

: ,

*

**

1. core) (Banks, 1980; , 1999).
 (total being)
 가 가
 (spirituality) ,
 가 ,
 (Hill & Smith, 1985).
 ,
 ,
 ,
 가 ,
 가
 ,
 (body), (mind) (spirit),
 (Voughan, 1986).
 (, 1980).
 가
 (central

* 2001
 ** 2001 7 2 2001 8 6 2002 2 18

가

가 - : Paloutzian & Ellison(1982)
20 5

Ellison(1983) 가

가 , , 가

2) (psychological health)

(, 1999),
(, 1997),
(, 1996;
, 1999)

1 5 19 가

4.

2.

가

1.

1) K

2) 1, 2, 3 1

3) 66 , 2 67 , 3 89 222 .

2.

3.

1) (Spiritual Well-being) Paloutzian Ellison(1982)
: Spirit 20 5 ,
, 가
, 'Cronbach's alpha 0.87 .
(Well-being) (Stuart , Deckro
& Mandle, 1989). 2)
(1989)가

가 , 19 6.8% .
 5 , 가 87.8%가
 'Cronbach's , 7.2% , 3.2% , 1.8% .
 alpha 0.89 . '31.1%
 3. 가 , ' 25.7% , '가 '24.3% ,
 ' 13.5% , '
 ' 2.3% .
 2000 9 10 9 30 " "
 가 31.5% 가 , " " 22.5% ,
 240 ' 16.2% , '
 가 222 SPSS ' 16.2% , ' 8.1% .
 95.9%
 1) , ' 3.6% , ' 0.5% .
 ' 14.9% , '
 '52.3% , ' 25.7% , ' 5.0% ,
 ' 0.9% , ' 1.4% .
 2) t-test (ANOVA) Scheffe 2
 test 1)
 3) 가 (Partial correlation (1)
 coefficients) <Table 2> .
 3.77 ± 0.59,
 가 3.71 ± 0.56, 가 3.24 ±
 0.55, 가 3.04 ± 0.46
 1. (F= 27.21, P= 0.000). (Scheffe =
 222 1 66 (29.7%), 2 0.53, P= 0.006),
 67 (30.2%), 3 89 (40.1%) 3 가 (Scheffe= 0.73, P= 0.000).
 , , , , , (2)
 가 , , <Table 2> .
 <Table 1> 3 3.66 ± 0.63 가
 42.3% , 15.3% , 7.7% , , 1 3.43 ± 0.71 2
 34.7% , 가 3.29 ± 0.52
 85.1%가 ' ' (F= 6.76, P= 0.001).
 , ' 2.3% , ' , 3 2
 5.9% , ' 5.9% , ' 0.5% (Tukey= 0.37, P= 0.001).
 , , (3)
 84.2% , , 가 <Table 2> .
 15.8% , 93.2% 3.70 ± 0.60,
 3.40 ± 0.46

<Table 1> General characteristics

(N = 222)

Variables	Division	Frequency	Percentage (%)
Grade	Freshman	66	29.7
	Sophomore	67	30.2
	Junior	89	40.1
Religion	Christianity	94	42.3
	Catholicism	34	15.3
	Buddhism	17	7.7
	None	77	34.7
Economic state	Very abundant	5	2.3
	Abundant	13	5.9
	Moderate	189	85.1
	Poor	13	5.9
Type of residence	Very poor	1	0.5
	Living with parent	187	84.2
	Without parent	35	15.8
Parent's survival	Both	207	93.2
	Only	15	6.8
Parent's marital status	Married	195	87.8
	Bereavement	16	7.2
	Divorced	7	3.2
	Others	4	1.8
Degree of religious life participant	Very active	5	2.3
	Active	30	13.5
	Moderate	57	25.7
	Occasionally	54	24.3
Effect of religion on life style	None	69	31.1
	Very effective	18	8.1
	Effective	50	22.5
	Moderate	70	31.5
Physical health	Poor effective	36	16.2
	None	39	17.6
	yes	213	95.9
Satisfaction of nursing	no	8	3.6
	no response	1	0.5
	Very satisfied	33	14.9
	Satisfied	116	52.3
Satisfaction of nursing	Moderate	57	25.7
	Unsatisfied	11	5.0
	Very unsatisfied	2	0.9
	None	3	1.4

(F = 65.33, P = 0.000).

가

(4)

가

가

3.

<Table 2>

가

1)

(F = 14.21,

(1)

P = 0.000).

