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(Lee, 2000).

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Jung(1950)

, Levenson, Darrow,

Klein, Levinson, McKee(1978)

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(real life)

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(Tabor & Flaskeru, 1997).

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(Lee, 1992; Shin & Park, 1993).

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2001 9 17

2002 3 18

2002 5 31

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1)

2)

(Duffy, 1988),

(Mitchell,

Cronkite, Moos, 1983).

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가 (Lim, 1993)

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1)

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(Lee & Chang, 1992;

Song, 1993; Song, 1997; Lee, 1994; Shin,

1998), (Lee, 1992),

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46

57

(Shin & Park, 1993),

51

2

(Shin, 1995),

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3

(Chung, 1997)

(Kim, 1998)

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4

(Shin et al., 1999)

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2)

2.

2.

(Colaizzi, 1978; Leininger,

1985; Oiler, 1982).

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4.

Giorgi (Parse, 1985)가

Giorgi가

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1)

(Lee, 2002)

(Kim et al., 2001)

2)

3)

3.

(natural meaning unit)

4)

가 (themes)

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5) (focal meaning)

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가 (situated structural description)

7)

(general structural description)

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<Table 1> General structural description of middle-aged women(continued)

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<Table 1> General structural description of middle-aged women(continued)

<Table 1> General structural description of middle-aged women(continued)

[illegible]

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Shin (1998)

Shin (1999)

Lee (1994)

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Giorgi

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- Abstract -

The Experiences of the Middle - Aged Women's Crisis

Kim, Kwuy-Bun *· Yoo, Jae-Hee **

Lee, Eun-Ja **

Purpose: This study examined the crisis

experiencing by middle - aged women and tried to understand their lived experiences also explored the nature of their crisis.

Method: The data was collected from 7 participants living in Incheon and Seoul from Sep. 2000 to Feb. 2001. The analysis of the data was made the phenomenological analytic method suggested by Giorgi.

Result: The meanings of the lived experiences of the middle - aged women's crisis ; Impatience about decreased physical function : an attack of a disease, decreased strength, decreased quickness, decreased desire, increased concern of health, poor memory, easy fatigue, change of appearance, change of conjugal relations, sense of loss. Psychological, emotional disturbances : sense of emptiness, regret, sharpness, feeling gloomy, fear of dying, loneliness, feeling the want, loss of confidence. Attitude of active life : reinforcement of self experience, enrichment of understanding, search of self satisfaction, search of self development, development of support system, management of independent life. Envy feeling from relative comparison : feeling of comfort, unsatisfaction to the husband, yearning for youth.

Conclusion: Therefore, the program should be developed for the program of physical, psychological, and emotional health and expansion of social role of the middle - aged women.

Key words : Middle - aged women, Crisis

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