

(SP 6)

1)

1.

가

가

가

( , 2002; Lowdermilk, Perry & Bobak, 1999).

가

(Green, 1993).

가

가

가

,

가

( , , , 2002;

, , , 1992; , 1988;

1987; , , , 2002),

( , 1999; , , ,

가

, 2002; , 2003), ( , 2001;

, 1995; , 2000)

가

가

Dick-Read

-

가

(fear-tension-pain cycle)가

Doula

(Bobak,

( , 2001),

( , 1998),

Lowdermilk & Jensen. 1995).

( , 1995),

( , 1988)

가

1)

03. 4. 15

03. 4. 19

03. 5. 20

가

(2002)

가

가 (acupoint acupressure)

가

(acupoint)

가

가

, 가 ,

가

( , 2003)

( , 2001).

가

(helper) (supporter)

가

( , 1999)

가

2.

(acupoint)

가

opioid

3. 가

(Sher, 1996).

30 가

3cm

30

(Chauhan, Gasser & Chauhan, 1998)

(ripening),

가

(SP6)

가

가

가

(Cook & Wilcox,

1) 1가 :

1997).

가

(

2) 2가 :

, 1999;

가

2001;

, 2002;

, 2002)

3) 3가 :

가

가

가 3-1 :

가

,

가 3-2 :

(2002)

Apgar

가

4. O3 : O4 : 30  
O5 : 60 O6 :

1) (三陰交)  
3 (寸) ( ,  
2001; , 1991; , 1993)  
가 가 (臑穴)  
( , , 1997).  
가 3cm

2. C  
, , , ,

30  
가 37 42  
가 가 2cm

External tocodynamometer 5  
가  
(duration)

2:3  
(Jimenez, 1995). (oxytocin) 30  
( 3cm)

2) Spielberger  
(1978) 20 , 4  
20 80 ,  
(graphic rating  
scale) 20cm  
10 “ ”,  
” 가 “  
0 10 .

3. 1) Spielberger  
(1978) 20 , 4 20  
80 가 가  
가 Chronbach's  
= 0.888 .

1. (graphic rating scale)  
. 20cm 10 “  
”, “ ” 가  
10  
가 가 가 .

R	O1	O2	X1	O3	O4	O5	O6
R	O1	O2	X2	O3	O4	O5	O6
	<		>				

Spielberger  
가  
Spielberger  
Spielberger

R : matched random assign  
X1 : 3 cm  
X2 : 3 cm  
O1 : O2 :

1	2	3	4	5	6
( )	( )	( )	( 30 )	( 60 )	( )

pH  
Apgar

+ +

pH  
Apgar

+ +

< 2 >

(graphic rating scale)

< 2 >

1%

( $r=0.582$ ,  $p=0.000$ ).

1) < 3 >

2) , 60 가 , 30 . 30

, 60

가

, 30

가

3)

가

가

(Lowdermilk , 1999; Jimenez,

Apgar

1995)

가

가

, 30

가

, Apgar

가

15-20

1 , 5

(Jimenez, 1995).

:

가

4)

:

가

4.

( 1 ) ,

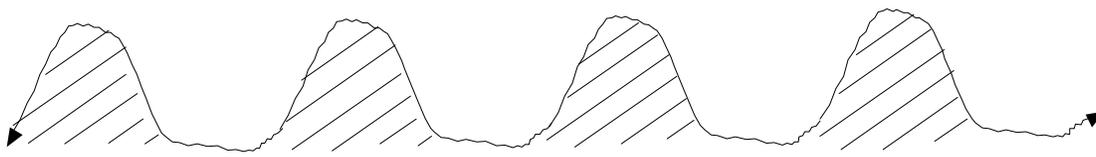
3cm

( 2 ) ,

2)

( ) ,

( 3, 4, 5, 6 )



: , : ( ) ( )

< 3 >

(double-blinded method)

3

가

3

5.

가 가

SPSS Win. 10.0 program

(informed consent)  
(matching)

1)

t-test,  $\chi^2$ -test

2)

t-test, ANCOVA,  $\chi^2$ -

test

3)

Chronbach's

4) Spielberger

30

Pearson correlation coefficient

30

(oxytocin)  
가

( 3cm)

가

1.

