

: ,

\*

1. Shim, 1997; Lee, 2001), (Burckhardt, 1985; Song & Park, 1999), (Amir, Roziner, Knoll, & Neufeld, 1999; Ahn, 2001)

가 - 가

McDaniel  
Oh (1994)  
가  
Oh (2000)

1988). 1980 가 , 가  
(Ro, (1987)

가 (Hinton-Walker, 1993), 1990 ,  
(Kang, 2000; Nesbitt & Heidrich, 2000).

가 (Pakenham, 1999; Sung, 가 (Ha, 1986),  
2000) 가 (Song & Park, 1999), 가 (Kim &  
(Rickelman, Gallman, & Parra, 1994; Lee, 2001).

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\* 2002 2 4 2002 5 18 2002 8 1

40  
3

Pender(1987)가  
Suh(1995)가

(Korea National  
Statistical Office, 2000).

3)

(Choi,

1972), Ware(1978)가

가

4)

가

(Gillis & Perry, 1991; Lee, 1996).

(Bandura, 1982),

가 Sherer (1982)

, 가 가

(Cho,

Chung & Yu, 1993).

5)

가

가

가

(Samuel, 1977),

Rosenberg(1965)

Jun(1974)

2.

1)

6)

2)

(Norbeck,

3)

Linsey & Carrier, 1981),

Cohen

( , , ,

Hoberman(1983)

)

4)

4.

3.

2

1

1)

, , , (Ro, 1988),

Ro(1988)가

2)

1.

(Pender, 1987),

Walker, Sechrist

47 ' 1 ' 가  
' 4 4 ,

2.

Cronbach's = .92

2 1  
. 1) 35

55 , 2) , 3)  
가 , 4)

3) Ware(1978)가

7

3.

4 ' 1 ' 가  
5 5 가

Suh(1995)

Cronbach's = .86, Cronbach's  
= .64 , .84 .61

가

Cronbach's = .88

6 30

230

(Polit & Hungler, 1987). 218

55

4) Sherer (1982)

1 9  
208 .

' 1 ' ' 5 5  
17 가

3.

Cronbach's = .86  
Cronbach's = .89

1)

Ro(1988)

5) Rosenberg(1965) Jun  
(1974) 10

가 6 47

' 1 ' ' 5 5  
가 가

4 가

= .94

.96

Cronbach's

Cronbach's = .85

Cronbach's = .82

2)

Helath Promoting Lifestyle Profile (Walker,  
Sechrist, & Pender, 1987) Suh(1995)가

6) Cohen Hoberman(1983) 18

' 1 ' ' 4

4 가

가  
Cronbach's = .90  
Cronbach's = .94

<Table 2>

4. 가 50% 가

59.1% 가  
SPSS program 20.2%  
65.4%가 2 1-2

1) 가 200

2) 300 40.9% 가  
t-test ANOVA 가 11.5%가

3) Pearson Product Moment

Correlation (F = 8.77, p = 0.000), (t = 2.43, p = 0.016), (F = 8.63, p = 0.000),

4) Stepwise Multiple Regression (F = 3.68, p = 0.013) (F = 3.72, p = 0.012)가 가

1. 162.19 137.09 1 가

가 164.36  
235 160.67  
5 3.42 156.99

가 가 가 170.74

5 3.67 가 가  
3.57, 3.50, 3.31, 162.20  
3.31 가 157.84

3.30 (<Table 1>).

2. 1 2  
가

162 3 가

<Table 1> The mean score of quality of life in subjects (N = 208)

Variables	Mean (*)	S.D. (*)	Minimum	Maximum
Quality of Life	160.67(3.42)	22.13(0.47)	86.00	235.00
Emotional state	29.81(3.31)	5.66(0.63)	13.00	45.00
Economic life	36.28(3.30)	5.81(0.53)	11.00	55.00
Self-esteem	29.39(3.67)	4.41(0.55)	16.00	40.00
Physical state and function	29.79(3.31)	4.76(0.53)	13.00	45.00
Relationship with neighbors	13.98(3.50)	2.05(0.51)	8.00	20.00
Family relationship	21.43(3.57)	4.30(0.72)	6.00	30.00

(\*): mean score/items

가 , 가 3 가 가  
 151.33 가 153.86 가  
 140.70  
 가 3.  
 가  
 , 400 <Table 3>  
 가 170.48 가 , 200 ( , ,

<Table 2> The difference of quality of life according to the general characteristics in subjects (N = 208)

Characteristics	Division	Frequency(%)	Mean(S.D.)	F value, t value	p value
Age	35-40	84(40.4)	161.42(21.38)	1.09	0.355
	41-45	67(32.2)	157.06(23.64)		
	46-50	33(15.9)	162.64(19.38)		
	51-55	24(11.5)	165.46(23.70)		
Marital Status	not married	11( 5.3)	137.09(19.17)	8.77	0.000***
	married	196(94.2)	162.19(21.45)		
	divorce	1( 0.5)	123.00( . )		
Religion	yes	104(50.0)	164.36(21.68)	2.43	0.016*
	none	104(50.0)	156.99(22.06)		
Educational level	middle school	3( 1.4)	115.67(23.18)	8.63	0.000***
	high school	40(19.2)	162.20(22.25)		
	college	123(59.1)	157.84(20.44)		
	grauate school	42(20.2)	170.74(21.31)		
No. of Children	none	10( 4.8)	140.70(26.02)	3.68	0.013*
	1	53(25.5)	162.28(21.94)		
	2	136(65.4)	162.13(21.28)		
	3	9( 4.3)	151.33(22.03)		
Monthly House Income (ten thousand won)	> 200	59(28.4)	153.86(22.13)	3.72	0.012*
	200-300	85(40.9)	161.60(20.34)		
	300-400	41(19.7)	163.05(24.62)		
	400	23(11.1)	170.48(19.90)		
Disease	none	184(88.5)	162.29(28.79)	1.60	0.208
	yes	24(11.5)	160.46(21.20)		

