

: , ,

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1.

,
가
(Bai, 1999; Landy,
가

1989).

가
가 가

,
(Freedman, 1975; Kolb,
1997).

가

1997).

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, , , 가 , -

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(Cho, 1992).

Cho, 1992; Kim, 1998).

(Bai, 1999;

Kim, 1996).

(Jang &

가

가

(Park,

1999).

*
**

2002 5 17

2002 7 29

2002 11 12

1)
 2)
 (Choi & Lee, 1998). 3)
 4)
 5)

(Wassner, 1982) 3.

1)
 Chun & Kim(1996)

가
 Chung(1988)

가
 Peto(1972)

가
 Zung Self-rating Depression Scale

2)

Norris

1-3 , 1.
 (Bai, 1999) , ,
 6-8

1-3
 6-8

가
 2.

2.

1-3 6-8

가

86

3.

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

4. 3 5
 , 1-3 6-8 2
 . 1-3
 가
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 86 가
 1-3 6-8
 2001 9 1 11 30

5. Win SPSS PC
 , 1-3 6-8
 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% ,
	가	38.4%
		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>

53.14 가 1 3 , 6 8 54.60 가 53.05, 6 8
 20 가 54.85 가 가
 가 가 1 3 54.20, 6 8
 가 56.60 가
 52.88 , 6 8 가
 가 56.36 가 300
 가 1 3 400 가 1 3 54.85,
 가 53.07 가 , 6 8 55.28 가
 6 8 가 54.31
 가
 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	
		-5.42 (.589)		-1.257 (.212)	
Baby sex	female	52.23 ± 4.41		54.31 ± 4.25	
	male	53.07 ± 4.73		54.17 ± 5.24	
		-.853 (.396)		-.848 (.399)	
Delivery method	SD	52.83 ± 4.42		54.67 ± 4.41	
	C/S	52.27 ± 4.80		53.57 ± 4.54	
		.556 (.584)		1.114 (.269)	
Weight gain due to pregnancy (Kg)	≤ 11.0	53.05 ± 4.79		54.60 ± 4.34	
	>11.0	51.71 ± 3.92		53.53 ± 4.74	
		1.281 (.204)		1.037 (.303)	
Occupation	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	
		.487 (.693)		1.83 (.148)	
Family Income (1,000won/month)	< 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

, 40
 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)
 6 8 가
 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
 1 3
 가
 가가 11kg 11kg 4.
 6 8 1 3

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

Variable		B1		B2	
		Mean ± SD		Mean ± SD	
		t or F	value(p value)	t or F	value(p value)
Age(years)	20-29	32.29	±4.40	39.91	±4.47
	30-39	38.42	±4.44	38.80	±3.89
	>40	40.00	±4.24	39.50	±.70
Delivery experience	primipara	38.86	±3.94	38.90	±3.36
	multipara	38.74	±4.38	39.72	±4.72
Baby sex	female	38.57	±4.25	38.89	±3.85
	male	39.07	±4.04	39.82	±4.36
Delivery method	SD	38.62	±4.08	39.73	±4.46
	C/S	39.09	±4.29	38.63	±3.379
Weight gain due to pregnancy(Kg)	≤11.0	38.75	±4.41	39.48	±4.43
	>11.0	38.89	±3.61	38.96	±3.32
Occupation	office staff	36.33	±2.33	39.83	±6.11
	professional	40.90	±4.74	41.60	±4.14
	house wife	38.92	±4.14	39.14	±3.92
	the others	36.50	±2.66	36.83	±2.04
Family Income (1,000won/month)	< 1,000	2.297	(.084)	1.900	(.136)
	1,000-1,999	37.66	±4.58	41.33	±3.88
	2,000-2,999	38.87	±4.60	39.76	±4.29
	3,000-4,000	39.04	±3.44	38.56	±3.81
	> 4,000	39.28	±2.43	38.28	±3.63
		34.00	±5.56	36.33	±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

<Table 4> 5> 1 3 6 8 <Table 1 3

1) 가 6 8 (r = .381, p<.01). 1 3 6 8 가 1 3 가 42 63 52.61 1 3 6 8 가 46 65 6 8 가 54.25 6 8 (r = .364, p<.01). 1 3 1 3 가 6 8 가 (r = .579, p<.01). 1 3 6 8 6 8 가 1 3 가 1 3 30 (r = .567, p<.01). 6-8 6-8 49 38.80 1 3 6 8 1-3 6-8 32 50 가 1-3 39.31 6 8 가 1 3 (t = -1.02, p = .310).

5.

<Table 4> Change and difference of Depression & 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<.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

<Table 5> Relationships of postpartum depression and body Image (N = 86)

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

**p<.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

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2. 가 .
3. 가 .
4. 40 .

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- Abstract -

Relationship Between Postpartum Depression and Body Image in Postpartum Women

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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