1)

< 1>

	(n=36)		(n=39)		t or $\chi^2$	p
	n(%)	( )	n(%)	( )		
		29.47±3.18		29.11±3.59	0.465	0.643
		162.31±4.62		161.74±5.69	0.467	0.642
		14.03±4.08		14.77±4.09	-0.782	0.437
	10(27.8)		8(20.5)			
	7(19.4)		9(23.1)		0.573	0.751
	19(52.8)		22(56.4)			
	21(58.3)		19(48.7)			
	15(41.7)		20(51.3)		0.695	0.404
	29(80.6)		26(66.7)			
	7(19.4)		13(33.3)		1.847	0.174
		14.71±1.70		14.31±1.35	1.073	0.287
	24(66.7)		24(61.5)			
	12(33.3)		15(38.5)		0.214	0.644
0-10		5.17±2.37		5.81±2.30	-0.959	0.342
	22(61.1)		19(48.7)			
	11(30.6)		17(43.6)		1.387	0.500
	3( 8.3)		3( 7.7)			
0-10		5.82±1.91		5.54±2.04	0.615	0.540

< 2 >

	(n = 36)		(n = 39)		t or $\chi^2$	p
	n (%)	( )	n (%)	( )		
	26(72.2)		31(79.5)		0.542	0.462
	10(27.8)		8(20.5)			
wk		39.61 ± 1.23		39.67 ± 1.20	-0.236	0.814
	20(55.6)		22(56.4)		0.006	0.941
	16(44.4)		17(43.6)			
		45.75 ± 9.33		43.74 ± 8.68	0.965	0.338
	16(44.4)		18(46.2)		0.022	0.882
	20(55.6)		21(53.8)			
oxytocin	M $\emptyset$ /hr	68.32 ± 37.00		80.00 ± 35.38	-1.162	0.250
	gm	3428.89 ± 431.28		3260.79 ± 379.26	1.783	0.079

< 1 >

1) 1 가 :  
가

(p = 0.342),

< 3 >

(p = 0.500),

(p = 0.540)

가

4.48

2)

4.49

가

(t = -0.002,

p = 0.999).

4.94

< 2 >

, 6.28

가

가 26 (72.2%), 31

가 (t = -2.214, p = 0.030).

(79.5%)

가

가

0.35 ,

20 (55.6%), 22 (56.4%)

1.83

가

가

45.75 ,

43.74

(t = -2.407, p = 0.019).

(p = 0.338).

2. 가

가

가

가

가

가

< 3 >

	(n = 36)		(n = 39)		t	p
	( )	( )	( )	( )		
		4.48 ± 2.28		4.49 ± 2.10	-0.002	0.999
(0-10 †)		4.94 ± 2.27		6.28 ± 2.63	-2.214	0.030
		0.35 ± 2.15		1.83 ± 2.71	-2.407	0.019

† 가

1가 “ 가 ”

2) 2 가 : 가

2가 < 4>

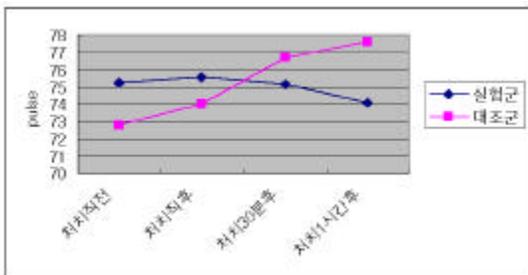
3cm  
75.25 , 72.75 가  
(t = 1.064,  
p=0.291). 75.58 , 30  
75.13 , 1 74.10 ,  
74.03 , 30 76.67 ,  
1 77.58 .  
75

ANCOVA

가 (F = 0.139,  
p = 0.711; F = 2.253, p = 0.140; F = 2.699,  
p = 0.108).  
2 가 “ 가 ”

< 4>

	(n=36)	(n=39)	ANCOVA	p
	( )	( )	F	
	75.25±9.28	72.75±10.62		
	75.58±6.89	74.03±10.91	0.139	0.711
30	75.13±8.41	76.67±11.58	2.253	0.140
1	74.10±8.65	77.58±13.83	2.699	0.108



< 4>

3) 3 가 : 가

가 3-1 :

가 3-2 : Apgar

3가 < 5>

pH 7.302 (p=0.124). 가 3-1 “ 가 ”

1 Apgar

7.92 , 7.97 가  
(p=0.387), 5 Apgar 8.97  
가 (p=0.979). 가 3-2 “ 가 ”

3 가 “ 가 ”

< 5>

	(n=36)	(n=39)	t	p
	( )	( )		
가 pH	7.331±0.06	7.302±0.07	1.563	0.124
Apgar 1	7.92±0.28	7.97±0.28	-0.869	0.387
5	8.97±0.17	8.97±0.28	-0.027	0.979

4)

< 6>  
5 (13.9%), 10 (25.6%)