\* p<.05, \*\*\* p<.001

<Table 3> The correlations between the score of quality of life and the scores of health promoting behaviors, health perception, social support, self-esteem, and self-efficacy (N = 208)

	health promoting behaviors	health perception	social support	self-esteem	self-efficacy
quality of life	.606 (p = .000)	.579 (p = .000)	.534 (p = .000)	.623 (p = .000)	.515 (p = .000)
health promoting behaviors		.339 (p = .000)	.487 (p = .000)	.511 (p = .000)	.409 (p = .000)
health perception			.341 (p = .000)	.348 (p = .000)	.366 (p = .000)
social support				.509 (p = .000)	.492 (p = .000)
self-esteem					.635 (p = .000)

가 ) p = .001 (M = 2.76)  
 가 Kim Lee(2001)  
 가 Ro(1988)  
 r = .606  
 r = .579, r = .534,  
 r = .515 가 가  
 4.  
 3.0 (Kim &  
 <Table 4> Lee, 2001; Sung, 2000)  
 가  
 Ro(1988)  
 가  
 가  
 39%  
 Ro(1988)  
 가  
 65%  
 가  
 (Cho, Chung, & Yu, 1993).  
 가  
 5 (Cameron, Titus, Kostin, &  
 3.42 Ro(1988)가 Kostin, 1973; Campbell, Converse, & Rodgers,  
 1976; Jo & Sung, 2000; Joung & Seo, 1997;  
 (M = 3.29) , Kang Ro, 1988; Shim, 1997).  
 (2000) 가

<Table 4> Stepwise Multiple Regression Analysis on influencing factors of quality of life (N = 208)

Independent Variables	R2	F	p	
Intercept -1.987				
self-esteem	0.289	0.393	130.741	0.000
health perception	0.328	0.545	119.293	0.000
health promoting behaviors	0.273	0.615	105.012	0.000
marriage	0.166	0.645	88.716	0.000
social support	0.120	0.654	73.561	0.022

가 , Jo Sung(2000) 가 , 가 .

가 가 .

가 가 .

Cameron (1973) 가 가

가 . (Chu, Ferng & Shieh, 1992; Oh, 2000; Rebollo et al., 1998; Song & Park, 1999).

(Lee, 1996).

가 가 .

가 가 .

(Campbell, Converse & Rodgers, 1976; Ro, 1993). 가 가 .

1988). 가 가 .

(Calman, 1984).

가 가 .

(Joung & Seo, 1997; Shim, 1997). Joung Seo(1997) 가

Ro(1988) 가 가 , , .

가 .

(Ahn, 2001; Amir & et. al., 1999; Burckhardt, 1985; Lee, 2001; Pakenham, 1999; Rickelman, Gallman, & Parra, 1994; Ro, 1988; Shim, 1997; Sung, 2000; Song & Park, 1999).

2 1

35 55 208

가

4)

1) 5 3.42  
3.67 가  
가 3.57,  
3.50, 3.31, 3.31,  
3.30

2) (F=8.77, p=0.000), (t=2.43, p=0.016), (F=8.63, p=0.000), (F=3.68, p=0.013) (F=3.72, p=0.012)가 가

3) (r=.606, p=.000), (r=.579, p=.000), (r=.534, p=.000), (r=.623, p=.000), (r=.515, p=.000)

4) 가  
39%  
가  
65%

1) 가 가

가

2) 가  
가

3) 가 가

가  
가

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- Abstract -

## A Study of Quality of Life in Middle-aged Men

Lee, Young-Whee \*

**Purpose:** This study was undertaken to examine the degree of quality of life and to analyze the factors affecting those quality of life in middle-aged men.

**Method:** The subjects of this study were 208 men aged by 35-55 from 3 business enterprises located in Seoul and Incheon. Data collection was conducted through the use of 5 questionnaire.

**Result:** There were significant differences in the quality of life according to marital status, religion, educational level, number of children and total house income. A positive correlation was found between quality of life and all independent variables i.e., health promoting behaviors, health perception, social support, self-esteem and self-efficacy. Stepwise Multiple Regression Analysis revealed that the most powerful predictor was self-esteem. Self-esteem, health perception, health promoting behaviors, marriage, and social support accounted for 65% of the variance in quality of

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life in middle-aged men.

Conclusion : All independent variables i.e., health promoting behaviors, health perception, social support, self-esteem and self-efficacy were related with quality of life in middle-aged

men. Therefore it is necessary to develop the nursing intervention with these variables to increase the quality of life for middle-aged men.

Key words : Quality of life, Middle-aged men