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& Syme, 1985)

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(20.6%), 306 (21.0%) ,

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630 (43.4%), 823 (56.6%)

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(Personal Resource Questionnaire
-Part II: PRQ 2)

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, Oh Han(1990)

가

(Kim et al., 2000).

Cronbach's

가 / .77, .74, .58, 가
.54, .73 , Cronbach's
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coefficient)

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(partial correlation) .
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(Duncan's multiple comparison test)
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1,453
43.4% (630) , 56.6% (823)
20.4% (297) ,
20.6% (300) , 21.0% (306) .
27.8% (550) 21.2 (SD: 2.30)
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가 80.4% (1,154) 1
17.8% (258) . 2 30.9% (448) , 3
24.8% (360) , 4 26.4% (383) ,
30.7% (445) , 35.8% (519
) , 33.4% (484) .

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1.7 , 7 5.22 (SD: 0.76) ,
1.72 , 7.0 5.22
(0.79), 2.08 7.0
5.22 (0.74) <Table 1>.
0 , 38 5.03 (SD: 4.16)
0 38 4.97
(SD: 4.80), 0 , 25 5.08

<Table 1> Frequency of Experienced Stressful Life Events, and Score of Perceived Social Support and Health Behaviors of College Students.

Variables	Total		Female		Male	
	M (SD)	range	M (SD)	range	M (SD)	range
Perceived social support	5.22(0.76)	1.7-7	5.22(0.74)	2.1-7	5.22(0.79)	1.7-7
Stressful life events	5.03(4.16)	0-38	5.08(3.58)	0-25	4.97(4.80)	0-38
Health behaviors	2.34(1.07)	0-5	2.55(1.04)	0-5	2.06(1.05)	0-5

<Table 2> Frequency of Stressful Life Events Experienced highly

Items (in order of high frequency)	Total		Male		Female	
	n	%	n	%	n	%
1 I had the first sexual contact (kiss, intimate contact) with my boy friend.	508	35.2	250	39.8	258	31.7
2 My family's economic situation became poor.	469	32.5	190	30.3	279	34.1
3 I live alone without family after the entrance of college.	461	32.0	198	31.6	263	32.3
4 I was in love with someone.	414	28.7	179	28.5	235	28.8
5 My brothers or sisters were separated with my family.	375	26.0	149	23.7	226	27.7
6 I began to smoke or drink alcohol.	312	21.6	123	19.6	189	23.2
7 I feel my health is poor.	292	20.3	126	20.1	166	20.4
8 One of my family members got sick or was injured severely.	292	20.2	123	19.6	169	20.7
9 I had the bad grade.	273	18.9	110	17.5	163	20.0
10 My parents lost the job.	249	17.4	113	18.2	136	16.7
11 I moved.	228	15.8	107	17.1	121	14.8
12 I have some troubles with my parents because of my poor life style behaviors such as the late back home time or the frequent outgoing life.	223	15.4	62	9.9	161	19.7
13 I broke with my boy friend.	207	14.4	101	16.1	106	13.1

(SD: 3.58)

<Table 2>.

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‘가 가 ‘가

<Table 2>. 0.09

0 , 5 <Table 4>.

2.34 (SD: 1.07) , 0

5 2.06 (SD: 1.05),

0 , 5 2.55 (SD: 1.04)

<Table 1>.

3. ,

,

($r = .11$, $p = .0001$),

($r = -.11$, $p = .0001$)

<Table 3>.

<Table 3> Correlation among Health Behaviors, Social Support, and Stressful Life Events

	Social support		Stressful life events	
	r	p-value	r	p-value
Health behaviors	.11	.0001	-.11	.0001

<Table 4> Correlation between health behaviors and stressful life events after controlling social support

	Stressful life events	
	r	p-value
Health behaviors	-.09	.0001

4. 70.8% 가
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($X^2 = 3.39$, $p = .07$).
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3) 58.2% , 가
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1.96 42.0% 가
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가 , 가 ($t =$ 가 ($X^2 =$
-3.12, $p = .004$). 5.22, $p = .02$)<Table 5>.
($X^2 = .92$, $p = .34$), ($X^2 = .03$,
 $p = .86$) ($X^2 = .99$, $p = .32$)
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2.51 , 2.19
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29.2% , 가 2.33,
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<Table 5> The frequency difference of each of health behaviors between the group with extremely upper score of social support and the group with extremely lower score of social support

Health behaviors	upper		lower		t or X^2 -value	p-value
	M(SD)	n (%)	M(SD)	n (%)		
Smoking						
yes		66 (29.2)	11 (47.8)		3.39	.07
no		160 (70.8)	12 (52.2)			
Drinking						
yes		190 (83.7)	21 (91.3)		0.92	.34
no		37 (16.3)	2 (8.7)			
Exercise						
regular		196 (86.0)	18 (78.3)		0.99	0.32
irregular		32 (14.0)	5 (21.7)			
Sleeping pattern						
regular		95 (41.9)	4 (17.4)		5.22	.02
irregular		132 (58.2)	19 (82.6)			
Mealtime						
regular		93 (41.0)	9 (39.1)		0.03	.86
irregular		134 (59.0)	14 (60.9)			
Total	2.55 (1.20)		1.96 (.82)		3.13	.004

