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1.

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(Fardy , 1995),

가

가

가 가

가,

가,

가,

(, 1997),

가

가

가

(

, 1995;

, 1988;

Neuberger, 1994;

가

Pender, 1996),

(

, 1997;

, 1994;

, 1996;

, 1997;

(, 1988;

, 1989;

, 1998;

, 1997;

, 1996)

, 1988;

Heber, 1995),

(behavior-specific)

(, 1995)

*
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가 , (, 1995), 가 , (, 1999; Duffy, 1988; Neuberger , 1994; Pender, 1996),

3) : (Pender, 1996) , (1994)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 (, 1997) , (, 1998a, 1998b; , 1997; , 1988; , 1989; , , 1988; , , 1993; , 1996; Heber, 1995), 가

2)

가(, 1994) , 가 5 가

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

: symptom of stress) 5 가 (SOS (, 1996) 12 8

2.

(1996)

3, 4

Cohen (, 1991) 16

(subjective feeling) 21

20

, Heber (1995)

5

(SOS),

6

Choi (1993)

가 (mood)

session 13 session

3

4

18

16

17

가

2.

가

1)

6, 3 session, 30-60

(5-10) :

10가

(1998)

10가

(20-40) : K

가

10

III.

2

2

1.

(nonequivalent control group pretest-posttest design) 6

weight 1 2

가

6) : Becker (1993) Self-Rated Abilities for Health Practices Scale

- 1) leg press
- 2) leg extension
- 3) chest weight
- 4)
- 5) butterfly
- 6) twist
- 7)
- 8)
- 9) (가
- 10)

7 , 100

10 가 Cronbach's alpha .80

7) : Walker (1987) 48 HPLP (Health Promotion Lifestyle Profile)

1

5 Cronbach's alpha .62

2) :

3.

(1970)

30

1

0

98

10

K

Cronbach's alpha .88

5

3) 가

5

3

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가

3

가

“

17

session

가

”

18

session

2

가

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5

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4

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3

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2

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1

4.

(Ware , 1978).

SAS

4) :

(1994)가

2

5

가

가

t-test

가

가

가

가

가

가

가

가

가

가

가

가

가

가

가

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가

IV.

(1994) Cronbach's alpha .69 , .78

1.

5) :

Sechrist (1987)

Stenhardt

t-test

< 1>

가

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Dishman(1989)

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18

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가

Cronbach's alpha .87

< 1>.

< 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			

가 0.25 , 0.31 0.25
 0.28 , 가
 (t=- 2.234, p=.032).
 2- 2. “ 가 3.44
 ” 가 3.72 , 가
 3.68 , 3.75 가
 , 가
 (t=0.871, p=.390).
 2- 3. “ 가 3.50
 ” 가 3.47 , 가
 3.00 2.90 , 가
 (t=0.346, p=.731).
 2- 4. “ 가 2.98
 ” 가 2.87 , 가
 2.94 2.93 , 가
 (t=- 1.154, p=.257).

2. 가

가 t-test
 < 2>.
 2- 1. “ 가 ” 5.98
 6.38 6.65 ,

< 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		

2.

1)

가 가

가

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2)

6

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(1994)

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3)

가 가

가

(, 1999)

(1997).

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가

, 4(1), 87- 102

VI.

(1997).

, 27(2),

1.

341-352

(1998a).

K

, 16(2), 370-379

(1998b).

21

20

3

4

16(1), 181- 190

(1994).

18

16

1998 10

1998 12

SAS

t-test

가

, 33(1), 149- 161

(1995).

가

, 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
 _____, _____ (1993). Effect of 12-week
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 function and blood cholesterol concentration in
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 change in young women. _____,
 10(1), 1-10
 Heber, L. (1995). _____
 _____ wellness _____, 25(3),
 538-548
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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 -

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The purpose of this study was to examine the

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^{**} Part-time instructor, Konyang 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.