

： ， ，

*

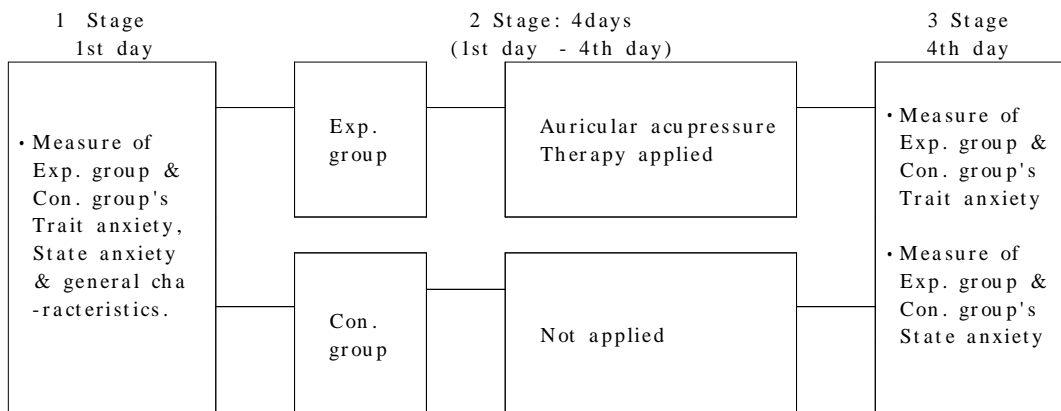
1. (Go & Kim, 1990; Song, 2000). Lee et al.(1988) , 가 64%가 , 1 , 가 23.5%, 4 1 가 (Black & National Statistical Office, 2002). (Korea Chapman, 1976; Carig & Abelloff, 1974), (Kim, 1991; Park & Suh, 1995; Park, 1992). Lim Hong(1997) , , , 가 (Ha, 2001; Song, 2001). 가 (Ha, 1982), 가 가 (Craig & Abelloff, 1974; Lee, 2000). 가 , 가 (耳) (耳鍼 療法) (耳壓療法)

* 2002 4 29 2002 7 29 2002 12 5

가 1)
2)
3. 가
1) 1가 :
가
2) 2가 :
가

가
1.
가 , Sok
(2001)
(unequivalent control group pretest -
posttest Quasi-experimental design)
<Figure 1>.

2.
K
40 20 , 20 (
Cohen , 17
가 , Lee et al., 1993)



<Figure 1> Research Design

- test , t - test ,
가
가 (P<.05)
<Table 1>.

1. 2)

, , , , , 가 가
, 가 (p<.05) ,
<Table 2>.

<Table 1> General characteristics of the experimental and the control group

Characteristics	Classification	Exp. group n (%)	Con. group n (%)	Total n (%)	χ^2	p
gender	male	7 (35%)	8 (40%)	15 (37.5%)	.353	.838
	female	13 (65%)	12 (60%)	25 (62.5%)		
Age(yrs)	20-29	4 (20%)	4 (20%)	8 (20%)	3.25	.197
	30-39	6 (30%)	7 (35%)	13 (32.5%)		
	40-49	4 (20%)	3 (15%)	7 (17.5%)		
	50-59	2 (10%)	3 (15%)	5 (12.5%)		
	60-69	3 (15%)	3 (15%)	6 (15%)		
	70-79	1 (5%)	—	1 (2.5%)		
Health status	good	11 (55%)	10 (50%)	21 (52.5%)	.500	.779
	moderate	7 (35%)	7 (35%)	14 (35%)		
	poor	2 (10%)	3 (15%)	5 (12.5%)		
Educational level	middle school	11 (55%)	8 (40%)	19 (47.5%)	1.00	.607
	high school	6 (30%)	10 (50%)	16 (40%)		
	university	3 (15%)	2 (10%)	5 (12.5%)		
Marrigial status	single	3 (15%)	3 (15%)	6 (15%)	2.00	.368
	married	15 (75%)	16 (80%)	31 (77.5%)		
	separation by death	2 (10%)	1 (5%)	3 (7.5%)		
Religion	christianity	9 (45%)	8 (40%)	17 (42.5%)	5.296	.258
	buddhism	7 (35%)	5 (25%)	12 (30%)		
	no religion	4 (20%)	7 (35%)	11 (27.5%)		
Occupation	no occupation	2 (10%)	2 (10%)	4 (10%)	1.090	.896
	housewife	11 (55%)	10 (50%)	21 (52.5%)		
	salary man	5 (25%)	6 (30%)	11 (27.5%)		
	officer	2 (10%)	2 (10%)	4 (10%)		
Surgical therapy	have	8 (40%)	4 (20%)	12 (30%)	.353	.838
	have not	12 (60%)	16 (80%)	28 (70%)		

