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\* Members of Gerontological Nursing Interest Group, Sigma Theta Tau  
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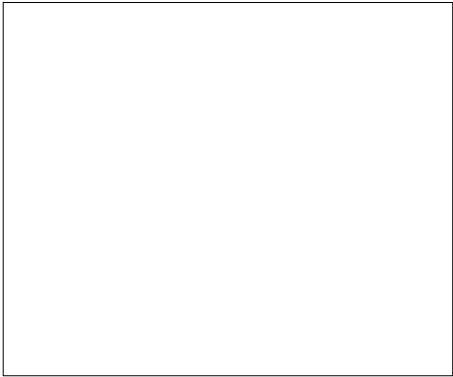
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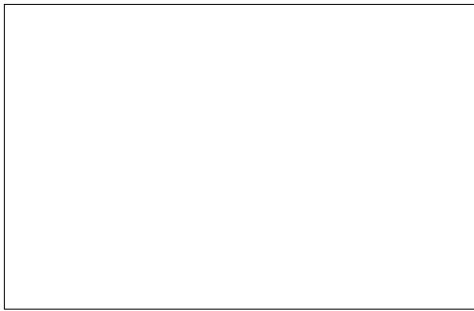
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- Abstract -

### Lived Experience with Aging in Middle-Aged Woman

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 Song, M.S. · Ahn, S.Y. · Lee, K.J. · Lee, Y.W.  
 Chang, S.O. · Chon, S.J. · Cho, N.O.  
 Cho, M.O. · Choi, K.S. \**

Purpose: This study was to explore lived experience of middle-aged women with aging. The ultimate purpose of this inquiry was to

discover the essence of middle-aged women's experience of aging and to promote understanding.

Method: This inquiry was performed by using Van Manen's hermeneutical phenomenological approach to make more plausible interpretation of experience. First-handed experiences were explored through multi-stage in-depth interview with 6 women aged between 40 and 64. Second- handed experiences were explored with text such as essay, novel, and photographs.

Result: As the process of reflecting and analysing the data of experience were performed, essential themes were emerged: striking onset of event, discomfort and tired body and mind, everything in ones mind, age of harvest gaining much more than loss. Conclusion: This inquiry would be a cornerstone for humanistic nursing care for the mid-aged women.

Key words : Mid-aged woman, Lived experience with aging, Hermeneutic phenomenological approach

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