<Table 6> Mean Difference of Score of Health Behaviors according to Living with Family or without in Male Students

factors	Total	t or F	Female	t or F	Male	t or F
	M(SD)		M(SD)		M(SD)	
living with whom						
with family	2.51(1.05)	5.74**	2.63(1.02)	2.21*	2.33(1.08)	5.40***
without family	2.19(1.07)		2.47(1.06)		1.88(1.00)	

Note. The different superscript means the significant difference between the groups

* $p < .05$, ** $p < .01$, *** $p < .001$

($t = 5.40$, $p = .000$)<Table 6>.

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($t = 8.89$, $p = .000$).

($X^2 = 14.3$, $p = .001$),

($X^2 = 8.28$, $p =$

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($F = 28.7$, $p = .0001$).

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($X^2 = 23.7$, $p = .001$)

<Table 7>.

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($t = 2.21$, $p = .03$).

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<Table 9>.

<Table 7> Frequency Difference of Each of Health Behaviors according to Living with Family or without in Male Students

Health behaviors	with family		without family		X ² -value	p-value
	n	%	n	%		
Smoking						
yes	119	33.6	235	66.4	14.3	0.001
no	129	48.7	136	51.3		
Drinking						
yes	221	39.1	344	60.9	8.28	0.004
no	31	59.6	21	40.4		
Exercise						
regular	231	39.1	360	60.9	4.57	0.03
irregular	22	56.4	17	43.6		
Mealtime						
regular	111	54.1	94	45.9	23.7	0.001
irregular	140	33.7	275	66.3		
sleeping time						
regular	87	47.5	96	52.5	6.24	0.01
irregular	163	36.8	280	63.2		

<Table 8> Frequency Difference of Each of Health Behaviors according to Living with Family or without in Female Students

Health Behaviors	with family		without family		X ² -value	p-value
	n	%	n	%		
Smoking						
	yes	17	40.5	25	59.5	1.18
	no	374	49.1	388	50.1	0.28
Drinking						
	yes	337	48.3	361	51.7	0.12
	no	58	50.0	58	50.0	0.73
Exercise						
	regular	310	48.8	325	51.2	0.38
	irregular	87	46.3	101	53.7	0.54
Mealtime						
	regular	164	51.9	152	48.1	2.87
	irregular	230	45.8	272	54.2	0.09
Sleeping time						
	regular	139	51.7	130	48.3	1.90
	irregular	257	46.6	295	53.4	0.17

<Table 9> Mean Difference of Score of Health Behaviors by major

factors	Total		Female		Male	
	M(SD)	t or F	M(SD)	t or F	M(SD)	t or F
Humanities	2.15b(1.05)	28.7***	2.42b(1.10)	4.01*	2.07(1.07)	1.05
Natural science	2.23b(1.10)		2.43b(1.00)		2.05(1.05)	
Nursing	2.63a(1.02)		2.63a(1.01)		1.00	

Note. The different superscript means the significant difference between the groups

* p < .05, ** p < .01, *** p < .001

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- Abstract -

Social Support, Stressful Life Events, and Health Behaviors of Korean Undergraduate Students*

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Kim, Jeong-Ah⁴⁾ · Kim, Hee-Soon²⁾
Choi, Sang-Soon⁵⁾ · Yi, Sung-Eun⁶⁾
Chung, Choo-Ja⁷⁾ · Jun, Hoa-Yun⁸⁾

Purpose: This cross-sectional study was designed to explore the relationship among social support, experienced stressful life events and health behaviors of Korean undergraduate students, and validate the mediator effect of social support.

Method: One thousand four hundred fifty-three undergraduate students were randomly selected from five universities located in the middle area of Korea.

Result: The health behaviors of Korean undergraduates tend to have unhealthy patterns. In the case of the students living without family, experiencing more stressful life events and perceiving lower social support, health behaviors are poor. The relationship between perceived social supports, the frequency of the experienced stressful life events and the score of health behavior patterns is statistically significant. After controlling the effect of social support, the

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7) Professor, Dept. of Nursing, Donhae University.
8) Professor, Dept. of Nursing, Dongnam Health College.

correlation coefficient between the frequency of experienced stressful life events and the score of health behavior patterns was slightly lower. The score of health behaviors between the group with an extremely high score of social support and the group with an extremely low score were statistically significantly different.

Conclusion: Future studies need to be

pursued to develop various strategies such as a health education programs and counseling programs for health maintenance and health promotion of undergraduates.

Key words : Social support, Stressful life events, Health behaviors, Undergraduate students