

3) : ,
(Pender, 1996) ,
(1994)가 .
(, 1995),
가 가 , 4) :
, ,
(Rosenstock, 1974) ,
Sechrist, Walker Pender(1987)
Steinhardt Dishman(1989)
가

5) :
, ,
, ,
Becker (1993)

2.

5.

, , , , 6

3. 가

1)
가 , 3)
 , 3)

1) 가 .
2) 가 , 6 가
3) 가 .
4) .
5) .

II.

4.

1) : , , ,
가 가
(, 1997) , (, 1998a, 1998b; , 1997; , 1988;
, 1989; , , 1988; ,
(1970) , 1993; , ,
1996; Heber, 1995),
2) : , ,
가(, 1994) , 가,
가 5 가
가

(Heber, 1995; Heber, 1995; Choi, 1993), Heber(1995) 8

가

(SOS (, 1996)

: symptom of stress) 5 가

5

2.

(1996)

3, 4

Cohen (, 16

(subjective feeling) 21

20

, Heber (1995) 5

(SOS), 6

Choi (1993) 3 4, 18

가 (mood) 16 17

session 13 session

가

2.

가

1)

6, 3 session, 30-60

(5-10) :

10가 (1998)

10가

(20-40) : K

가

10

, 10 1 4 1

2

III.

1.

(nonequivalent control group pretest-posttest design) 6 weight 1 2

가

- 6) : Becker (1993) Self-Rated Abilities for Health Practices Scale
 . 7 , 100
 , 1) leg press , 가
 (, 2) leg extension(, 4)
), 3) chest weight(, 4) 10 가
 , 5) butterfly (가 Cronbach's alpha .80
), 6) twist, 7) , 8)
 , 9) (가 , 10)
 . 7) : Walker (1987) 48 HPLP
 (Health Promotion Lifestyle Profile)
 5
 Cronbach's alpha .62 .
 .
 2) :
 (1970) . , ,
 30 , ,
 1 , 0 . 98 10 K
 Cronbach's alpha .88 . 5
 .
 3) : 3 1 가 , 3
 가 5 . “ 17 session . 18
 가 ” session 2 가 .
 ‘ , 5 , ‘
 , 4 , ‘ , 3 , ‘
 , 2 , ‘ , 1
 (Ware , 1978). SAS ,
 ,
 4) : (1994)가 가 t-test .
 . 2 5
 , 가 IV.
 .
 (1994) 1.
 Cronbach's alpha .69 , .78 .
 5) : Sechrist (1987) Stenhardt t-test < 1>,
 Dishman(1989) 가 , , , , , ,
 . 18 , 4 , , ,
 , 가 < 1>.
 .
 Cronbach's alpha .87 .

< 1>		(n= 18, 16)				
		t				
()	18.81 0.98 0.24 -1.651 0.108					
	19.55 1.54 0.36					
(cm)	158.56 4.57 1.14 -0.978 0.335					
	160.37 5.82 1.45					
(kg)	53.31 5.00 1.25 -1.986 0.056					
	57.81 7.55 1.88					
	3.06 0.57 0.14 0.692 0.493					
	2.94 0.41 0.09					
	3.00 1.22 0.30 -1.444 0.158					
	3.50 0.76 0.18					
	3.68 0.70 0.17 1.004 0.322					
	3.44 0.70 0.16					
	5.98 1.94 0.48 -0.720 0.478					
	6.38 1.12 0.26					
	2.94 0.44 0.11 -0.292 0.772					
	2.98 0.29 0.06					
	1.51 0.46 0.11 -0.414 0.681					
	1.57 0.45 0.10					
	0.25 0.24 0.06 -0.923 0.362					
	0.31 0.15 0.03					

2. 가

t-test	가
< 2>	
2-1. “	가 ”

< 2>		(n= 18, 16)				
		t				
	()	()				
	0.31(0.15)	0.25(0.17)	0.05(0.11)	0.02	-2.234	0.032
	0.25(0.24)	0.28(0.22)	-0.03(0.12)	0.03		
	3.44(0.70)	3.72(0.66)	-0.27(0.82)	0.19	0.871	0.390
	3.68(0.70)	3.75(0.77)	-0.06(0.57)	0.14		
	3.50(0.76)	3.47(0.69)	0.02(0.52)	0.12	0.346	0.731
	3.00(1.22)	2.90(1.05)	0.09(0.58)	0.14		
	2.98(0.29)	2.87(0.21)	0.10(0.23)	0.05	-1.154	0.257
	2.94(0.44)	2.93(0.41)	0.01(0.23)	0.05		
	6.38(1.12)	6.65(1.08)	-0.26(0.81)	0.19	3.305	0.002
	5.98(1.94)	5.09(1.84)	0.88(1.20)	0.30		

가 0.31 0.25 , 0.25

0.28 , 가

(t=-2.234, p=.032).

