

1) . 2) . 3)

가  
 (Tomas, 1997) Kim Park(1992)

45-60 가

1-2 가

(Duffy, 1988).

(Park, 1995).

, , 가 가  
 , 55%가

(Duffy, 1988).

(Cha, 1994).

(Seo et al., 1997)

(Park,

10 3 가

1995), Weitzel(1989)

, 45 22.6%

(Rowe, Jung & Lee, 1997). WHO

(Lee et al., 1997).

Kim(1997) 60%

가 (Korean Ministry of Health and Welfare,

2000) 10

9.3%

(Pender & Pender, 1986)

14%

가 가 (Lee &

(Duffy, 1988)

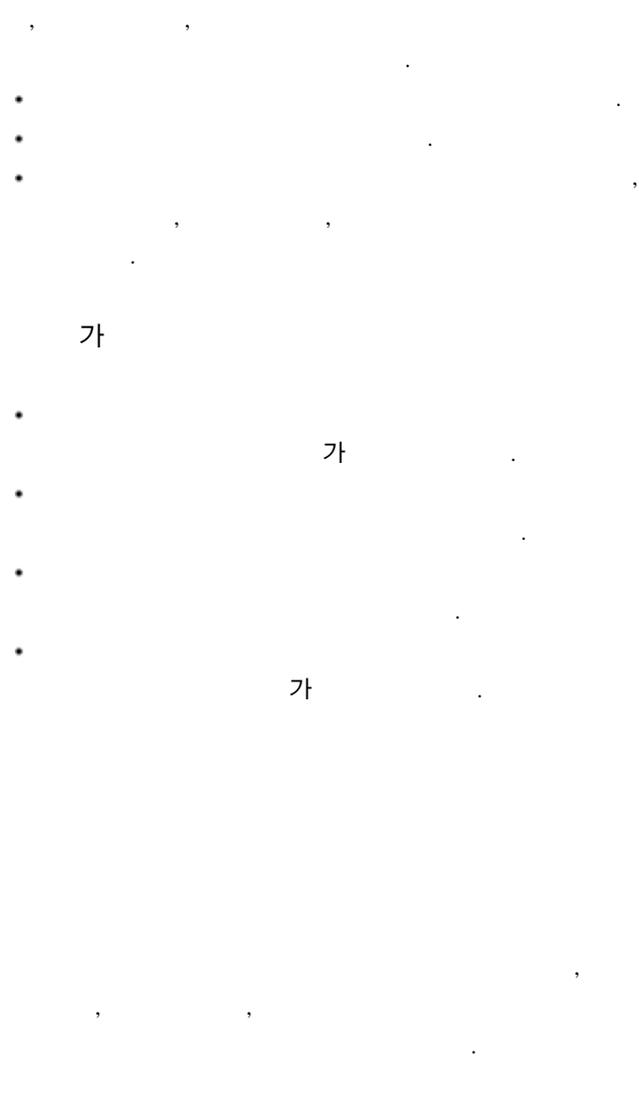
Lee, 2001).

가 가

가 .

1) : , 2) ( E-mail: gycho677@hanmail.net)  
 3) : 2004 4 28 : 2004 5 20

(Bandura, 1982)  
 가 (Park,  
 2003).  
 (+)  
 (Kim, 2002)  
 가,  
 가  
 (Lee, 2000).  
 가  
 가  
 (Choi, Sung & Hong, 1999; Choi & Suh, 1998;  
 Cha & Park, 2001; Smith, Reddan & Smith, 1981).  
 가  
 가  
 7% 14% 가  
 가  
 (Korea Institute for Health & Social Affairs,  
 2002) 80 (Korea  
 National Statistical Office, 2003)  
 가  
 가



<Figure 1>

	Treatment	pretest	posttest
Experimental. G	X	O <sub>1</sub>	O <sub>2</sub>

O<sub>1</sub> ( ), O<sub>2</sub> ( ), X :

<Figure 1> Research design

K  
 40 8

2  
30  
1) 40 65 2)  
가 3)

(Seo et al., 1997)  
(Yeom, 2003),

가 / 가

1, 1 1 40 ( 1 40 ), 8

가

Speake(1989) 3  
(1 ) 가 (5)

가 ) 5 가 가

2  
가

Park(1995)

18 가  
0 ' 5 6 가  
90 0 가

Cronbach alpha .94

35~ )

5 (Ahn & Ban, 1995).