<Table 3>

3.80 ± 0.50 가

3.65 ± 0.58, 2

<Table 2> ANOVA of spiritual well-being by general characteristics (N = 213)

Variables	Sum of Squares	df	Mean Square	F	Sig.
Grade	5.23	2	2.61	6.76	0.001
Religion	24.20	3	8.10	27.21	0.000
Absence of faith	20.45	1	20.45	65.33	0.000
Economic state	1.96	3	0.65	1.61	0.188
Type of residence	2.55	6	0.42	1.04	0.397
Parent's marital status	0.44	3	0.14	0.36	0.779
Degree of religious life participant	1.56	4	0.39	1.80	0.129
Effect of religion on life style	12.31	4	3.08	14.21	0.000
Physical health	0.17	1	0.17	0.50	0.478
Satisfaction of nursing	3.36	5	0.67	1.93	0.91

<Table 3> ANOVA of mental health by general characteristics (N = 215)

Variables	Sum of Squares	df	Mean Square	F	Sig.
Grade	2.77	2	1.38	4.87	0.009
Religion	0.69	3	0.23	0.78	0.503
Absence of faith	0.30	1	0.30	1.03	0.310
Economic state	0.82	3	0.27	0.96	0.410
Type of residence	1.67	4	0.41	1.46	0.213
Parent's marital status	0.42	3	0.14	0.49	0.688
Degree of religious life participant	0.67	4	0.17	0.55	0.693
Effect of religion on life style	1.50	4	0.37	1.23	0.297
Physical health	0.21	1	0.21	0.94	0.332
Satisfaction of nursing	7.15	5	1.50	6.47	0.000

3.53 ± 0.53

(F = 4.87, P = 0.009).

3

2

(Tukey = 0.27, P =

0.006).

(2)

<Table 3>

(F = 6.47, P = 0.000).

가

4.

<Table 4> Partial correlation controlled by grade between spiritual well-being & mental health

	Spiritual well-being	Mental health
Spiritual well-being	1.000	0.5220*
Mental health	0.5220*	1.000

*P < 0.01 Partial Correlation Coefficients

(Paloutzian & Ellison, 1982)

<Table 4>

가

(r = 0.52, P =

0.000).

(, ,), 가 , () , (Reed, 1992).

(Carson, 1983; Jahoda, 1990).

3.48 ± 0.64

가

(1990)

(

6

81.20)

(1997)

(),

(81.40)

()

5

3.927 가

가

(3.900)',

가

(3.886)',

(3.877)',

(Jahoda, M., 1975).

가 (3.863)'가

가

3.67 ± 0.54

(2.840)',

가

가 (4.321)'가 가

(2.922)',

(3.963)',

(2.981)'

(3.871)',

(3.811)',

(3.789)'

가

(3.376)', 가

(3.412)'

가

(Carson, 1989).

가

가

(1997)

가 가

가

가 가

(1999)

가

가

가

가

가

가

가

가

가

가
가
65.3%

가 가

가 가

가

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SPSS PC
ANOVA, Partial Correlation Coefficients

K 1, 2, 3 222

2000 9 10 30

1. (F=27.22, P=0.000),
(F=65.33, P=0.000), (F=6.76, P=0.001), 가 (F=14.21, P=0.000)
2. (F=4.87, P=0.009),
(F=6.47, P=0.000)
3. (= 0.52, P=0.000),

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- Abstract -

Correlation Between Spiritual Well-Being and Mental Health of Nursing Students

Lee, Hwa-In *

The purpose of this study is to test the correlation between spiritual well-being and mental health of nursing students and to provide baseline data of nursing education for the christian college.

The data was collected from 10th to 30th September. 2000.

The subjects were 220 nursing students.

The instruments used for the study were the spiritual well-being scale developed by Paloutzian & Ellison (1982) and Gou Seong Hee's mental health (1989).

The data was analyzed by using SPSS/PC.

The study results were as follows:

1. There were significant differences between the type of religion ($F=27.22$, $p=0.000$), absence of faith ($F=65.33$, $p=0.000$), grade

* Assistant professor, Dept. of Nursing, Kyung-In Women's college

($F=6.76$, $p=0.000$), effect of religion on life style ($F=14.21$, $p=0.000$) and spiritual well-being.

2. There were significant differences between grade ($F=4.87$, $p=0.009$), satisfaction of nursing ($F=6.47$, $p=0.000$) and mental health.
3. There was positively significant partial correlation between spiritual well-being and mental health ($r=0.52$, $p=0.000$).

The higher spiritual well-being score and the higher mental health was supported.

4. The mean score on the spiritual well-being scale was 3.48 ± 0.64 .

The mean score on the mental health scale was 3.67 ± 0.54 .

Viewing that, The type of religion, absence of faith, effect of religion on life style, and grade contributed significantly in spiritual well-being for nursing students.

Key words : Spiritual well-being, Mental health