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1. (Go & Kim, 1990; Song, 2000). Lee et al.(1988) , 가 64%가

1 가 1 (Black & Champman, 1976; Carig & Abelloff, 1974), National Statistical Office, 2002).

(Kim, 1991; Park & Suh, 1995; Park, 1992). Lim Hong(1997)

(Ha, 2001; Song, 2001).

가 (Ha, 1982), 가 가 (Craig & Abelloff, 1974; Lee, 2000).

가 가 (耳鍼) (耳壓療法) (耳)

* 2002 4 29 2002 7 29 2002 12 5

가 1)
 2)
 3. 가
 1) 1가 : 가
 2) 2가 : 가

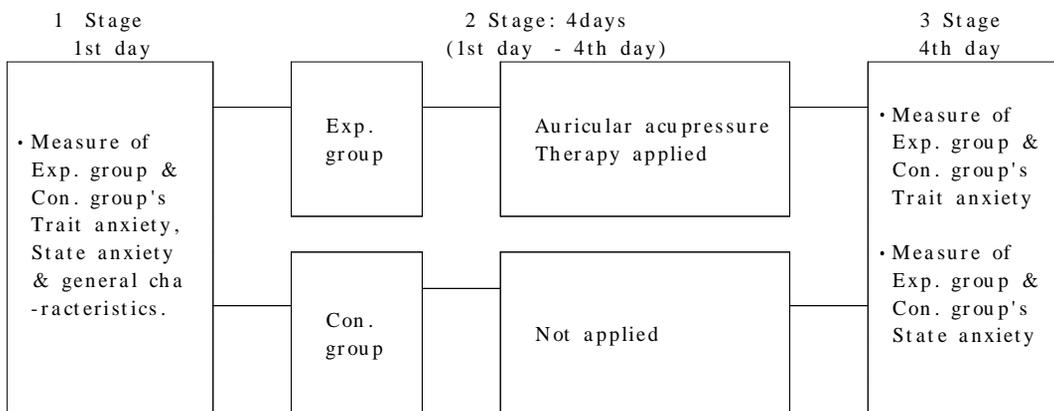
(Lee, 1992; Chae, 1994).

가
 가 Sok
 (2001)
 (unequivalent control group pretest -
 posttest Quasi-experimental design)

<Figure 1>.

2.
 K
 40 20 20 (Cohen, 1977)
 가 , Lee et al., 1993)

1)
 2) 가 2



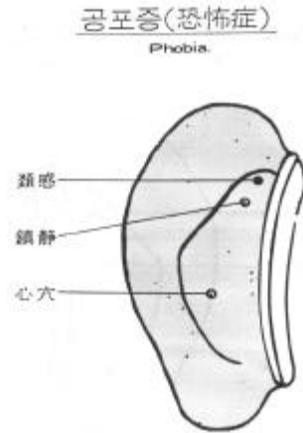
<Figure 1> Research Design

3) 가 가
4)

3.

1)
(1) : Spielberger (1976)가
Kim (1978)
10
가
Cronbach $\alpha =$
.87

(2) : Spielberger (1976)가
Kim (1978)
10
가
Cronbach $\alpha = .86$



<Figure 2> Auricular acupressure point of Anxiety (耳壓穴位圖)

2) () (腎) (心)

(耳介上),

(埋鍼) - (皮內鍼)
Surgical tape()
3-5 (埋置) (埋鍼)

(夏節) (刺戟) 가 (加強)
(埋鍼) (感染)

4. 2001 5 1 6
30 K ()
20 , 20)

(double blind method)

가
((顛減), (鎮靜),
(心穴))

4 2-3

4

5.

SPSS PC+

<Figure 2>.

X²-test, t

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

1. 2) 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%)		
Health status	70-79	1(5%)	—	1(2.5%)	.500	.779
	good	11(55%)	10(50%)	21(52.5%)		
	moderate	7(35%)	7(35%)	14(35%)		
Educational level	poor	2(10%)	3(15%)	5(12.5%)	1.00	.607
	middle school	11(55%)	8(40%)	19(47.5%)		
	high school	6(30%)	10(50%)	16(40%)		
Marrigial status	university	3(15%)	2(10%)	5(12.5%)	2.00	.368
	single	3(15%)	3(15%)	6(15%)		
	married	15(75%)	16(80%)	31(77.5%)		
Religion	separation by death	2(10%)	1(5%)	3(7.5%)	5.296	.258
	christianity	9(45%)	8(40%)	17(42.5%)		
	buddhism	7(35%)	5(25%)	12(30%)		
Occupation	no religion	4(20%)	7(35%)	11(27.5%)	1.090	.896
	no occupation	2(10%)	2(10%)	4(10%)		
	housewife	11(55%)	10(50%)	21(52.5%)		
	salary man	5(25%)	6(30%)	11(27.5%)		
Surgical therapy	officer	2(10%)	2(10%)	4(10%)	.353	.838
	have	8(40%)	4(20%)	12(30%)		
	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) “ 가 .” 1가 70.95 72.45 가 69.25
 , 31.95
 , t-test 가
 가 (t = 8.036,
 p = .000)<Table 3>.

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

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

	pre-treatment	post-treatment	t	p
	Mean±SD	Mean±SD		
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	t	p
	Mean±SD	Mean±SD		
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

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1999),

(Kim,

(Song, 1993),

(Park, 1992)

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Park Suh(1994)

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가

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Spielberger (1976)가

Kim (1978)

Cronbach α

.87, .86

SPSS PC+

χ^2

(Kim, 1993),

-test

t-test , 가

t- test

(Kim, 1996),

(Mun &

Jung, 1996),

가 (Lee, 1996),

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17가 “

가

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(t = 8.036, p = .000).

2가 “

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(t = 19.616, p = .000).

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가

Sok (2001)

가

가

Sok (2001)

가

1.

2.

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- 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

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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