

: , , Q

*

1.

& Lee, 2000; Robinson & Fullen, 1985; Schless, Teichamn, Mendels, Weinstein, Weller, 1977).

가

(Chi, 1983; Choi, 1982; Dohrenwend, 1973; Han, 2000; Kim & Park, 1992; Park & Lee, 1999),

, 가
가 ,

가

(Kim,

1984; Lee, 1992).

가

가

가

가

(Gelloway, 1975; Jung,

2000; Kim & Park, 1992; Lee & Choi, 1999; Park, 1991).

가

가

(Holmes & Masuda, 1972;

Lee, 1984; Oh & Han, 1990; Park, 1986; Park

Q

*

2002 4 16

2002 4 16

2002 6 7

가 1 38 Q
Q
2 Q
P
P
N
1) 28
2) P
3 3 Q 6
3) x 10cm 38 Q 9
1. 30 Q
1 가
4
Q 가 가 1
5 , 가 9
Quanl PC
2. Q
가
1.0
(3, 4, 5, 6)
1 가?
가? 12
1.
158 Q
55.9 %
27.9%, 2 11%, 3 9.4%
4 7.6 %
158 Q
<Table 1, 2>.
13 1 12 , 2 5 , 3
3 7 , 4 4 28

, 가 (factor weight)가 가

<Table 1> Eigen value & total variance of types

type	type 1	type2	type3	type4
eigenvalues	7.8077	3.0780	2.6329	2.1288
percentages of total variance	.2788	.1099	.0940	.0760
cumulative	.2788	.3888	.4828	.5588

<Table 2> Correlation between Types

type	1	2	3	4
1	1.000			
2	.238	1.000		
3	.234	.198	1.000	
4	.244	.154	.383	1.000

2.

38
(> + 1)
(< - 1)

가
(가 1.00
)

1) 1 : (conflict in relationship with husband's family members)

1 28 12

1 가 가
1
“ , 가 (,) , ,

<Table 3>.

1 ,
,
,
가
1 가 가
Q-sorting
1 48
“
”가 20
,
“ ”
가

<Table 3> Z-Score of each item describing type 1 : Conflict in relationship with husband's family members

item no.	statement	z-score
7.	Lack of financial support for children's education	1.91
25.	The changes of appearance and physical symptom due to age	1.78
37.	Unexplained depression	1.37
5.	Family conflicts among in-laws	1.27
10.	Conflict with mother-in-law	1.18
22.	Poor health or injury in the family	1.10
1.	The burden of being a daughter-in-law	1.04
27.	Lack of trips and vacation	1.00
34.	Death of parents, spouse, or children	-1.18
36.	Spouse goes astray and stays away from home without notice	-1.53
3.	Runaway and deviated children	-1.73
6.	Divorce	-2.06
4.	Domestic violence and verbal abuse	-2.16

27 47
 21 가 “ .
 ” .
 2) 2 : (lack of marital intimacy)
 가
 2
 “ ” 가 , 가 , 가
 가
 2 <Table 4>.
 “ ” 2
 가 , ,
 가
 가
 Q-sorting
 15 “ ”
 1 가 가
 가
 가
 1
 23 44 , (,)
 가
 1

<Table 4> Z-Score of each item describing type 2 : Lack of marital intimacy

item no.	statement	z-score
22.	Poor health or injury in the family	1.65
13.	Usage of alcohol and drug in the family	1.61
12.	Unique difference in spouse's characteristics	1.58
25.	The changes of appearance and physical symptom due to age	1.48
1.	The burden of being a daughter-in-law	1.25
6.	Divorce	1.10
2.	Absence of decision making and financial control in the family	1.01
31.	Frequent household moving	-1.00
32.	Discord with co-worker or supervisor	-1.30
9.	Temporary separation due to business trip and joining the military	-1.31
15.	The generation separation between parents and children	-1.43
18.	Problems with getting a baby sitter and raising children	-1.46
23.	Discontinuation or changing of religious life style	-1.56
28.	Uncomfortable relationship with neighbors	-1.61
16.	Stress due to religious opinion with in-laws	-1.95

가 . 가 가 가 <Table 5>. 3
 , 가 , 3
 20 가 가
 , 가
 가 Q-sorting
 가 13 3 47
 “ ”
 2 가 가
 가
 2
 22 46 “ 가 ”
 2 , ,
 가
 3) 3 : (low self-esteem)
 3
 “ 가 , , , 26 58
 , , “ ”
 , “ ”
 가

