

- 1)
- 2)
- 3)
- 4)
- 5)

3.

- 1)

: , , , 가

: Polit & Larocco(1980) (1983)
(1997)가 ,

- 2)

: (, 1995; O'Donell, 1986).

: (1997)

1.

Polite Larocco(1980)

가 가 (, 1978; Huffmun, 1979).

Neugarten(1970)

. Nocak(1975)

(1983)

, (36.25%). 가 (15.83%) , (13.75%)
8.75%

(1997)

가 가

가

(, 1994).

(, 1996).

2.

가 , , 가 ,

1)

. White, Martin. Yeater, Butcher Radin(1984)

가 (, 1997).

가

, ,

(, 1997). Dyster(1984)

, Nordin, Need, Morris

Horowis(1985)

2)

(Heaney, 1980:),

가 (, 1997; 砒内, 1994: 中山鳥 1 . 1994

: 黒田 3 , 1994). 가 D (Allen,

1982; Ballmore & Gallagher, 1970; Nordin, et al., 1985:)

D가

D

가 (Mazzes & Barden, 1985;).

, ,

가

(, 1994; , 1997). , , estrogen

3)

가

, , ,

, 가

가 (, 1994).

(Melman A, 1983).

(Kegel's exercise)

가

, 가

(, 1991).

(Melman A,

1983).

(Kegel's exercise)

가

, 가

(. 1991).

4) 가

(Hargreaves, 1975;).

(Beachametal, 1972; MacPherson 1981;

). (1978)

가 가

1991)

(Litchrman,
가

(Pernoll, 1991).

5)

가 가

가

(Hass et al., 1988).

1987;).

50%

(Wilson et al.,
가

가

1.

(1997)

2.

1)

Polit Larocco(1980)

(1983)

(1997)

14

2 가 16

1 ,

0

0 16

가

가

(1997)

Cronbach's alpha가 0,83

0,74

2)

(1997)

가

3 ,

3

17

가

4 , ‘

’, ‘

’, 3

가 7 121 . 가 4 (1997)
 , , 가 .
 ' 4 , ' 3 , ' 2 ,
 1 4 21 84 가
 Cronbach's alpha가 0.70 0.82 .

3.

G , 가 40 55
 25 (1997)

45 60 1998 4
 1 1998 5 31 . 520 489
 (94.99%) 121 368 (70.8%) .

4.

가 t-test (one-wat ANOVA)
 Pearson
 (Pearson correlation coeffecient) . SPSS/PC Program
 Cronbach's Alpha .

1.

45 -50 53.4% 가 50-55
 (30.4%) . "가 47.9% 23.1%
 71% , (1996) qs
 71.7% 가 3-5 . 71.7%
 가 3-5 64.9% 가 5-9 (21.7%) 가 가
 78.4% . 87.5% . 34%
 (31.8%), (25.4%) 1.4% 6.5%
 86.1% 가 11.1% . 100 27.9% .
 가 86.1% .
 7.1%, 6.8% (1).

< 1> (N=368)

	N	%
	11	31.0
	83	23.1
	171	47.9
	84	23.4
	9	2.5
() 45-50	199	54.1

	51-55	112	30.4
	55-60	57	15.4
		105	28.3
		263	71.7
가	1-2	49	13.3
	3-4	239	64.9
	5-9	80	21.7
가	가	76	20.8
	가	292	79.2
		322	87.5
		46	12.5
		24	6.5
		117	31.8
		125	34.0
		97	26.4
		5	1.4
		317	86.4
		6	1.6
		2	0.5
		41	11.1
		2	0.5
	100	104	27.9
	100- 150	99	27.1
	150- 200	91	24.9
	200	74	20.0
		26	7.1
		25	6.8
		317	86.1

2.

(2) ‘

’(84.0%), ‘

’(78.0%), ‘

’(75.5%), ‘

’(73.9%), ‘

’(73.6%), ‘

가 ’(72.6%), Polit Larocco(1980), (1983), (1983),

(1993) 가 , ,

’(22.8%), ‘

’(26.4%), ‘55 가 ’(26.4%)’

’(29.3%) (1993)

(1983) Polit Larocco(1980) 58.1%, (1993) 66.4%, '가 53.3% 가 (77.2%) (1997) 가 (P>0.00) (, 1981): , 1985; 1987; , 1994) 가 (, 1995). 72.6% 가 가 44.1% 16 8.75 (±3.26) (1983) 13 5.63 가 가 가