72 / , 53 , 167 /  
(=220- )  
(Ahn & Ban, 1995).  
60~ 5%  
1 129 ~ 40 가

가 A4 1  
1 3

Pender Health Promoting life Profile  
6  
43 10  
5 Likert  
scale 43 215 가

Cronbach alpha .96

가 Park(1995)

12  
 0-100 가 가 가  
 Cronbach alpha .89  
 2003 7 1 2003 8 31  
 P K ( ) 40  
 64 가  
 SPSS/PC  
 Cronbach's alpha  
 paired t-test  
 1.  
 53.0±4.91 40-49 가  
 33.3%, 50-65 가 66.7% 23 가 10%,  
 18.5-25 ( ) 76.7% 가  
 30 ( ) 46.7% 가  
 33.3%, 16.7%, 3.3%  
 10%  
 90% 가 76.6% 가  
 (63.3%)가 (36.7%) 가  
 100-200 가 36.7%, 100 30%  
 200 가 66.7%

Table 1 General Characteristics of Subjects (N=30)

Characteristics	Division	N	%
Age(years)	40-49	10	33.3
	50-65	20	66.7
BMI(Kg/m <sup>2</sup> )	18.5 ≤	1	3.3
	18.5-25	23	76.7
	25-30 ≥	6	20
Education	Elementary	5	16.7
	Junior	10	33.3
	High school	14	46.7
	College	1	3.3
Marital status	Married	27	90
	Widowed	3	10
Religion	None	4	13.3
	Buddhist	23	76.7
	Protestant	2	6.7
	Roman Catholic	1	3.3
Occupation	Yes	19	63.3
	No	11	36.7
Monthly family income (1,000won)	< 000	9	30.0
	1,000-1,990	11	36.7
	2,000-2,990	5	16.7
	≥ 000	5	16.7
Subjective health status	Healthy	5	16.7
	Moderate	12	40.0
	No healthy	13	43.4

가 43.4% 가  
 < >  
 33.3%,  
 66.7% 3 2 가  
 가 83.3%  
 가  
 가 10%,  
 가 6.7%  
 13.3%  
 가 90.0%  
 6.7%(2 ) 가  
 가  
 60%가  
 <Table 2>.  
 2.

Table 2 Gynecological Characteristics of Subjects (N=30)

Characteristics	Division	N	%
Mens. status	Premenopause	10	33.3
	Postmenopause	20	66.7
Mens cycles*	Regular	25	83.3
	Irregular	5	16.7
Oophorectomy	Yes	3	10.0
	No	27	90.0
Hysterectomy	Yes	2	6.7
	No	28	93.3
Fracture	Yes	4	13.3
	No	26	86.7
Hormone therapy	Yes	3	10.0
	No	27	90.0
Sexual life	Satisfactory	5	16.7
	Moderate	18	60.0
	Unsatisfactory	7	23.3

\* Menstrual cycles: if case of postmenopause, it means past menstrual cycle

(p=.029).  
 144.2±27.17 가  
 159.4±26.53 가  
 (t=-3.019, p=.006).  
 가  
 (p=.006).  
 가  
 76.7% 가 가 30  
 가  
 20%  
 가 2.72±0.74 3.08±0.81  
 .05  
 (t=-1.737, p=.095).  
 가 (p=.095).  
 26.6±16.93 32.8±19.84 ,  
 (t=1.809, p=.083).  
 (p=.083).  
 812.0±220.3 가  
 909.6±196.3 가  
 (t=-2.317, p=.029).

Kim(1994)  
 , Lee(1994) slide/tape  
 coach program , Hwang(1995)  
 VTR tape program, 가  
 Gu(1996)  
 Oh, Lee, Tae &Um(1997)  
 / , coach program,  
 가

<Table 3> Differences of Subjective health status, self efficacy and health promotion

Division	Pretest	Posttest	Pre - Post differences	
	Mean ± SD	Mean ± SD	t	p
Subjective health status	2.82± 0.74	3.08±0.81	-1.737	.095
Menopause-related symptoms	32.8± 19.8	26.6±16.93	1.809	.083
Self Efficacy	812.0±220.3	909.6±196.34	-2.317	.029*
Health promotion behavior	144.2±271.2	159.4±26.53	-3.019	.006**

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

Song(1998)

가

2003 7 1 2003 8 31

8

cd ROM

1 1 40

2 /1

Cha(1998) 6

SPSS 10.0WIN program

가

paired t-test

8

(Cha, 1998)

가

가

(p=.095).

가

8

2

(p=.083).

(p=.029).

가

가

(p=.006).

가

3

2가

가

가

가

가

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# The Effect of an Integrated Health–Promotion Program in Middle–Aged Women

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**Purpose:** The purpose of this study was to test the effect of an integrated health promotion program in middle-aged women. **Method:** The research design was a quasi experimental, one-group pretest-posttest design. Data was collected from July 1st to August 31st, 2003. One group consisted of 30 subjects. The instruments used for the study were the Self Efficacy Scale and the Health Promotion Behavior Scale developed by Park(1995), Subjective health status developed Speake(1989) and menopause-related symptoms developed by Park(1995). The data was analyzed using the SPSS WIN 10.0 program. In order to compare the effects of the pre-post synthesized health promotion program, the ed t-test was employed. **Result:** There was not a significant increase in subjective health status after the integrated health promotion program, nor was there a significant decrease in menopause-related symptoms after the synthesized health promotion program. There was a significant increase in self efficacy after the integrated health promotion program( $p=.029$ ), and there was also a significant increase in health promotion behavior after the integrated health promotion program( $p=.006$ ). **Conclusions:** Through an 8 week education program for health promotion, self efficacy and health promotion behavior were effectively changed in middle-aged women.

Key words : Middle - aged women, Integrated health promotion program

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