<Table 5> Z-Score of each item describing type 3 : Low self-esteem

item no.	statement	z- score
22.	Poor health or injury in the family	1.77
19.	Important examination-Entrance College Exam. etc.	1.64
37.	Unexplained depression	1.59
38.	Isolation from society and inability	1.43
25.	The changes of appearance and physical symptom due to age	1.17
36.	Spouse goes astray and stays away from home without notice	1.17
9.	Temporary separation due to business trip and joining the military	1.09
12.	Unique difference in spouse's characteristics	1.05
32.	Discord with co-worker or supervisor	- 1.03
35.	Start new business or further business expansion	- 1.18
30.	Adultery of spouse	- 1.34
18.	Problems with getting a baby sitter and raising children	- 1.36
6.	Divorce	- 1.38
23.	Discontinuation or changing of religious life style	- 1.59
1.	The burden of being a daughter-in-law	- 1.67
10.	Conflict with mother-in-law	- 1.97

가 . 가 가 .
 , 3 21 48
 , “ , ,
 , (),
 3 가 ,
 , 10
 4) 4 : (changing life cycle itself) 4
 4 “ ,
 가 , 가 ,
 , , “ 4
 , , ,

<Table 6>.

4
 (, ,)
 Q-sorting
 28 47 , , , ,
 4가 ,
 , 가
 1 ()

<Table 6> Z-Score of each item describing type 4 : Changing life cycle itself

item no.	statement	z-score
20.	Marriage of children	1.73
22.	Poor health or injury in the family	1.70
9.	Temporary separation due to business trip and joining the military	1.69
25.	The changes of appearance and physical symptom due to age	1.49
24.	Lack of professionalism and social pride	1.39
34.	Death of parents, spouse, or children	1.37
19.	Important examination-Entrance College Exam. Credential Exam. etc.	1.18
11.	Not allowable relationship and marriage of children	-1.01
38.	Isolation from society and inability	-1.12
36.	Spouse goes astray and stays away from home without notice	-1.14
14.	Spouse's business failure and long term lay off	-1.44
18.	Problems with getting a baby sitter and raising children	-1.58
16.	Stress due to religious opinion with in-laws	-1.71
28.	Uncomfortable relationship with neighbors	-1.74

가
가 1
2
가 3 ()
(Lee, 1992),
3
가 가 가 가
(Kim & Park, 1992), 가 가 가
가 (Suk, 1997),
(Han, 2000),
(Suk, 1997).
1 가 , 가 ,
가 (Park, 1991; Suk,
2 () 1997).
가 가
2 가 , 가 , , ,
가
가 3
(Kim, 2001; Kim & Park,
1992; Suk, 1997). 가 가
(Kim & Park, 1992)
(Han,
2000; Kim & Park, 1992), 3 가

1.

(Chi, 1983)

4 () 1)

, 4가 (,)

, , ,

4 2)

가

가 , 1

, 가 ,

가 가 2

(Galloway, 1975; Schless et al., 1977), 가

가 3

가

가 4

가 4

가

4 3) 가

“

”

(Park, 1991; Park & Lee 2000; Suk, 1997)

가 가

가

가

4가 Neuman(1980)

(intrapersonal), (extrapersonal),

(interpersonal)

, , ,

.

가

- 12(2), 91-104.
- Dohrenwend, B. S. (1973). Life Events as stressor: A Methodological Inquiry. *Journal of Health and Social Behavior*, 1(14), 167-175.
- Galloway, K. (1975). The Middle years: The change of life. *American Journal of Nursing*, 75(6), 1006-1011.
- Han, K. S. (2000). A Study of Stress Reaction, Symptoms of Stress, Health Promoting Behavior and Quality of Life in Korean Immigrant Middle Aged Women. *The Journal of Korean Academy of Nursing*, 30(3), 606-618.
- Holmes, T. H., & Masuda, M. (1972). *Stressful Life Events : Their Nature and Effects*. New York : John Wiley & Sons.
- Jung E. S. (2000). A Comparative Study of Depression and Stress Related Life Events among Women in the Menopausal Stage, *The Journal of Korean Academy of Nursing*, 30(4), 956-966.
- Kim, H. J. (2001). Comparison of the Level of Marital Intimacy according to the Level of Stress among Middle-aged Women. *The Journal of Korean Society of Maternal and Child Health*, 5(1), 123-136.
- Kim, Y. H. & Park, H. S. (1992). Stressful Life Events and Somatic Symptoms of Urban Women. *The Journal of Korean Academy of Nursing*, 22(4), 569-588.
- Kim, O. S. (1984). Nursing Intervention in Relation to Development Level of Middle Age, *The Korean Nurse*, 23(2), 24-28.
- Lee, K. E., & Choi, E. S. (1999). The Depression in Middle-aged Women in Kangwondo. *The Journal of Korean Women's Health Nursing Academic Society*, 5(3), 299-312.
- Lee, P. S. (1984). *A Methodological Research on the Measurement of Stress related to life events*, Doctoral Dissertation, Department of Nursing, The Graduate School Yonsei University.
- Lee, W. H. (1992). A Study of the Conflict & Coping Patterns that Middle-Age Women