< 2>

		(%)		(±)	
		가	가		
		39.9	61.1	2.32 ± .70	368
		26.4	73.6	2.05 ± .78	366
45		30.4	69.6	1.91 ± .83	367
		29.3	70.7	2.28 ± .90	366
55	가	26.4	73.6	1.79 ± .84	366
		62.5	37.5	1.64 ± .88	365
		75.5	24.5	1.39 ± .73	368
		78.0	22.0	1.33 ± .71	365
		73.9	26.1	1.41 ± .74	368
		22.8	77.2	1.98 ± .88	368
	가	72.6	27.4	1.48 ± .84	366
	가	44.0	56.0	2.03 ± .95	368
		84.0	16.0	1.27 ± .67	367
	, , 가	65.8	34.2	1.56 ± .83	368
	가				

	51.9	48.1	1.82 ± .91	367
	73.6	26.4	1.42 ± .76	368
			8.75 ± 3.26	

3.

(3) , 가 , ,
 가 . 45-50 가 9.03
 가 (P=0.00) 가 5-9 9.15 가 , 3-5 8.26
 , 1-2 7.26 가 가 (P=0.016). (1983)
 가
 9.4 가 , , ,
 (P=0.019). 200 9.63 , 200 9.39
 150 8.26 , 100 7.25
 (P=0.00). (1993) , 가
 (1983) , , 가 ,
 , 가 , 가 Polit Larocco
 가 가 (1983) 가 가

< 3 >

		N	±	t or F	P
		11	9. 0(± 2.93)		
		83	8.87(± 3.60)		
		171	8.61(± 3.18)	.74	.56
		84	8.32(± 3.17)		
		9	7.22(± 2.43)		
()	45-60	199	9.03(± 3.27)		
	51-55	112	8.44(± 2.94)	5.54	.001**
	56-60	57	7.23(± 3.49)		
		105	8.67(± 3.58)		
		263	8.50(± 3.31)	1.31	.45
가	1-2	49	7.46(± 3.26)		
	3-4	239	8.60(± 3.25)	4.13	.016*
	5-9	80	9.15(± 3.14)		
가	가	76	8.81(± 3.09)		
	가	292	8.26(± 3.45)	1.25	.10
		322	8.59(± 3.22)		
		46	8.43(± 3.61)	1.26	.30

		24	6.75(± 3.30)		
		117	8.23(± 2.93)		
		125	8.90(± 3.25)	2.96	.019*
		97	8.94(± 3.48)		
		5	9.4(± 3.64)		
		317	8.66(± 3.31)		
		6	6.5(± 3.72)		
		2	7.0(± 2.82)	.92	.44
		41	8.21(± 2.77)		
		2	8.0(± 1.41)		
()	100	104	7.25(± 3.60)		
	100- 150	99	8.62(± 3.08)		
	150- 200	91	9.63(± 2.85)	9.94	.00**
	200	74	9.39(± 2.98)		
		26	8.73(± 3.16)		
		25	8.52(± 3.93)	.10	.90
		317	8.55(± 3.19)		

*P<.05, **P<.001

4.

(4) 4
 ‘ (2.87 ± 1.3) ‘ (2.76 ± 1.2) ‘
 가 가 (2.72 ± .96), ‘가
 (2.69 ± .92), ‘ , , , ‘
 (2.60 ± .90) . ‘
 , (1.54 ± .84). ‘ 가(,) (1.54
 (1.54 ± .85). ‘ , 가 , 가
 가 가 (1.82 ± .87) .
 가 가 2.65(± .65) 가
 가 가
 가 2.48(± .63) . 가 1.70(± .59) 가
 (, 1978: Salon, 1978) 가
 (Master WH, Johnson VE: 1986) 가
 (, 1983) 가
 (, 1901) 가 .
 가 1.88(± .67)

가 (, 1994;
 , 1996)

가 84 47.62(±9.73)
 (1997) 68 35.27

< 4>

		가					
		N (%)	N (%)	N (%)	N (%)	(±SD)	
가		36(9.8)	126(34.2)	125(34.0)	81(22.0)	2.68 ± .92	2.28 ± .74
		90(24.5)	150(40.8)	82(22.3)	46(12.5)	2.22 ± .95	
	20						
3-4q		146(39.6)	130(35.2)	61(16.5)	30(8.1)	1.93 ± .94	
		46(12.8)	161(43.8)	111(30.2)	49(13.3)	2.44 ± .87	2.48 ± .63
		83(22.6)	134(36.4)	109(29.6)	42(11.4)	2.29 ± .94	
		43(11.7)	123(33.5)	137(37.3)	64(17.4)	2.60 ± .90	
		60(16.4)	112(30.6)	113(30.9)	81(22.1)	2.58 ± 1.0	
		160(43.6)	153(41.7)	32(8.7)	22(6.0)	1.77 ± .84	1.70 ± .59
가		128(34.8)	111(30.2)	59(16.0)	70(19.0)	2.19 ± 1.1	
	가()	230(62.8)	92(25.1)	23(6.3)	21(5.7)	1.54 ± .84	
		300(81.5)	37(10.1)	16(4.3)	15(4.1)	1.13 ± .73	

