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(Park, Lee & 가

40

(Lee et al.,

• , , , , ,

(Lee, Shin, Chung, Shin & Kim, 2001).

가

가

[illegible]

가

(Mayer &

Linsott, 1995).

2)

(E-mail: gycho677@hanmail.net)

03. 11. 25.

03. 11. 29.

03. 12. 15.

가
가
1.
가
가
가
가
(Park
et al., 2002).
2.
2002 7 1 8 31
P K () 40
64 149
가 가
(Fishbein, 1992).
가 10%, 가 23%
40
가
(Kwon et al., 3.
1996; Lee, 1996).
1)
Neugarton Kraine(1965)
25
3
4 ' 1 ' ' 2 ' ' 3 ' ' 4 25
100 가
.91
2)
Zung(1965) 가 가 Song(1997)
20
2.
' 1 , '가 ' 2 , '
' 3 , ' ' 4 가
10 가
20 80
가 가
.86
3)
Ro(1988)가 가
47

가 42.9%

9, 11, 8, 6, 6
 9, 4, 가 5, 6
 3, 1, 2, 5
 50 250 가
 Cronbach $\alpha=$.94
 .92

4.

SPSS Win 10.0

- 1) , ,
 2) t- test
 ANOVA Scheffe's test
 3) Pearson

1.

- 1) <Table 1>
 49.84 ± 5.65 40- 49 가
 49.7%, 50- 60 가 50.3% 40 50 가
 47.0% 가
 가 91.9% 가
 가 8.1%
 가 77.2% 가

가 48.3%, 가 51.7%
 137.43 ± 87.13
 100 26.8% 가 100- 150
 150- 200 25.4%
 200 22.5% 가
 46.3% 가

가
 40.3% 가

<Table 1> General characteristics of subjects

(N=149)

Characteristics	Categories	Fre- quency	%
Age(years)	40- 49	74	49.7
	50- 60	75	50.3
Education	Elementary	29	19.5
	Junior High school	70	47.0
	High school	45	30.2
	College	5	3.3
Marital status	Married	137	91.9
	Widowed	12	8.1
Religion	None	13	8.7
	Buddhist	115	77.2
	Protestant	16	10.7
	Roman Catholic	5	3.3
Occupation	Yes	72	48.3
	No	77	51.7
Monthly family income(1,000won)	< 1,000	38	26.8
	1,000- 1,490	36	25.4
	1,500- 1,990	36	25.4
	$\geq 2,000$	32	22.4
Income satisfaction	Sufficiency	16	10.7
	Moderate	69	46.3
	Insufficiency	51	34.3
	Very insufficiency	13	8.7
Subjective health status	Healthy	33	22.1
	Common	56	37.6
	No healthy	60	40.3

* Mean age: 49.84 ± 5.65 ** Mean family income: 137.43 ± 87.13

2)

<Table 2>
 16.34 ± 1.91 13- 15 ()가
 52.4% 가 , 48.6 ± 4.66
 51.0%, 가 49.0%
 가

75.2% , 가 16.8%, 144.30±18.59 5
 가 14.1%, 가 3.07±.40 .
 11.4% ,
 가 24.3.7%, 가 75.5%

<Table 2> Obstetric characteristics of subjects (N=149)

Characteristics	Categories	Frequency	%
Menarche's age	10- 12	8	5.5
	13- 15	75	52.4
	16- 18	51	35.9
	≥19	9	6.2
Mens. status	Premenopause	76	51.0
	Postmenopause	73	49.0
Mens cycles*	Regular	112	75.2
	Irregular	37	24.8
Oophorectomy	Yes	25	16.8
	No	124	83.2
Hysterectomy	Yes	21	14.1
	No	128	85.9
Fracture	Yes	17	11.4
	No	132	88.6
Hormone therapy	Yes	34	24.3
	No	106	75.7

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

2. ,

가 , <Table 3>

56.55±14.75 , 4
 2.26±.59 .

13.60±3.53
 2.72±.65

25.45±7.29 2.12±.58 ,
 17.63±6.04

2.20±.62 .
 가 가

41.19±7.33
 4 2.06±.37

<Table 3> Climacteric symptoms, depression and quality of life

(N=149)

Division	Mean(SD)	Range	Item Mean
Climacteric symptom	56.55(14.75)	25- 88	2.26±.59
Psychosomatic symptoms	13.60(3.53)	5- 20	2.72±.65
Somatic symptoms	25.45(7.29)	12- 43	2.12±.58
Psychological symptoms	17.63(6.04)	8- 32	2.20±.62
Depression	41.19(7.33)	21- 61	2.06±.37
Quality of Life	144.30(18.59)	103- 204	3.07±.40

3.

