

: , , 가

가

*

** . *** . ****

1. . Kim Chaung(1997)
가

90%

가 가

가 . (Lee, 1998).
, β -blocker,
가
(Lip & Beevers, 1997).

2020 13.2% (National
Statistic Service, 1997).

가
(Cho,1994).
Gallup Korea(1984)
가
60 86%가
가
가
(Park, 1994),
가
(Yoo, 1992).

* 2001
** 가
*** 가

2002 2 4 2002 5 18 2002 7 1

(Asana)

(Kim, 1993; Lee Choi, 1998; Lee, 1999; Kim, 1999; Kim, 2000).

3)

가(Yoga)

Kim (2001)

(Kim, 1987).

(1982)

가

1.

가

50%

가

2.

(Kim, 1994).

가

가

가

160/95mmHg

1,621

가

1) 가가

2) 가가

가

(Bae; 1999).

3) 가가

가

가

3.

(Park, 2000).

가

1)

10

1

2

140- 159mmHg,

90-99mmHg

(JNC, 1997).

, β -blocker,

2) 가

가

가(Hatha

Yoga)

가

, 가 (2001) 가 (exercise cum meditation)
가 (Lip & Beevers, 75%가 가 가가
1997).

. Lee (1998) (氣) 가 1959 , ,
Kim(1993) 가 가

. Kim(2000) 가 .
가 . Patel Surrey(1975) 34
가

(Kamei, Toriumi, Kimura, Ohno, Kumano & Kimura, 2000; Kim, 2001).
가 가 가
(Blackwell, Hanenson, & Bloom, 1976).
Schmidt, Wijga, Von, Muhlen, Brabant & Wagner(1997) 3 가
BMI,

가 , , 가
2. 가 , Arya(2000) 60
가

가 - 가 가 가 가 가
(Rig Veda) 가 가 가
(hatha) 가, (raja) 가, (jnana)
가, (mantra) 가, (karam) 가,
(bhakti) 가 가 가

(Kim, 1993). 가 .

가 .

가 가 , 1.
(asana), (pranayama),
(prathyahara), ,
(Feuerstein, 1975).

가 가 (One group pretest-posttest
, 가 Time design) .

2.

1 (MODELHEM-400C)
 65 가
 가 2 2 10 가 1
 2

28
 1) (140-159mmHg, 4.
 90-99mmHg) (JNC, 1993).

2) SPSSWIN

가
 3) 8 , paired t-test

28 4
 24
 1.

3.

71.5±4.71
 가 75%, 가 25%
 2001 8 6 9 29 1 가 50%, 가 41.7%, 8.3%
 3 8 가 , 가 66.7%,
 가 33.3%
 (5) (15)- (40)-
 가 41.7%
 가 58.3% 가
 가 41.7%, 가
 가 16.7% 가
 가 50.0%, 41.7%,
 가 8 8.3% 가
 가 50.0%, 가
 , 50.0%
 2. 가

9-10 5cc P 가
 150.58±6.59mmHg 8 가

<Table 1> Comparison of blood pressure between yoga program pre-training and post-training (N = 24)

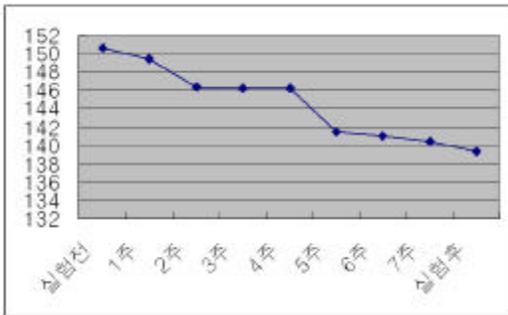
Variables	pre-training (Mean±SD)	post-training (Mean±SD)	t	p
Systolic pressure(mmHg)	150.58±6.59	139.33±6.96	7.77	.000
Diastolic pressure(mmHg)	94.25±5.39	86.08±3.50	7.64	.000

139.33±6.96mmHg 11.25±7.09
 mmHg가 (p = .000),
 가 94.25±5.39mmHg 가
 86.08±3.50mmHg 8.17±5.24mmHg가
 (p = .000)<Table 1>.

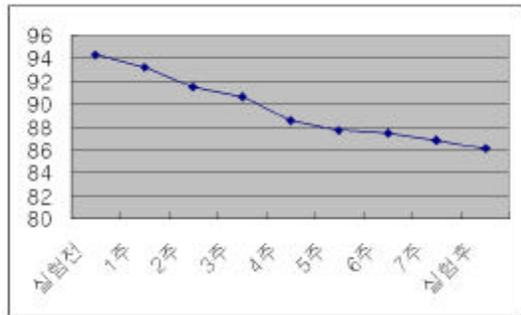
(t = 2.67, p = .014)<Figure 2><Table 2>.
 가
 ,
 (F = 23.77, p = .000).

