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2)  
(Choi & Lee, 1998). 3)  
4)  
5)  
(Wassner, 1982) 3.  
1)  
Chun & Kim(1996)  
가  
Chung(1988)  
가  
Zung Self-rating Depression Scale  
Peto(1972)  
2)  
Norris  
1-3 , 1.  
(Bai, 1999)  
6-8  
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6-8  
가  
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1-3 6-8  
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86  
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1) Zung(1965) 가 가  
(Self-Rating Depression Scale)  
. 5 13  
13 65  
가 가 , 41  
. Zung(1965)  
.73  
Park (1999) Cronbach's = .74  
Park (1999)  
2) Norris, C.M.(1970)  
. 5 10  
가 가  
Cronbach's = .84  
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3 5  
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86 가  
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2001 9 1 11 30  
5.  
Win SPSS PC  
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paired t-test ,  
t-test ANOVA  
Pearson's Correlation  
Coefficient

1.

<Table 1>  
30.67 30-39 가 58.1%  
(48.8%)  
가 (50.0%)  
가 54.7%  
61.6% , 38.4%  
가 11.0kg 가  
67.4%  
가 74.4% , 11.6%  
. 가 100  
200 가 54.7% 가  
200 300 가 26.7%

<Table 1> General Characteristics (N = 86)

Variable	Frequency	(%)
Age(years)	20-29	34 (39.5)
	30-39	50 (58.1)
	40~	2 ( 2.3)
Delivery experience	primipara	42 (48.8)
	multipara	43 (50.0)
Baby sex	female	47 (54.7)
	male	39 (45.3)
Delivery method	SD	53 (61.6)
	C/S	33 (38.4)
Weight gain due to pregnancy(Kg)	≤11.0	58 (67.4)
	>11.0	28 (32.6)
Occupation	office staff	6 ( 7.0)
	professional	10 (11.6)
	house wife	64 (74.4)
	the others	6 ( 7.0)
Family Income (1,000won /month)	< 1,000	6 ( 7.0)
	1,000-1,999	47 (54.7)
	2,000-2,999	23 (26.7)
	3,000-4,000	7 ( 8.1)
	> 4,000	3 ( 3.5)

SD : spontaneous delivery  
C/S : cesarean section

2.

<Table 2>

	1 3	20	1 3	53.05,	6 8
53.14	가	, 6 8	54.60	가	
20	가	54.85	가		가
		가	1 3	54.20,	6 8
		가	56.60	가	
	52.88	, 6 8	가		
	가	56.36	가	300	
		1 3	400	가 1 3	54.85,
	가 53.07	가	6 8	55.28	가
6 8		가 54.31			
가					
			3.		
	1 3	52.83,	6 8		
54.67					<Table
	가	3>		20 29	
가가 11kg	11kg	가	6 8	39.91	1 3

<Table 2> Difference of postpartum depression by general characteristics (N = 86)

Variable		D1	D2
		Mean ± SD	Mean ± SD
		t or F value(p value)	t or F value(p value)
Age(years)	20-29	53.14 ± 5.22	54.85 ± 4.85
	30-39	52.32 ± 4.14	54.02 ± 4.17
	≥40	51.00 ± 1.41	50.00 ± 4.24
		.457 (.635)	1.285 (.282)
Delivery experience	primipara	52.34 ± 4.80	56.36 ± 4.60
	multipara	52.88 ± 4.32	54.86 ± 4.31
Baby sex		-5.42 (.589)	-1.257 (.212)
	female	52.23 ± 4.41	54.31 ± 4.25
	male	53.07 ± 4.73	54.17 ± 5.24
Delivery method		-.853 (.396)	-.848 (.399)
	SD	52.83 ± 4.42	54.67 ± 4.41
	C/S	52.27 ± 4.80	53.57 ± 4.54
Weight gain due to pregnancy(Kg)		.556 (.584)	1.114 (.269)
	≤11.0	53.05 ± 4.79	54.60 ± 4.34
	>11.0	51.71 ± 3.92	53.53 ± 4.74
Occupation		1.281 (.204)	1.037 (.303)
	office staff	51.83 ± 2.63	54.00 ± 3.22
	professional	54.20 ± 3.61	56.60 ± 4.69
	house wife	52.43 ± 4.83	54.18 ± 4.59
	the others	52.61 ± 4.55	51.33 ± 4.55
Family Income (1,000won/ month)		.487 (.693)	1.83 (.148)
	< 1,000	49.33 ± 4.50	53.66 ± 4.03
	1,000- 1,999	52.91 ± 4.59	54.55 ± 4.36
	2,000-2,999	52.17 ± 4.21	53.65 ± 4.86
	3,000-4,000	54.85 ± 5.58	55.28 ± 5.15
	> 4,000	52.66 ± 1.52	53.00 ± 4.35
		1.329 (.266)	.324 (.861)