<Table 4>

58.84±14.66
 56.79±13.90 , 47.34±18.02
 가 (F=3.011, p=.035),
 100 가 60.00±15.18 100- 149
 56.83±13.70 , 200 50.06±16.83
 가 (F=2.670, p=0.057).
 ' 65.73±14.19 ' ,
 ' 58.75±13.79 , ' 56.32± 13.70 , ' ,
 ' 45.37±18.00
 (F=3.413, p=.011).

63.02

±14.06 58.11±12.41 ,
 42.55±9.67

(F=28.623, p=.000).

50 가 42.64
 ±7.59 , 40 가 39.72±6.80 50 가 40

(t= 2.476, p=.014).

44.72±6.76 40.59±7.31 ,

<Table 4> Comparison of climacteric symptoms, depression, and quality of life according to general characteristics

(N=149)

Characteristics	Categories	Climacteric symptoms		Depression		Quality of life	
		Mean±SD	t or F	Mean±SD	t or F	Mean±SD	t or F
Age	40- 49	54.13±14.78	- 1.973	39.72±6.80	- 2.476*	142.57±19.26	- 1.144
	50- 60	58.88±14.44		42.64±7.59		146.08±17.83	
Education	Elementary	56.79±13.90c	3.011*	44.72±6.76ab	4.492*	145.69±18.58	1.119
	middle school	58.84±14.66ab		40.59±7.31a		141.94±18.80	
	High school	47.34±18.02a		39.98±7.18a		146.88±18.23	
Husband	Yes	56.01±14.78	- 1.597	41.09±7.21	- 4.75	144.63±18.80	.706
	No	62.58±13.55		42.33±8.84		140.67±16.23	
Religion	Yes	56.67±14.91	- .369	41.04±7.28	.714	144.45±19.07	- 4.24
	No	55.17±13.42		42.69±8.01		142.77±13.01	
Occupation	Yes	56.42±15.09	.110	41.35±7.39	- 2.79	144.03±18.67	1.89
	No	56.69±14.48		41.01±7.30		144.61±18.62	
Monthly family income	100	60.00±15.18d	2.670*	42.50±8.015	2.034	138.24±18.32abcd	5.010*
	100- 149	56.83±14.37		42.47±6.73		142.66±15.66a	
	150- 199	56.83±12.37		40.47±6.31		142.09±20.77a	
	≥200	50.06±16.83a		38.78±8.13		153.81±13.10a	
Income satisfaction	Sufficient	45.37±18.00d	3.413*	32.00±12.19d	2.845*	172.50±21.11cd	6.314*
	Common	56.32±13.70		42.58±6.50		158.25±14.22cd	
	Insufficient	58.75±13.79		40.88±7.36		145.18±17.67	
	Very insufficient	65.73±14.19a		40.96±5.71a		139.82±16.96ab	
Subjective healthy status	Healthy	42.55±9.67ab	28.623*	36.94±7.42ab	8.468*	151.03±19.99c	3.516*
	Common	58.11±12.41a		41.64±6.94a		144.31±17.33	
	No	63.02±14.06a		43.10±6.78a		140.47±18.13a	

*p .05

※ abcd:means with the same letter are significantly different by Sheffe's test

39.98±7.18 149 142.66±15.66 , 100 138.24± 18.32
(F=4.492, p=0.13). (F= 5.010, p=.003).
42.58±6.50 172.50±21
40.96±5.71 , 32.00±12.19 158.25±14.22 , 145.18±17.67 ,
가 가 139.82±16.96
(F=2.845, p=.026). (F=6.314, p=.000).
43.10± 151.03±19.99
6.78 41.64±6.94 , 144.31± 17.33 ,
36.94±7.42 가 140.47±18.13 (F=3.516,
(F=8.468, p=.000). p=.032).
, ,
200 153.81±13.10 100-

<Table 5> Comparison of climacteric symptoms, depression and quality of life according to climacteric characteristics

(N=149)

Characteristics	Categories	Climacteric symptoms		Depression		Quality of life	
		Mean±SD	t or F	Mean±SD	t or F	Mean±SD	t or F
Menarche's age (years)	10- 12	52.00±11.51	1.714	45.13±7.42	1.590	151.14±22.73	1.374
	13- 15	55.35±14.99		40.13±7.24		144.65±20.03	
	16- 18	57.20±15.42		41.56±7.45		143.94±16.31	
	≥19	66.11± 9.78		43.33±7.40		133.33±12.42	
Mense status	Menses	53.70±14.25	- 2.395	39.79±7.06	- 2.415	143.70±18.58	- 4.08
	Menopause	59.44±14.78		42.64±7.37		144.96±18.70	
Mense cycle	Regular	55.82±14.20	- .996	40.33±7.29	- 2.602	144.03±17.10	- .266*
	Irregular	58.89±16.38		43.78±6.90		145.91±22.66	
Oophorectomy	Yes	56.36±15.15	.070	42.52±7.60	- .996	147.80±17.18	- 1.099
	No	56.59±14.73		40.92±7.28		143.58±18.85	
Hysterectomy	Yes	57.86±13.91	- .437	43.43±7.87	- 1.518	145.91±18.24	- .426
	No	56.33±14.93		40.82±7.20		144.03±18.70	
Fracture	Yes	62.59±15.40	- 1.730	41.06±7.15	.079	144.38±20.19	- .017
	No	55.76±14.54		41.21±7.38		144.29±18.46	
Hormone therapy	Yes	60.47±14.85	2.070	45.37±7.16	- 4.750	145.98±17.69	.703
	No	54.93±14.47		34.49±7.16		143.60±18.99	