(P=.001)
(P=.001). , , 가
, , . 45- 50 48.25
(47.81),
(48.42) 가 3-5 (48.0) 가 가 (47.71)
(1994)
가
, 가
가 (Dishman, Sallis & Obstein, 1985; Duffy, 1993;).

< 5>

		±	t or F	P
		47.63 (± 8.88)	.73	.99
		47.37 (± 9.91)		
		47.62 (± 9.55)		
		47.81 (± 9.80)		
		46.11 (± 9.76)		
()	45- 50	48.25 (± 8.80)	1.21	.29
	51- 55	47.40 (± 10.55)		
	56- 60	45.92 (± 11.17)		
		48.42 (± 9.64)	1.04	.97
		47.3 (± 9.82)		
가	1-2	47.0 (± 11.42)	0.49	.45
	3-5	48.0 (± 9.05)		
	5-9	46.9 (± 9.21)		
가	가	47.41 (± 9.10)	1.19	.24
	가	47.71 (± 10.21)		
		47.86 (± 9.67)	1.12	.29
		46.02 (± 10.21)		
		43.50 (± 9.94)	4.63	.00**
		45.42 (± 9.74)		
		49.86 (± 8.89)		
		48.19 (± 10.02)		
		51.80 (± 8.89)		
		47.75 (± 9.76)	.68	.60
		42.50 (± 9.85)		
		48.50 (± 2.12)		
		47.00 (± 9.59)		
		54.00 (± 14.14)		

4. $47.62(\pm 9.72)$ 가 (2.62) 가 가 ,
(1.88) (1.70)

5. 가

6. 가 ($r=.18, P<.001$).

가

1. (1995).
2. (1994).
, 37(10), 2037- 2045.
3. (1978). Estrogen therapy , 30(2), 837- 846.
4. (1990).
5. (1992).
6. (1998).
, 31(6), 784- 794.
7. (1989). , 19(2),173- 190.
8. (1989).
9. (1995).
, 1(2), 42- 50.
10. (1996).
11. (1991). , 34(8).
12. (1995).
13. (1991).
14. (1998).
15. (1989). , 4, 1-3.
16. (1987).
17. (1992). , 31(4), 44- 57.
18. (1994). 가

- Orem Bandura - .
19. , , (1988).
 , 18(3), 281-288.
 20. (1997). , 7(1), 95-104.
 21. (1996).
 22. (1995).
 23. , , (1991).
 , 24(2), 114-23.
 24. (1994). , 3(1),
93-111.
 25. (1983).
 26. (1997).
 27. (1995). : Q , 25(4),
807-824.
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 , 10(1), 29-39.
 29. (19970).
 30. (1995). , 1(1), 68-74.
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 32. (1988).
 33. (1982). , 22(2),
267-274.
 34. (1994). 가 -
 35. , , , , , (1994).
 , :
 36. , (1992). , 7(2), 95-106.
 37. , , (1997).
 , 40(12), 37-46.
 38. , , (1997). L
 , 3(1), 1-8.
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160-172.

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- Abstract -

**Key concept: Menopause knowledge,
Menopause management.**

A Study on Degree of Knowledge of Menopause and Management of Menopausal Woman

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Jo, Hea Jin:Gyeongsang University Hospital

The purpose of study was to identify the degree of menopausal of age knowledge and management of menopausal women.

The data were collected from April 1st to May 31th in 1998 and 368 total.

Data were analyzed by SPSS/PC program. The results were as follows.

1. The average age was 45-50 years. General health state was good 71% mostly they were house keeper. 87.5% had religion. The married woman was 86.1%. Menopause treatment experience was 88.1%. The educational state was below middle school, 72.3%.

2. The high score of knowledge of menopause was the item of whether they conceive or not after menopause, irregularity of menopause, menopausal symptoms, of the possibility osteoporosis.

3. The score of knowledge was the highest at the group 45-50, the high education, and the high number of family members.

4. The score of management was the highest in self control category. No drinking & no smoking items were the highest. Sexual management and management by professional person were low score.

5. The higher score

of the knowledge of menopause, the higher score of the management.