D 1 = depression of postpartum 1-3days      D 2 = depression of postpartum 6-8weeks

B 1 = body image of postpartum 1-3days      B 2 = body image of postpartum 6-8weeks

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 1 3 40.00 6 8 6 8 39.83 1 3 (  
 36.34)  
 ,  
 6 8 6 8 41.60 1 3  
 38.90 39.72 1 3 ( 40.90)  
 6 8 가( 39.14) 1 3 ( 38.92)  
 . 가  
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 38.89 39.82 1 3 100 , 100 200  
 , 400 6 8  
 , 6 8 가 39.73 1 3 1 3  
 6-8 , 200 300 , 300  
 ( 38.63) 1 3 ( 39.09) 400 6 8  
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 6 8 1 3

<Table 3> Difference of postpartum body Image by general characteristics (N = 86)

Variable		B 1		B 2	
		Mean $\pm$ SD		Mean $\pm$ SD	
		t or F value(p value)		t or F value(p value)	
Age(years)	20-29	32.29 $\pm$ 4.40		39.91 $\pm$ 4.47	
	30-39	38.42 $\pm$ 4.44		38.80 $\pm$ 3.89	
	>40	40.00 $\pm$ 4.24		39.50 $\pm$ .70	
		.529 (.591)		.614 (.544)	
Delivery experience	primipara	38.86 $\pm$ 3.94		38.90 $\pm$ 3.36	
	multipara	38.74 $\pm$ 4.38		39.72 $\pm$ 4.72	
Baby sex		.129 (.360)		-.920 (.360)	
	female	38.57 $\pm$ 4.25		38.89 $\pm$ 3.85	
	male	39.07 $\pm$ 4.04		39.82 $\pm$ 4.36	
		-.557 (.579)		-1.045 (.299)	
Delivery method	SD	38.62 $\pm$ 4.08		39.73 $\pm$ 4.46	
	C/S	39.09 $\pm$ 4.29		38.63 $\pm$ 3.379	
		-.507 (.613)		.214 (.228)	
Weight gain due to pregnancy(Kg)	$\leq 11.0$	38.75 $\pm$ 4.41		39.48 $\pm$ 4.43	
	>11.0	38.89 $\pm$ 3.61		38.96 $\pm$ 3.32	
		-.140 (.889)		.548 (.585)	
Occupation	office staff	36.33 $\pm$ 2.33		39.83 $\pm$ 6.11	
	professional	40.90 $\pm$ 4.74		41.60 $\pm$ 4.14	
	house wife	38.92 $\pm$ 4.14		39.14 $\pm$ 3.92	
	the others	36.50 $\pm$ 2.66		36.83 $\pm$ 2.04	
		2.297 (.084)		1.900 (.136)	
Family Income (1,000won/ month)	< 1,000	37.66 $\pm$ 4.58		41.33 $\pm$ 3.88	
	1,000- 1,999	38.87 $\pm$ 4.60		39.76 $\pm$ 4.29	
	2,000- 2,999	39.04 $\pm$ 3.44		38.56 $\pm$ 3.81	
	3,000- 4,000	39.28 $\pm$ 2.43		38.28 $\pm$ 3.63	
	> 4,000	34.00 $\pm$ 5.56		36.33 $\pm$ 3.21	
		.291 (.883)		1.219 (.309)	

D 1 = depression of postpartum 1-3days D 2 = depression of postpartum 6-8weeks

B 1 = body image of postpartum 1-3days B 2 = body image of postpartum 6-8weeks

&lt;Table

&lt;Table 4&gt;

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6 8

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63

(r = .381, p&lt;.01).

