



Original Article

# The Relationship of Symptoms of Stress, Cancer Prevention Behavior and the Quality of Life in Women

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1)

2)

## Abstract

**Purpose:** The study was done to identify the relationship of symptoms of stress, cancer prevention behavior, the quality of life in women, and the factors influencing the quality of life. **Method:** The subjects of this study were 210 married women. They were living in Gyeonggi Province and Busan Metropolitan City. Symptoms of stress were measured by the Park's Stress Scale. Cancer preventive behavior was measured by Suh's Korean scale, and Smith Kline Beecham Quality of life' Scale by Dunbar. Data was analyzed with the SPSS program by ANOVA, Pearson's correlation, and Multiple Regression Analysis. **Result:** The higher scores of physical stress correlated with lower practice scores of cancer prevention behavior. Psychological and physical stress revealed negative correlations among sub-items of the QOL such as competence, psychological well-being, stability, physical well-being and activity. Multiple regression analysis revealed that the predictor of quality of life in the women was stress. A combination of symptoms of stress and cancer prevention behaviors accounted

for 35.3% of the variance in the quality of life in the women. **Conclusion:** The most important factor influencing the quality of life of women was stress. Thus the study's findings can be useful in directing a comprehensive nursing care plan to improve the QOL of women.

Key words : Stress, Prevention, Quality of Life, Women

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가  
(Bailey Merz et al., 2002; Maunsell, Brisson, Mondeor, Verreault, & Deschcnes, 2001).

2002 1  
10 130.7 2  
10 77.2 (Ministry Health & Welfare, 2003) 1

가  
가 , 1992 10  
112.1 10 2002 131.9

가  
가 (Kim, 2002).  
가 가

가  
National Health Insurance Corporation(2003)  
9,610

1/3 가 ,  
1/3 가 가 1/3  
가 가

(WHO, 2002).  
가  
가 (Kim, 2002).

가 1, 2  
Ro(1988)

가  
가 (Ali,  
1999; Bull et al., 1999).

가 (Ha, 2002;  
Han, 2000; Lim, 2001; Song, 2000)  
210

가  
가  
가

가  
15 , 23  
가

가 , ,

연구목적

가 , 가

가  
가  
가

• 가 , ,  
• 가 , ,  
• 가 , ,

• 가 , ,  
• 가 , ,

1. 연구설계

가 ,

2. 연구대상

2 30 59

가  
가 가  
210

3. 연구도구

4 , 2 ,  
15 , 15 , 20  
23

1) 가  
가  
(Lee, 1984), . 219 9  
Lee(2003) Park (1999) 210 가 .  
( 15 , 15 )  
0 3 4 5. 자료분석 방법  
30 가 가  
. Lee(2003) SPSS WIN 10.1 program  
Cronbach's alpha=.87, Cronbach's  
alpha=.89 ,  
Cronbach's alpha=.87, Cronbach's  
alpha=.85 .

2) .  
(Bright, 1993). Suh, Scheffe  
Jung, So Tae(1998)가 “ ” 5 .  
5  
20 . Suh (1998)  
Cronbach's alpha=0.86 , Cronbach's alpha=  
0.87 .

3) 1. 대상자의 일반적 특성  
, , 44  
(Ferrans & Powers, 1992). , 40-49 가 49.3% 가 . 83.5%가  
Dunbar(1992) , 55.1%가 , 29.3%가  
(Smitkline Beecham Quality of life' Scale) 가 / /  
Yoon, Gook Lee(1998)가 가 19.5% ,  
(7 ), 11.0% .  
(4 ), (4 ), (6 ), (2  
) 5 23 0 2. 대상자의 스트레스 증상, 암예방 행위, 삶의 질 정도  
10 가  
. Yoon (1998) Cronbach's alpha=  
.89 Jo(2000) Cronbach's alpha=.89 , <Table 1> , ,  
Cronbach's alpha=.90 . 1.65(0.84), 3.77(0.65), 157.25(33.79)  
4. 자료수집 방법 및 절차 가 0.80(0.39) , 가 0.87(0.54)  
7.92(1.50)  
2004 10 12 2005 1 , 6.66(2.34) , 6.26(1.93) ,  
15 . 6.42(2.15) , 6.10(2.41) .