2-2. “ 가 3.44

” 가 3.72 ,

3.68 , 3.75 가

’ 가

(t=0.871, p=.390).

2-3. “ 가 3.50

” 가 3.47 ,

3.00 2.90 , 가

(t=0.346, p=.731).

2-4. “ 가 2.98

” 가 2.87 ,

2.94 2.93 , 가

(t=-1.154, p=.257).

2-5. “ 가 5.98

” 가 5.09 ,

6.38 6.65 ,

가
($t=3.305$, $p=.002$). , 가
V.
 ,
 , 가
 ,
 (, 1997). 1995), 가
 , 가
가 가
(1996a)
(1997),
(1994), (1994),
(1995) Hogan(, 1985)
 , 가
 , 가
가 가
(, 1997; , 1994; , 1996a),
(, 1994)
가
Choi 가
(1993) 가
(, 1994; , 1992; , 1992; (1996b)
Neuburger , 1997) (1994), (1995)
가 가가 (1996b)
가 가 가
(1998), (1993), 2.9 가 4
(1994), (1995) 가
가 (Wankel, 1993)
가
6 가
가
6 가
가

2.

1)

가 가

가

가

2)

6

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가

가

,

,

(1994)

가

가

3)

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가 가

가

(, 1999)

(1997).

가

가

,

,

가

VI.

, _____, 4(1), 87- 102

(1997).

, _____, 27(2),

1.

341-352

, , , , ,

(1998a).

,

, _____, 16(2), 370- 379

, , , (1998b).

21

20

,

3

4

,

18

,

16

1998

10

1998

12

,

SAS

t-test

가

가

,

,

16(1), 181- 190

(1994).

_____, 33(1), 149- 161

(1995).

, _____, 34(1), 50- 54

(1994).

(1994).

(1995).
 _____, 6(1), 55-73
 (1994).
 _____, 5(1), 81-96
 _____, (1996).
 _____, 26(2),
 359-371
 (1985). _____ 가

 (1993).
 _____, 23(1), 107-117
 (1997).
 _____, 9(1), 112-123
 (1997). _____
 _____, 9(2), 262-271
 (1998).
 _____, 9(1), 30-39
 (1996a). _____

 (1996b). _____,

 _____, 61(1), 473-486
 (1997).
 _____, 27(1), 156-168
 (1999). _____

 (1996).

 _____, 8(1), 41-54
 (1997). _____,

 (1995). _____ '95 movement
 symposium and workshop,
 _____, 5-10
 (1988). _____ 8 aerobic dance
 _____,
 _____, 18(2), 105-117
 (1995). (fatigue) _____
 _____, 2(2), 25-33

(1994). _____
 '94
 _____, Heber, L. (1995). _____
 _____ wellness _____ '95 movement
 symposium and workshop.
 _____, (1988). _____ 9

 _____, 3(1), 11-25
 _____, _____, (1989).
 _____ 8 aerobic dance _____,

 _____, 7(1), 75-85
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 jogging training on the body fat, cardiopulmonary
 function and blood cholesterol concentration in
 young women. _____, 7(1), 1-11
 _____, (1996). Effect of 4-week
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 change in young women. _____,
 10(1), 1-10
 Heber, L. (1995).
 _____ wellness _____, 25(3),
 538-548
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 _____ - _____ -

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-Abstract-

Key concept : Exercise, Fatigue, Perceived health state,
Exercise-related affect, Perceived benefits,
Self-efficacy, Female college students

The Effects of Exercise Program on Fatigue, Perceived Health State, Exercise-related Affect, Perceived benefits, and Self-Efficacy

- From the samples of female college students -

Choi, Eun Sook^{} · Lee, M Ri^{**}*

The purpose of this study was to examine the

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Technology, Kongju Moonwha College,

^{**} Part-time instructor, Kunyang University & Kongju
Moonwha College

effects of 6-wk low intensity exercise program on
fatigue, perceived health state, exercise-related
affect, perceived benefits, and exercise self-efficacy
for female college student's.

The subjects of the study consisted of thirty-four
female college students. The research subjects were
assigned to experimental and control group. The
experimental group participated in 13-17 and 30-60
minute sessions of exercise program over 6 weeks.

Data analysis was done by t-test with SAS program.

The results of this study are as follows.

- 1) The first hypothesis, "The fatigue of experimental
group will be lower than control group", was
supported.
- 2) The second hypothesis, "The perceived health
state of experimental group will be higher than
control group", was not supported.
- 3) The third hypothesis, "The exercise-related affect
of experimental group will be higher than control
group", was not supported.
- 4) The fourth hypothesis, "The benefits of exercise of
experimental group will be higher than control
group", was not supported.
- 5) The fifth hypothesis, "The self-efficacy for exercise
of experimental group will be higher than control
group", was supported.