

: ,

*

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

1. 가 - 가

McDaniel
(Ro, (1987) Oh (1994)
1988). 1980 가 Oh (2000)
가 , 가
, , , 가
가
(Hinton-Walker, 1993), 1990 ,
가 (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).

*

2002 2 4

2002 5 18

2002 8 1

40
3
(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
(Samuel, 1977), Rosenberg(1965)
Jun(1974)
2.
1)
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 ' ' 4 4 , 가
2. , , , , 6 Cronbach's = .92
- 2 1 , .92
- . 1) 35
- 55 , 2) , 3)
- 가 , 4) Ware(1978)가
- 7
- 4
3. ' 1 ' ' 5 5 가
- 가
- Suh(1995)
- Cronbach's = .86, Cronbach's = .64 , .84 .61
- 6 30 Cronbach's = .88
- 230
- (Polit & Hungler, 1987). 218
- 55
- 1 9
- 208
- 4) Sherer (1982)
- ' 1 ' ' 5 5
- 17 가
3. Cronbach's = .86
- Cronbach's = .89
- 1) Ro(1988)
- 5) Rosenberg(1965) Jun
- (1974) 10
- ' 1 ' ' 4
- ' 1 ' ' 5 5
- 가 가 가
- Cronbach's Cronbach's = .85
- = .94 .96 Cronbach's = .82
- 2) Helath Promoting Lifestyle Profile (Walker, Sechrist, & Pender, 1987) Suh(1995)가
- 6) Cohen Hoberman(1983)
- ' 1 ' ' 4 18

4 가

가

Cronbach's = .90

Cronbach's = .94

<Table 2>

35

40

가

40.4% 가

가 50%

4.

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,

4)

p = 0.016),

(F = 8.63, p = 0.000),

Stepwise Multiple Regression

(F = 3.68, p = 0.013)

(F = 3.72, p =

0.012)가

가

가

162.19

1.

137.09

1

가 164.36

235

160.67

5

3.42

156.99

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>).

1

2

2.

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
 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)

), $p = .001$ (M = 2.76)
가 Kim Lee(2001)
가 Ro(1988)
 $r = .623$
 $r = .606$
 $r = .579, r = .534,$
 $r = .515$ 가 가
4.
3.0 (Kim &
<Table 4> Lee, 2001; Sung, 2000)
가
Ro(1988)
39%
Ro(1988)
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 , 가 .

가 .

Cameron (1973) 가 가

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

가 . (Lee, 1996).

가 .

가 가 .

가 가 (Cho,

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

가 가 ,

가 (Calman, 1984).

가 가 .

가 가 .

가 가 .

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

Ro(1988) 가 가 , , ,

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 가
3) -
가
가
가

References

- Ahn, J. H. (2001). The effects of the self-efficacy promotion and exercise training program on anxiety, depression and quality of life of kidney transplant recipients. *J Korean Acad Adult Nurs*, 13(2), 223-232.
- Amir, M., Roziner, I., Knoll, A., & Neufeld, M. Y. (1999). Self-efficacy and social support as mediators in the relation between disease severity and quality of life in patients with epilepsy. *Epilepsia*, 38(10), 1069-1073.
- Bandura, A. A. (1982). Self-efficacy mechanism in human agency. *American Psychologist*, 37, 122-147.
- Burckhardt, C. S. (1985). The impact of arthritis on quality of life. *NR*, 34(1), 11-16.
- Calmen, K. C. (1984). Quality of life in cancer patients-an hypothesis. *J Med Ethics*, 10, 124-127.
- Cameron, P., Titus, D. G., Kostin, J., & Kostin, M. (1973). The life satisfaction of nonnormal persons. *J of Consulting and Clinical Psychology*, 41, 207-214.
- Campbell, A., Converse, P. E. & Rodgers, W. L. (1976). *The quality of American life*. New York: Russel Sage Foundation.
- Cho, B. H., Chung, O. B., & Yu, K. H. (1993). *Human development*. Seoul: Kyomoonsa.
- Cohen, S., & Hoberman, H. (1983). Positive events and social supports as buffers of life change stress. *J. of Applied Social Psychology*, 13, 99-125.
- Choi, J. H. (1972). *Cognitive psychology*.