4.00cm 3.10cm

< 6 >

	(n = 36)		(n = 39)		t or <sup>2</sup>	p
	n (%)	( )	n (%)	( )		
	5 (13.9)		10 (25.6)		1.616	0.204
	31 (86.1)		29 (74.4)			
0-10cm <sup>†</sup>		4.00 ± 1.54		3.10 ± 8.74	1.561	0.142
	3 (8.3)		7 (17.9)			0.313
	33 (91.7)		32 (82.1)			
†						
30	가					(sedatives)
	가		(analgesia)가			
	(p=0.204).					
( 10mg)	가					(Lowdermilk ,
가			1999).			
						가
3 (8.3%)						(Melzack & Wall, 1965)
7 (17.9%)						가
가						가
(p=0.313).	가		(Bobak , 1995)			
						(Pritchard & Macdonald, 1996).
						(2001)
						가 Doula
			(p=0.014)	(1998)		
가	(難産)					
(催産)			가	(p=0.009).	(1995)	5
(SP6)						
			가		(1988)	가
			(p=0.002)			(2002)
						가
			(p=0.194)			
	가		(p=0.008)			

가 (Sher, 1996). (Budd, Yelland & Maciocia, 1998).

opiate McLachlan (1974) 가 (1980) 100  
가 (Lo & Chung, 1979). , ,  
opioid opioid 1

가 (Sher, 1996). enkephalins 가 (2000)

(Maxwell, 1997). (1988)  
Lo Chung(1979)

8 6 ,  
Wang Jin(1989)  
98.9%

, Hyde(1989) , Dunn, Rogers Halford  
(P6) (1989) (LV3) TENS  
가 가

(1999) TENS 가  
. Yanai, Shaley, Yagudin Zuckerman(1987)

가 , Lyrenas, Lutsch, Hetta  
Lindberg(1987) - - 1 (LI4)  
(He7) 20

Apgar . Yip,  
Pang Sung(1976) 31

가 (p=0.030) 가 가  
(p=0.019). 가 가  
(2002) 가

가 가  
가 가

가

1

가

가 Sutherland(2000) 가

가

pH 7.20 placebo control group 가

( , 1997; 가

, 1999). 가

(acidemia) 가

(1991)

가

가

1 , 5 Apgar 가

가

가

Apgar 가 가 1 , 5

가

가

43%

( , 1999)

44

(58.7%) , 40 (53.3%)

1.

. Florido (1997)

- ACTH 가

75

(informed consent)

(double-blinded method) . 30

2 : 3

가

가

30

가

가

2.

SPSS Win 10.0 program

t-test, <sup>2</sup>- test

t-test, ANCOVA, <sup>2</sup>- test

1)

2)

3)

(ripening)

4)

5)

placebo acupoint

1)

(p=0.019)

17가

“

가

”

2)

30

75.13 ,

1

75.58 ,

74.10

74.03 ,

30

76.67 ,

1

77.58

ANCOVA

가

(p=0.711;

p=0.140; p=0.108).

2 가

“

가

”

3)

pH 7.331

pH 7.302

가

(p=0.124)

1 Apgar

7.92 , 7.97

가

(p=0.387), 5 Apgar

8.97

가

(p=0.979).

가

3-1

3-2

3 가

“

가

”

References

(1997).

(1999).

15(2), 198-202.

(1980).

(1978).

(1999).

(2001).

, 7(3), 331-347.

(2002).

(SP6) · (LI4)

, 8(2), 244-256.

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- , 7(3), 271-283. 10 (1993). : .
- (1995). , (1988).
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- Abstract -

### Effects of San-Yin-Jiao (SP6) Acupressure on Anxiety, Pulse and Neonatal Status in Women during Labor

Lee, Mi Kyeong<sup>1)</sup>

**Purpose:** In the study effects of San-Yin-Jiao (SP6) acupressure on anxiety and pulse during labor, and on neonatal status were examined.

**Method:** The design was a randomized controlled clinical trial with a double-blind method. Data were collected before (pre) and after (post) treatment using structured questionnaire, anxiety scale, pulse rate, umbilical vein pH and Apgar scores. The experimental group received SP6 acupressure for the duration of each uterine contraction over a period of 30 minutes, but the control group received SP6 touch.

**Results:** The anxiety scores between the two groups increased, but the increase was less in the SP6 acupressure group and the difference was statistically significant ( $p=0.019$ ). Maternal pulse rate was not significantly different immediately after treatment ( $p=0.711$ ), at 30

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and at 60 minutes ( $p=0.140$ ;  $p=0.108$ ), but while the SP6 acupressure group had a stable pulse, the SP6 touch group showed an increased rate. There was no significant difference between the two groups for umbilical vein pH ( $p=0.124$ ), and neonatal Apgar score at one and five minutes ( $p=0.387$ ;  $p=0.979$ )

**Conclusion:** These findings strengthen the belief that SP-6 acupressure can be used to relieve anxiety during labor with no side effects to either mother or baby.

**Key words :** SP6 acupressure, Women in labor, Anxiety, Pulse, Neonatal status