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6 8

가

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가

46

65

6 8

가

54.25

6 8

(r = .364, p&lt;.01).

1 3

1 3

6 8

1 3

가

6 8

가

1 3

(r = .579, p&lt;.01).

1 3

(t = -3.08, p = .003).

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2)

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가

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49

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38.80

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(r = .567, p&lt;.01).

6-8

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50

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가

1-3

39.31

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6 8

가

1 3

(t = -1.02, p = .310).

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&lt;Table 4&gt; Change and difference of Depression &amp; Body Image

	Min	Max	Mean ± SD	t	p
D 1	42.00	63.00	52.61 ± 4.55	-3.08	.003**
D 2	46.00	65.00	54.25 ± 4.47		
B 1	30.00	49.00	38.80 ± 4.14	-1.02	.310
B 2	32.00	50.00	39.31 ± 4.09		

\*\*p&lt;.01

D 1 = depression of postpartum 1-3days D 2 = depression of postpartum 6-8weeks

B 1 = body image of postpartum 1-3days B 2 = body image of postpartum 6-8weeks

&lt;Table 5&gt; Relationships of postpartum depression and body Image

(N = 86)

	D1	D2	B1
	r value(p value)	r value(p value)	r value(p value)
D2	.381(.000)**		
B1	.579(.000)**	.310(.004)**	
B2	.153(.160)	.567(.000)**	.364(.001)**

\*\*p&lt;.01

D 1 = depression of postpartum 1-3days D 2 = depression of postpartum 6-8weeks

B 1 = body image of postpartum 1-3days B 2 = body image of postpartum 6-8weeks



가, , 1-3

6-8 가 6-8

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6-8 가

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Shin (2002)

Chung(1988) 가 86

. Park (1988) 1-3 6-8 ,

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Zung 가 가 (Self-Rating Depression Scale) Norris , paired t-test, t-test, ANOVA

(Lee, 1981). 1-3

( 52.61) 6 8 ( 54.25)가 (t = -3.08, p = .003).

1-3 6-8 1-3 1 3 ( 38.80)

가 6-8 가 6 8 ( 39.31)가 (t = -1.02, p = .310).

(r = .381, p < .01) 1-3

가 1-3

가 6-8

(r = .364, p < .01). 1-3

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가

가

가

가

Bai(1996) Choi & Kim(2000) 가

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2. 가 .
3. , 가 .
4. 40 .

## References

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- Abstract -
- ### Relationship Between Postpartum Depression and Body Image in Postpartum Women
- Kim, Boon-Han \*. Jeon, Hye-Won \*\*  
Jung, Yun \*\*
- Purpose:** The purpose of this study was to identify the change and difference and relationship of postpartum depression and physical image.
- Method:** The subjects consisted of 86 postpartum women at one general hospital in Seoul. The data was collected from September to November 2001. The instrument used for this study were SRD (Self-Rating Depression Scale) and Norris' Body Image Scale to evaluate depression and body image. The collected data was analyzed with frequency, mean, t-test, paired t-test, ANOVA and Pearson's correlation coefficient.
- Result:** The result of this study were as follows:
1. The mean score of D2 was significantly higher than D1(p=.003). There was no difference significantly B1 and B2(p=.310).
  2. There was significant correlation between the
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two, D1-D2( $r = .381$ ,  $p < .01$ ), B1-B2( $r = .364$ ,  $p < .01$ ), D1-B1( $r = .579$ ,  $p < .01$ ), D2-B2( $r = .567$ ,  $p < .01$ ).

(\*D1: depression of postpartum 1-3days,

D2: depression of postpartum 6-8weeks,

B1: body image of postpartum 1-3days,

B2: body image of postpartum 6-8weeks)

Conclusion: There was very high postpartum depression in postpartum women,

but body image was positive. Also, there was correlated to postpartum depression and body image. Thus it is necessary to implement nursing intervention focused on to decrease the postpartum depression and to enhance the body image of the postpartum women.

Key words : Postpartum women, Postpartum depression, Body image