P <.05

<Table 2> Homogeneity test of anxiety before auricular acupressure therapy between the experimental and the control group

	Exp. group (N = 20)	Con. group (n = 20)	t	p
	Mean±SD	Mean±SD		
State anxiety	69.25±3.61	70.95±4.91	- 1.25	.220
Trait anxiety	66.15±1.87	66.15±1.84	.000	1.000

P <.05

2. 가

1) “ ” 70.95 72.45 가 69.25
 가 .” 1가 31.95
 ,
 , t-test 가

가 가 (t = 8.036,
 p = .000) <Table 3>.

2) “ ” 2가 Bea
 , (1995) (腎)
 , t-test 가 가
 가 가
 가 가 (t = (1995)
 19.616, p = .000) <Table 4>.
 (1995) 12
 (耳部) 가
 , 가
 , (耳)
 가
 66.15 67.50 가
 가
 66.15 44.60

<Table 3> Differences of trait anxiety after auricular acupressure therapy between the experimental and the control group

	pre-treatment	post-treatment		
	Mean±SD	Mean±SD	t	p
Exp. group	66.15±1.87	44.60±11.65	8.036	.000
Con. group	66.15±1.84	67.50± 3.15	-1.594	.127

<Table 4> Differences of state anxiety after auricular acupressure therapy between the experimental and the control group

	pre-treatment	post-treatment		
	Mean±SD	Mean±SD	t	p
Exp. group	69.25±3.61	31.95±2.24	19.616	.000
Con. group	70.95±4.91	72.45±3.35	1.556	.136

가

(Kim ,
1999),
(Song, 1993),
(Park, 1992)

가

가

가

Park Suh(1994)

가,

K
40 20
2001 5 1 6 30
가
가 Spielberger (1976) 가 Kim (1978)

Cronbach α
.87, .86 SPSS PC + X²

(Kim, 1993), -test t-test , 가 t- test
(Kim, 1996), (Mun &
Jung, 1996), 가 (Lee, 1996), (Lee,
1999), (Chai, 1999) ,

가 ” 가
(t = 8.036, p= .000).
2가 “
가 ” 가
(t = 19.616, p= .000).

가 ,

가
Sok (2001) 가 가
Sok (2001) 가

1.

2.

References

- Bae, B. C. (1995). *皇帝 內經*. Seoul : Sunbosa.
- Black, R., Champman, P. (1976). *SAD index for clinical assessment of Pain*.
- Chae, B. W. (1994). *東醫 脈耳鼻喉科學*. Seoul : Gibmundang.
- Chae, J. S. (1999). *The effects of meridian massage on the decreasing of blood pressure of the clients with hypertension*. Unpublished master's thesis, The KyungHee University of Korea, Seoul.
- Crag, T. J., Abeloff, M. D. (1974). Psychiatric symptomatology among hospitalized cancer patients. *Am. J. Psychiat.*, 131, 1327.
- Gotay, C. C. (1984). The experience of cancer during early and advanced stages : The views of patients and their mates. *Soc Science and Medicine*, 18, 605-613.
- Ha, H. K. (1982). Anxiety and depression of the hospitalized cancer patients. *J Korean Neuropsychiatr Assoc*, 21(4), 665-673.
- Hilton, B. A. (1993). Issues, problems, and challenges for families coping with breast cancer. *Seminars in Oncology Nur*, 9, 88-100.
- Jung, D. J. (1996). *A Study of family support and depress mood of cancer patient*. Unpublished master's thesis. The KyungHee University of Korea, Seoul.
- Kang, M. J. (1997). *A study of state anxiety and anxiety factors in intensive care patients*. Unpublished master's thesis, The KyungHee University of Korea, Seoul.
- Kim, E. S., Han, S. H. (1995). Clinical review of auricular acupuncture. *J Korean Acad Acupuncture*, 11(2).
- Kim, J. K. (1991). *Study of state anxiety and coping pattern in cancer patient*. Unpublished master's thesis, The YonSei University of Korea, Seoul.
- Kim, J. T. (1978). *Relation of Trait-Anxiety and socialization*. Unpublished master's thesis, The Korea University of Korea, Seoul.
- Kim, K. B, Mun, H. J., Sok, S. H, Hong, K. W. (1999). Literature review study about auricular acupuncture therapy for oriental nursing intervention development, *East-west Nurs research*, 4(1), 66-76.
- Kim, M. H. (1996). *Relationship between social supports and quality of life on gastrointestinal cancer patient*. Unpublished master's thesis, The HanYang University of Korea, Seoul.
- Kim, N. C. (1993). *A study on effect on Dan Jeon Breathing method to reduce the blood pressure of the client with the essential hypertension*. Unpublished doctoral dissertation, The Ewha Woman's University of Korea, Seoul.
- Kim, S. E. (1996). *The effect of Guided imagery on pain of delivery*. Unpublished doctoral dissertation, The Yonsei University of Korea, Seoul.
- Korea National Statistical Office (2002). <http://www.nso.go.kr/cgi-bin/sws-999.cgi>
- Lee, B. K. (1992). *最新 耳鍼圖解處方集*. Seoul : Hyundai-acupuncture center.
- Lee, C., Shin, K. H., Back, I. H.(1988). Clinic study on psychological consult of cancer patient- pilot test. catholic cancer center complete works. 2(2), 22-27.
- Lee, K. H. (1996). *The Effect of Yoga Exercise on the Relieve of Chronic Low Back Pain*, Unpublished master's thesis, The KyungHee University of Korea, Seoul.