가 2
 8 가
 가
 2 가 3.08±5.09mmHg
 (t = 2.96, p = .007) 5
 4.83±7.78mmHg (t =
 3.04, p = .006)<Figure 1>, 가
 2 가 1.67±2.98
 mmHg (t = 2.73, p = .012), 4
 2.17±3.97mmHg

3. 가
 가
 214.92±31.90mg/dl 8 가
 198.08±35.49mg/dl 16.83±21.70
 mg/dl (p = .001),
 가 134.21±26.99
 mg/dl 8 123.50±29.03mg/dl
 10.71±16.56mg/dl
 (p = .004). 가
 45.17±13.28mg/dl 8 가
 50.00±14.71mg/dl 가



<Figure 1> Change of systolic blood pressure during yoga program training



<Figure 2> Change of diastolic blood pressure during yoga program training

<Table 2> Change of blood pressure during yoga program training

Variables	1st week	2nd week	3rd week	4th week	5th week	6th week	7th week	8th week
Systolic pressure (mmHg)	-1.25	-3.08**	.000	-.42	-4.83**	-.58	-1.17	-.08
Diastolic pressure (mmHg)	-1.08	-1.67*	-0.83	-2.17*	-.83	-.25	-.58	-.75

*p<.05 ** p<.01

<Table 3> Comparison of physiological parameter between yoga program pre-training and post-training

Physiological paramter	pre-training (Mean±SD)	post-training (Mean±SD)	t	p
Total cholesterol (mg/ dl)	214.92±31.90	198.08±35.49	3.80	.001
LDL (mg/ dl)	134.21±26.99	123.50±29.03	3.17	.004
HDL (mg/ dl)	45.17±13.28	50.00±14.71	-1.90	.071
TG (mg/ dl)	207.00±66.31	172.92±77.94	2.88	.008

<Table 4> Comparison of life satisfaction between yoga program pre-training and post-training

Variable	pre-training (Mean±SD)	post-training (Mean±SD)	t	p
Life satisfaction	40.83±8.70	44.50±8.27	-4.08	.000

(p = .071), Benson(1974)
 가 207.00±66.31mg/dl 가
 172.92±77.94mg/dl 가
 (p = .008)<Table 3>. (Arya, 2000; Schmidt, 1977),

4. 가 (Park, 1983; Ro, 1993).

가 가 가
 40.83±8.70 8 가
 44.50±8.27 (p = .000)

<Table 4>.

가 8 가
 가 2 가 가 가
 가 8 가 가

Shin(1997) 가 4

가 2 가 5 Kim 가

가 가 가

가 가 가

1960 WHO 가 Kim

가 (2000) 가 Kim

Tellers, Nagarathna, Nagendra & Desiraju (1993) 가 Kim(1993) Lee(1998)

가 Kim(1993) Lee(1992) Xing(1993) Kim(2000) 가 Kim(1993) Lee(1998) Mahajan, Reddy Sachdeva(1999) 가

가 Kim(2000) 가 Kim(2000)

가
가

가

가
가

가
(Kim, 1996).

가

가

가

(onegroup pretest-
posttest design)
2001 8 6

(Kim, 1996; Mahajan, 1999). Choi(1994) Hyun
(1998) 가

9 29 8

가 1

가 가

3 8

가

가가

1. 가

가

가

2. 가

가

가

3. 가

가

2

가

4. 가

. Lee(1995)

가

(holistic view)

가

Dungan(1996)

(HMP)

가

가

8

가

가

1. 가
2. 가

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- Abstract -

The Effect of Yoga Program on Reduced Blood Pressure in Elderly's Essential Hypertension *

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Kim, Young-Hee ****

Purpose: The purpose of this study was to evaluate the effect of a Yoga program on decreasing blood pressure in elderly patients with essential hypertension and to suggest a yoga program effective as a nursing intervention tool to reduced blood pressure with increasing life satisfaction.

Method: The subjects of this study were 24 elderly's essential hypertension, who practiced yoga by three times a week for 8 weeks. In order to evaluate the effect of the yoga program, blood pressure, physiological parameters (Total cholesterol, HDL, LDL, triglycerides) and level of life satisfaction were measured before and after the training. Collected date were analyzed by SPSSWIN program.

Result: 1) There were significant reduction in systolic and diastolic blood pressure. 2) There were significant reductions in total cholesterol, LDL, triglycerides but no significant increased in HDL. 3) Blood pressure changes were time specific : Both of systolic and diastolic blood pressures were significantly reduced after 2weeks. 4) There was a significant increase in life satisfaction.

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Conclusion : The results proved that a yoga program was an effective nursing intervention to reduce blood pressure and to increased life satisfaction for elderly patients with essential

hypertension .

Key words : Essential hypertension, Elderly, Yoga