*p .05

<Table 5> Comparison of climacteric symptoms, depression and quality of life according to climacteric characteristics (N=149)

가

가 145.91±22.66, 144.03±17.10

(t=- 2.66, p=.023).

가

<Table 6>

가

가

(r=.357, p=

.000).

(r=- .357, p=.000).

가

49.84

51%가

48 (Kor Soc of Menopause,

1994) .
 56.55 ± 14.75
 Park (2002) 49.2
 Park (2002)
 Kim(1997)
 Lee Choi(1999) Sung(200), Shin(2001)
 가
 144.30 5
 3.07
 2.72 \pm .65 가
 Kim Lee(1999) 3.66
 Kim Lee(1999)
 Sung
 (2002) Cha (1995)
 (r=.357, p=.000)가
 Sung(2002), Kwon (1996)
 Ellen (2000) Lee Choi
 (r=-.397, p=
 (1999) .000)가
 Kim(2002) Mayer &
 가 Lee
 Linscott(1995)
 (1999)
 가
 가 24.3%,
 가 75.7%
 가 5%
 (Lee, 1996)
 가
 41.19
 Zung Sung(2002) 49.2
 . 49
 50- 59 , 60- 69 , 70
 Li(1991), Yang(1998)
 Kim (1999), Sung(2002)
 Yoo, Kim Kim(1999) Lee (1999)
 Sung(2002) 50 40
 가 Shin(2001)
 가
 Cho
 (1997), Wee(1995), Kim(1997)
 가 Lee
 Choi(1999), Sung(2002), Shin(2001)

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References

K 40 60
149 가
2002 7 1 8 31
SPSS 10.0
t-test, ANOVA, Scheffe's
test, Pearson correlation

1. 56.55±14.75
25 88
2.72±.59 , 2.12±
.65 , 2.20±.62
41.19±7.33 21- 61 ,
144.30±18.59 103- 204
(F=3.011, p=.035),
(F=2.670, p=.057), (F=3.413,
p=.011), (F=28.623, p=.000)
3. (t=- 2.476, p=.014), (F=4.492,
p=.013), (F=2.845, p=.026),
(F=8.468, p=.000)
4. (F=5.010, p=.003)
(F=6.314, p=.000), (F=3.516,
p=.032) (t=- 2.66, p=.023)
5. 가
(r=.357, p=.000),
가
(r=.397, p=.000)
가

1. 가
2. 가

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- Abstract -

A Study on Climacteric Symptoms, Depression and Quality of Life in Middle-Aged Women

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Purpose: The purpose of this study was to identify the relationship between self reported climacteric symptoms, and depression, and the quality of life in middle aged women. **Method:** The subjects of this study were 149 women from 40 to 64 years of age. Climacteric symptoms were measured with Neugarten's tool(1965) and depression with Zung's tool. Quality of life was related to self reported climacteric symptoms were education level($F=3.011$, $p=.035$), income measured by

Rho's tool(1988). **Result:** The general characteristic variables significantly level($F=2.670$, $p=.057$), income satisfaction ($F=3.413$, $p=.011$), perceived subjective health condition($F=28.623$, $p=.000$). The general characteristic variables significantly related to depression were age($t=-2.476$, $p=.014$), education level($F=4.492$, $p=.013$), income satisfaction ($F=2.845$, $p=.026$), perceived subjective health condition($F=8.468$, $p=.000$). The general characteristics variables significantly related to quality of life were income level($F=5.010$, $p=.000$), income satisfaction($F=6.314$, $p=.000$), perceived subjective health condition($F=3.516$, $p=.032$), menstruation cycles($t=-2.66$, $p=.023$). The relationship between self reported climacteric symptoms and depression had a statistically a positive correlation($r=.357$, $p=.000$). The relationship between depression and quality of life had a statistically with a negative correlation($r=-.397$, $p=.000$). **Conclusion:** These results may contribute to a better understanding of depression and quality of life in middle aged women. Therefore, health programs for prompting climacteric women's health should be a planned based on results of the study.

Key words: Middle-aged women,
Climacteric symptoms, Depression,
Quality of life

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