<Table 4> Correlation of self-leadership and subconcept self-leadership (N=148)

	Self - management r(p)	Natural reward r(p)	Thought self - leadership r(p)
Self-leadership	.84(.001)	.88(.001)	.82(.001)
Self-management		.56(.001)	.51(.001)
Natural reward			.64(.001)

. (

가 ,

가 , , ,

. 가가 가 3.27 가 . 가 . 가

가 3.13, 3.28,

3.42 . 550 Yi(1996) 가 가 가 3.80

284 11(4), 2005 12

가 가 가 가 가 (Goldstein & Sorcher, 1974). (Manz & Sims, 가 가 14 1981; Bandura, 1986) 가 가 가 (opportunity thinking) 가 , 가 가 가 (self-regulation capability) 가 가 가 가 가 가 가 가 가 가 가 가 (Bandura, 1986) 가 가 '가 가 가 가 가 . 400 (Locke & Latham, 1990) 가

11(4), 2005 12 285

			148			
, , , ,	,	가	2005	4 16	5 2	22
가		Pears	son correlation coe	SPSS/Win 10.0 efficient		
		가 가 .		가 가	가	
, , , ,	,	,	٠	' 가	;	가
가 (Yi, 19	96).	r=.80	가			
(Richardson & Stone, 1981)				•	•	
		가		, , ,		
	가					
(r=.88, p=.001).				-1		
·	가			가	•	
		References				
가		Bandura, A. (1969). <i>I</i> York: Hot, Rineha Bandura, A. (1977). S	art & Winston.			
, (Kang, 2003). (Yi, 1996), (Choi, (Lee et al, 2000) 7ト	, 1996),	NJ: Prentice- Hall Bandura, A. (1986). S A social cogni Prentice-Hall. Choi. J. T. (1996) self-leadership f Unpublished maste Goldstein, A. P., & S behavior. New Yo Kang, K. S. (2003) organizational ej leadership typolog University, Chong Lee, E. S., Shin, J. G study on the effect	I. Social foundations Sitive theory. En Social foundations Sitive theory. En Social foundations Social foundations Social for building lower's thesis, Yonsei Sorcher, M. (1974) Sork: Pergamon. Social Freedom for the study on Social foundations Social foundatio	of thought and nglewood Clift superleadershearning organ University, Sec. Changing supthe impacts the self-leader master's thesis, (2000). An ex	d action ffs, N hip an nization oul. oervisoin on th ship b Chongj	n: J: nd ss. ry he by ju

on self-potency and performance. Paper presented in the Spring-2002 at Conference hosted by Korea Academy of

Lee, J. S. (1998). The relationship between self-leadership and organizational citizenship behavior. Unpublished master's

thesis, Seoul National University, Seoul.

가

11(4), 2005 12 286

2

Management.

- Locke, E. A., & Latham, G. P. (1990). Work motivation and satisfaction: Light at the end of the tunnel, *Psychol Sci*, 1, 240-246.
- Manz, C. C. (1986). Self-leadership: Toward an expanded theory of self-influence processes in organizations. Acad Manage Rev, 11, 585-600.
- Manz, C. C. (1992). Mastering self-leadership: Empowering yourself for personal excellence. Englewood Cliffs, NJ: Prentice-Hall.
- Manz, C. C., & Sims, H. P. (1981). Vicarious learning: The influence of modeling on organizational behavior. Acad Manage Rev, 6, 105-113.
- Manz, C. C., & Sims, H. P. (1995). Business without bosses how self-managing teams are building high-performing companies. New York: John Wiley & Sons.
- Neck, C. P. (1993). Thought self-leadership: The impact of mental strategies training on employee cognitions, behaviors, and emotions. Unpublished doctoral dissertation, Arizona State University, Tempe, Arizona.
- Park, K. D. (2000). The impacts of team self-leadership on group effectiveness-assessing the mediating role of collective efficacy. Unpublished master's thesis, Korea University, Seoul.

- Park, M, H. (2004a). The relationship between self-leadership and self-care in pregnant women, *J Korean Acad Nurs Edu*, 10(2), 205-219.
- Park, M, H. (2004b). The comparison of self-leadership and self-care in primigravida and multigravida, *J Korean Parent-Child Health*, 7(2), 97-110.
- Park, S. M. (2002). A survey research on attainment of self-leadership program objects. Unpublished master's thesis, Korea University, Seoul.
- Richardson, B., & Stone, G. L. (1981) Effects of a cognitive adjunct procedure within a microprocessing situation, *J Couns Psychol*, 28, 168-175.
- Sims, H. P., & Lorenzi, P. (1992). The new leadership paradigm: Social learning and cognition in organization. Newbury Park, CA: Sage.
- Stewart, G. L. (1993). Self-regulation and the "big five" personality traits as determinants of employee empowerment behavior. Unpublished doctoral dissertation, Arizona State University, Tempe, Arizona.
- Yi, H. Y. (1996). The relationships between self-leadership and personal performance. Unpublished doctoral dissertation, Yeungnam University, Gyeongsan.

11(4), 2005 12 287