- Lee, M. S. (1999). *An Effect of Qi Gong Gymnastics Program on the Physiopsychological Parameter in Essential Hypertension*. Unpublished doctoral dissertation, The Catholic University of Korea, Seoul.
- Lee, P. S. (2000). Spiritual care in hospice. *The Korean Journal of Hospice and Palliative Care*, 3(1), 102-107.
- Lewis, F. (1986). The impact of cancer on the family : A critical analysis of the research literature. *Patient Educ Counseling*, 8, 269-289.
- Lim, S. O., Hong, E. Y. (1997). An integrative review and meta-analysis of oncology nursing research, *J Korean Acad Assoc Nurs*, 27(4), 857-870.
- Mun, H. J., Jung, S. J. (1996). Nursing Approach of four Constitutional Theory. *J Korea Com Health Nurs Acad Soc*, 10(1), 139-154.
- Park, M. S. (1994). *The study on hand massage effect on radiational therapy cancer patient's anxiety*. Unpublished master's thesis, The Seoul University of Korea, Seoul.
- Park, M. S., Suh, M. J. (1995). The effect of the hand massage on anxiety of the cancer patients receiving radiation treatment. *J Korean Acad Assoc Nurs*, 25(2), 316-329.
- Park, S. W. (1992). *A study of state anxiety and social support in cancer patient*. Unpublished master's thesis, The Korea University of Korea, Seoul.
- Sok, S. H. (2001). *Effect of auricular acupressure therapy on insomnia of elderly people*. Unpublished doctoral dissertation, The KyungHee University of Korea, Seoul.
- Song, J. Y. (2000). The Controlling of the symptom in patients with terminal cancer. *The Korean Journal of Hospice and Palliative Care*, 3(1), 93-95.
- Spielberg, C. D. (1976). *Anxiety; current trends theory and research* ; America

Academy press New York, 23-49.

- Abstract -

The Effect of Auricular Acupressure Therapy on Anxiety of Cancer Patients

Kim, Kwuy-Bun *

Purpose: The purpose of this study was to necessitate auricular acupressure therapy as an independent nursing intervention on cancer patients by confirming its effectiveness.

Method: The experimental study was unequivocally controlled pre-post measure study. The subjects were 40 cancer patients who were hospitalized in K medical center in Seoul. The experimental group (20) and the control group (20) were randomly assigned. As measured tools, Spielberger's State-trait Anxiety (1976) measured tool by Kim's translation (1978). The auricular acupressure therapy was applied to experimental group, and the pre-post measure was performed to both group. The data was analyzed by using SPSS computer program that included descriptive statistics, χ^2 -test, and t-test.

Result: 1) The experimental group with the auricular acupressure therapy showed lower trait anxiety scores in comparison with the control group ($t = 8.036$, $p = .000$).

2) The experimental group which applied the auricular acupressure therapy showed lower state anxiety scores in comparison with the control group ($t = 19.616$, $p = .000$).

This result showed that cancer patients with the auricular acupressure therapy applied cancer patients decreased state anxiety and trait anxiety. Therefore, effectiveness of the

* Professor, College of Nursing Science. Kyung Hee University

auricular acupressure therapy was confirmed through this study.

Conclusion : According to the result, anxiety of cancer pateint should be decreased and controlled by the auricular acupressure therapy as independent nursung intervension. In addition, the auricular acupressure therapy will

provide effective independent nursing intervention that will decrease anxiety on patient with other disease and will improve quality of their lives.

Key words : Cancer patient, Anxiety,
The auricular acupressure therapy