<Table 1> Mean score of symptoms of stress, cancer prevention behavior, and the quality of life in women (N=210)

Characteristics	Mean(SD)	Possible Range	Obtain Range(min - max)
Stress	1.65(0.84)	0-6	0.07-4.13
Physical stress	0.80(0.39)	0-3	0.07-2.13
Psychological stress	0.87(0.54)	0-3	0.00-2.08
Cancer Prevention behavior	3.77(0.65)	1-5	1.00-5.00
Quality of life	157.25(33.79)	0-230	50.00-230.00
Competence	7.92(1.50)	0-10	3.57-10.00
Psychological well-being	6.66(2.34)	0-10	1.00-10.00
Stability	6.26(1.93)	0-10	1.00-10.00
Physical well-being	6.42(2.15)	0-10	1.00-10.00
Activity	6.10(2.41)	0-10	1.00-10.00

3. 대상자의 스트레스 증상, 암예방 행위, 삶의 질의 차이

<Table 2>  
(F=4.51, p=.03)

가

가

(F=6.43, p=.00)

Scheffe

가

<Table 3>

Pearson's Correlation

가

가

(r=-0.24, p<.01).

(r=-0.43, p<.01),

(r=-0.51,

p<.01),

(r=-0.49, p<.01),

(r=-0.24, p<.01),

(r=-0.35, p<.01)

4. 스트레스 증상, 암 예방 행위 및 삶의 질과의 관계

가

(r=-0.28, p<.05),

<Table 2> Symptoms of stress, cancer prevention behavior, and the quality of life in women according to demographic characteristics (N=210)

Characteristics	Frequency (%)	Stress symptom		Cancer prevention behavior		Quality of life	
		Mean(SD)	F or t(p)	Mean(S.D)	F or t(p)	Mean(SD)	F or t(p)
Age(year)							
30-39	53(25.6)	0.74(0.41)		3.74(0.55)		6.99(1.43)	
40-49	102(49.3)	0.82(0.40)	2.20( .11)	3.83(0.55)	0.31( .73)	6.80(1.49)	1.21( .30)
50-59	52(25.1)	0.93(0.46)		3.78(0.74)		6.69(1.50)	
Occupation							
Yes	34(16.5)	0.89(0.46)	0.90( .34)	3.63(0.59)	4.51( .03)*	6.60(1.36)	0.12( .73)
No	172(83.5)	0.81(0.42)		3.83(0.57)		6.89(1.50)	
Education							
Middle school	32(15.6)	0.92(0.44)		3.73(0.74)		6.68(1.54)	
High school	113(55.1)	0.84(0.44)	1.20( .30)	3.78(0.55)	1.10( .34)	6.72(1.57)	6.43( .00)*
University	60(29.3)	0.76(0.38)		3.90(0.54)		7.17(1.19)	
Gynecological operation							
Yes	38(19.5)	0.71(0.41)	2.59( .11)	3.83(0.65)	0.00( .95)	7.04(1.28)	0.92( .34)
No	157(80.5)	0.85(0.43)		3.76(0.58)		6.84(1.50)	
Hormone replacement therapy							
Yes	22(11.0)	1.02(0.47)	3.90( .06)	3.70(0.64)	4.87( .29)	6.48(1.49)	1.08( .34)
No	186(89.0)	0.80(0.41)		3.80(0.60)		6.88(1.47)	

\* p<.05

<Table 3> Correlations of symptoms of stress, cancer prevention behavior, and the quality of life in women (N=210)

Variable	Preventive behavior of cancer	Psychological stress	Physical stress	Competence	Psychological well - being	Stability	Physical well - being
Stress							
Psychological stress	-0.19						
Physical stress	-0.24**	0.60**					
Quality of life							
Competence	0.21**	-0.43**	-0.28**				
Psychological well-being	0.15	-0.51**	-0.29**	0.48**			
Stability	0.17	-0.49**	-0.28**	0.59**	0.68**		
Physical well-being	0.02	-0.24**	-0.34**	0.24**	0.38**	0.30**	
Activity	0.19	-0.35**	-0.37**	0.42**	0.35**	0.39**	0.29**

\* p<.05, \*\* p<.01

(r=-0.29, p<.01), (r=-0.28, p<.01), (r=-0.34, p<.01), (r=-0.37, p<.01)

가

(r=0.21, p<.01)

0.87 0 2.08

0.80

0.07 2.13

Lim

(2001)

5. 대상자의 삶의 질 정도에 영향을 미치는 요인

74.4%가 40-59

83.5%가

32.2%

3.1%

(F=65.4, p=.000), (F=37.3, p=.011)

가

(Washington, 1999)

3.77

Lim(2001)

가,

2.31

(Lazarus & Folkman, 1984),

가

가

가

가

<Table 4> Stepwise regression for predictor of quality of life (N=210)

Final Predictors	R <sup>2</sup> Change	Cummulative R <sup>2</sup>	Standardized	F	p
Stress	0.322	0.322	-0.536	65.4	.000
Preventive behavior of cancer	0.031	0.353	0.180	37.3	.011



가  
가

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