- Seoul: Eulyu Munwha.
- Chu, N. F., Ferng, S. H., & Shieh, S. O. (1992). Quality of life assessment in end-stage renal disease patients with maintenance hemodialysis therapy. *Chung Hua I Hsueh Tsa Chih*, 50(2), 103-107.
- Gillis, A. J., & Perry, A. (1991). The relationships between physical activity and health promoting behaviors in mid-life women. *J Advan Nurs*, 16, 299-310.
- Ha, J. K. (1986). *A study of the quality of life and its implications for public policy development: The case of Metropolitan Seoul*. Unpublished Doctoral Dissertation, Hanyang University, Seoul.
- Hinton-Walker, P. (1993). Care of the chronically ill: Paradigm shifts and directions for the future. *Holistic Nurse Practitioner*, 8(1), 56-66.
- Jo, K. H., & Sung, K. W. (2000). The effect of anticipated variables on hemodialysis patient's quality of life. *J. of Korean Academic Society*, 30(2), 413-424.
- Joung, H. J., & Seo, B. S. (1997). A correlation study of personal factors and generation factor associated with psychological welfare of the elderly women. *J. of Korea Home Management*, 15(4), 149-163.
- Jun, B. J. (1974). Self-esteem: A test of its measurability. *YonseiNonchong*, 11, 107-129.
- Kang, N. Y. (2000). *The effect of a program promoting efficacy expectation on self-efficacy, health promoting behavior and quality of life for rural middle aged women*. Master thesis: Yonsei University, Seoul.
- Kim, K. B., & Lee, K. H. (2001). The correlation among health status, burden and quality of life of the adult stroke patient's family and the elderly stroke patient's family. *J Korean Acad Adult Nurs*, 13(2), 262-276.
- Korea National Statistical Office (2000). *Annually Statistics of Korea*. 47, Seoul: Korea National Statistical Office.
- Lee, M. S. (2001). The study on health behavior and influence factor among middle-aged women. *J Korean Acad Adult Nurs*, 12(4), 584-594.
- Lee, S. O. (1996). Health promotion in mid-life. In Seoul National University (Eds.), *Health promotion and changes in health care delivery system* (69-76). Seoul: Hamhwa Press.
- Lee, T. W. (1989). *Determinants of health promoting behavior - centered on well adults living in Seoul-*. Master Thesis: Yonsei University, Seoul.
- McDaniel, R. (1987). *Relationship of participation in health promotion behaviors to quality of life in older adults*. Unpublished Doctoral Dissertation. The University of Texas, Austin .
- Nesbitt, B. J., & Heidrich, S. M. (2000). Sense of coherence and illness appraisal in older women's quality of life. *Research in Nursing & Health*, 23, 25-34.
- Norbeck, J. S., Linsey, A. M. & Carrier, L. L. (1981). The development of an instrument to measure social support. *NR*, 30(5), 264-269.
- Oh, B. J. (1994) *A model for health promoting behaviors and quality of life in people with stomach cancer*. Unpublished Doctoral Dissertation, Seoul National University, Seoul.
- Oh, H. J. (2000). Investigation on factors influencing the quality of life of arthritis patients. *J Korean Acad Adult Nurs*, 12(3), 431-451.
- Pakenham, K. I. (1999). Adjustment to multiple sclerosis: application of a stress and coping model. *Health Psychology*, 18(4), 383-392.
- Pender, N. J. (1987). *Health promotion in nursing practice*(2nd ed.). Norwalk: Appleton & Lange.

- Polit, D. F., & Hungler, B. P. (1987). *Nursing Research: principles and methods*(3rd ed.), Philadelphia: Lippincott Co.
- Rickelman, B. L., Gallman, L., & Parra, H. (1994). Attachment and quality of life in older, community-residing men. *Nursing Research*, 43(2), 68-72.
- Ro, Y. J. (1988). *A analytical study of the quality of life of the middle-aged in Seoul*. Unpublished Doctoral Dissertation, Yonsei University, Seoul.
- Robollo, P., Ortega, F., Baltar, J. M., Diaz-Corte, C., Navascues, R. A., Naves, M., Urena, A., Badia, X., Alvarez-Ude, F., & Alvarez-Grande, J. (1998). Health-related quality of life in end stage renal disease patients over 65 years. *Geriatric Nephrology & Urology*, 8(2), 85-94.
- Rosenberg, M. (1965). *Society and the adolescent self image*. Princeton University Press, 1343-1349.
- Samuel, S. C. (1977). *Enhancing self-concept in early childhood*. NY: Human Science Press.
- Sherer, M., Maddux, J. E., Mercandante, B., Prentice-Dunn, S., Jacobs, B., & Rogers, R. W. (1982). The self-efficacy scale: Construction and validation. *Psychological Reports*, 51, 663-671.
- Shim, M. K. (1997). A study on self-esteem, coping type and the quality of life in mothers of handicapped children. *J Korean Acad Nurs*, 27(3), 673-682.
- Song, K. S., & Park, Y. S. (1999). A study on quality of life and related factors of ostomates. *J Korean Acad Nurs*, 29(4), 817-828.
- Suh, Y. O. (1995). *Structural model of health promoting life style in midlife women*. Unpublished Doctoral Dissertation, Kyunghee University, Seoul.
- Sung, M. H. (2000). A study burden, social support and quality of life in mothers of a

child with nephrotic syndrome. *J Korean Acad Nurs*, 30(3), 670-681.

- Walker, S. N. Sechrist, K. R., & Pender, N. J. (1987). The health promoting lifestyle profile: Development and psychiatric characteristics. *NR*, 36(2), 76-81.

- Ware, J. E. (1978). *Health perceptions questionnaire. Instruments for measuring nursing practice and other health care variables*. Hyattsville: Dhew Publication, 158-161.

- 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

* Department of Nursing, Inha University

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