References

- Chi, S. A. (1983). *An Analysis of the relationship between Middle-aged Women's attitudes toward Middle Adulthood Developmental Changes and Their Self-reported Climacteric Symptoms*, Department of Nursing, M.A. Thesis, The Graduate School Yonsei Univesity.
- Choi, Y. H. (1982). A Comparative Study on Stressful Life Events and Coping Methods of Medical Inpatients and Community People, *The Journal of Korean Academy of Nursing*,

- have experience in Korea, *The Journal of Korean Adult Nurses Academic Society*, 4(2). 136-146
- Neuman, B. (1980). *The Betty Neuman Health Care System Model cited in Riehl, J. P. & Roy, C., Conceptual Models for Nursing Practice*, 2nd ed., Appleton-Centruy- Crafts.
- Oh, K. S., & Han, J. S. (1990). Stressful Life Events, Health Symptoms, Social Support and Coping in Early Adolescents, *The Journal of Korean Academy of Nursing*, 20(3). 414-429.
- Park, B. H., & Lee, Y. S. (2000). The Relationship between the Stress and Climacteric Symptoms of Middle aged Women. *The Journal of Korean Women's Health Nursing Academic Society*, 6(3), 383-397.
- Park, H. S. (1991). *A Study of the Relationship between Stressful Life Events and Mental Health in Middle-Aged Women*, Department of Nursing Education, The Graduate School of Education Yonsei Univesity.
- Park, M. K., & Lee, Y. S. (1999). The Relationship among Stressful Life Events, Maternal-Fetla Attachment Behaviors and Childbirth Variables during Pregnancy, *The Journal of Korean Society of Maternal and Child Health*, 3(1), 47-62.
- Park, S. O. (1986). A Comparative Study on Stressful Life Events and Coping Methods of Peptic ulcer patients and Non-Peptic ulcer peoples, *The Korean Nurses*, 25(1), 85-101.
- Robinson, N., & Fullen, J. H. (1985). Role of life event and difficulties in the onset of diabetes mellitus. *Journal of Psychosomatic Research*, 29(6), 583-591.
- Schless, A. P., Teichman, A., Mendels, J., Weinstein, N. W. & Weller, K. (1977). Life events and illness : A three year prospective study. *British Journal Psychiatry*, 131, 26-34.
- Suk, J. H. (1997). *Relations of Stressful Life Events, Self-Concept and Depression in*

Middle aged Women, Department of Home Management, Graduate School of Yeungnam University.

- Abstract -

Subjectivity on Stressful Life Events of Middle-aged Women - A Q Methodology Approach -

Shin, Hye-Sook *

Purpose: This study measures the subjectivity on stressful life events of middle-aged women.

Method: Q-Methodological method was used for that purpose. As for the research method, Q-statements were collected preliminary to the study of through in-depth interviews and a literature review. For the study 38 Q-statements were selected. There were 28 middle aged women as subjects for the research. Q-Factor Analysis by using PC Quanl Program to supply the material.

Result: Through the result of this study, the stressful life events of middle-aged women could be identified by 4 types. The type I is called the conflict in relationship with husband's family members. The type II is called lack of marital intimacy. The type III is called low self-esteem. The type IV is called changing life cycle itself.

Conclusion: Therefore, identifying the subjectivity on the stressful life events of middle-aged women would be a basic step for the understanding of middle aged women.

Key words : Stressful Life Event, Middle-aged Women. Q-methodology

* College of Nursing Science, KyungHee University