

탈북자의 남한에서의 삶의 질*

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Quality of Life of North Korean Defectors in South Korea *

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■ 국문 초록

연구목적 :

가 가 ,

방 법 :

1~3 43 가

결 과 :

113 가 (WHOQOL - BREF)

가 ,
가

가

결 론 :

중심 단어 :

서 론

가 99 148

1)

가

가 90

10

가 2-6)

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가 50 가 18)19)
 가 7)
 가 8-10) 가가

연구방법

1. 연구대상

가 1~3 43
 가 11) 2002
 12) 1 가 2000 2002
 가 113 324
 가 2) 2000 20) (Korean version WHOQOL)
 Kuprinski 가 13) 14-16) 43 가
 (p=0.0466), (p=0.0001),
 (p=0.0004)가
 가 2-6) 17) 113 가 , 45 45 45
 가 가 가
 가 (p<0.0001). 가
 가 (p<0.0001).

2. 연구도구

가 21)
 (WHOQOL - BREF)
 . WHO (WHOQOL)
 가 100
 (WHO) 가 가 “ 가 ”
 , 19)22) WHO 26 WHO-

QOL - BREF (physical health domain), WHOQOL - BREF (psychological domain), (social relationships domain), (environment domain) 4 domains, WHO (WHOQOL)

3. 통계 분석 방법

SAS version 8.1 two-sample t-test, paired t-test, chi-square test, one-way ANOVA 0.05

결 과

1. 남한에서의 탈북자와 대조군의 삶의 질 비교

(1), 가, 가 (p<0.0001)

(p=0.0019), (p=0.0004), (p=0.0062), (p=0.0031), (p<0.0001), (p<0.0001)

(p=0.0136) 가 (p=0.0004)

(p=0.0047), (p=0.0416), (p=0.0002), (p=0.0047) 가

2. 탈북자의 북한에서의 삶의 질과 탈북 이후 남한에서의 삶의 질 비교

Table 1. Comparison of quality of life in South Korea between North Korean defectors and control

	NK defectors (N=43)	Control (N=324)	p value
	Mean(SD)	Mean(SD)	
Domain 1 Physical domain	12.07(2.83)	14.70(2.36)	<0001*
Facet 1 Pain and discomfort	2.98(1.41)	3.93(1.01)	<0001*
Facet 2 Energy and fatigue	3.12(1.12)	3.10(0.95)	0.9117
Facet 3 Sleep and rest	2.74(1.07)	3.35(1.05)	0.0004*
Facet 9 Mobility	3.44(1.16)	3.94(0.96)	0.0019*
Facet 10 Activity of daily living	3.00(1.00)	3.39(0.85)	0.0062*
Facet 11 Dependency on medication and treatment	3.02(1.39)	4.56(0.74)	<0001*
Facet 12 Work capacity	2.81(1.31)	3.46(0.96)	0.0031*
Domain 2 Psychological domain	13.23(2.88)	12.81(2.59)	0.3252
Facet 4 Positive feeling	3.19(1.22)	2.78(0.97)	0.0416*
Facet 5 Thinking, learning, memory and concentration	3.67(0.99)	3.12(0.90)	0.0002*
Facet 6 Self-esteem	3.30(1.10)	3.24(0.88)	0.6906
Facet 7 Bodily image and appearance	3.09(1.15)	2.97(1.03)	0.4544
Facet 8 Negative feeling	3.02(1.44)	3.49(0.89)	0.0136*
Facet 24 Religion/spirituality/personal belief	3.56(1.03)	3.60(0.99)	0.7717
Domain 3 Social domain	12.76(3.32)	12.75(2.57)	0.9900
Facet 13 Personal relationship	3.14(1.06)	3.23(0.92)	0.5555
Facet 14 Practical social support	3.26(0.95)	3.34(0.79)	0.5260
Facet 15 Sexual activity	3.21(0.95)	2.97(0.91)	0.1568
Domain 4 Environment domain	12.01(2.50)	12.04(2.23)	0.9438
Facet 16 Physical safety and security	2.98(1.01)	3.20(0.96)	0.1604
Facet 17 Home environment	3.23(0.87)	3.45(0.90)	0.1394
Facet 18 Financial resources	1.84(1.04)	2.44(1.04)	0.0004*
Facet 19 Health and social care	3.67(0.99)	3.56(0.80)	0.4550
Facet 20 New information	2.98(1.06)	2.97(0.88)	0.9419
Facet 21 Recreation and leisure	2.49(1.10)	2.28(0.96)	0.1970
Facet 22 Physical environment	2.86(1.08)	2.84(1.01)	0.8995
Facet 23 Transport	3.98(0.71)	3.35(0.94)	<0001*
G1 Overall quality of life	3.70(0.71)	3.30(0.88)	0.0047*
G4 General health	3.10(1.03)	3.34(0.89)	0.0957
Total	83.03(13.22)	85.02(13.06)	0.4017

NK defectors : North Korean defectors

* : p<0.05

Table 2. Comparison of quality of life of North Korean defectors between in North Korea and in South Korea after the flee

	North Korea		South Korea	p value
	(N=43)	(N=43)	(N=43)	
	Mean(SD)	Mean(SD)	Mean(SD)	
Domain 1 Physical domain	12.09(3.18)	12.07(2.83)		0.9356
Facet 1 Pain and discomfort	3.72(1.34)	2.98(1.41)		0.0049*
Facet 2 Energy and fatigue	2.81(1.22)	3.12(1.12)		0.2154
Facet 3 Sleep and rest	2.78(1.17)	2.74(1.07)		1.0000
Facet 9 Mobility	2.35(1.18)	3.44(1.16)		0.0003*
Facet 10 Activity of daily living	2.89(0.91)	3.00(1.00)		0.6760
Facet 11 Dependency on medication and treatment	3.56(1.27)	3.02(1.39)		0.0742
Facet 12 Work capacity	3.13(1.18)	2.81(1.31)		0.1856
Domain 2 Psychological domain	11.86(3.08)	13.22(2.88)		0.0067*
Facet 4 Positive feeling	2.70(1.18)	3.19(1.22)		0.0205*
Facet 5 Thinking, learning, memory and concentration	3.05(1.29)	3.67(0.99)		0.0010*
Facet 6 Self-esteem	3.03(1.03)	3.30(1.10)		0.1460
Facet 7 Bodily image and appearance	2.95(1.03)	3.09(1.15)		0.2434
Facet 8 Negative feeling	3.56(1.21)	3.02(1.14)		0.0397*
Facet 24 Religion/spirituality/personal belief	2.54(1.35)	3.56(1.03)		0.0001*
Domain 3 Social domain	12.63(3.21)	12.76(3.32)		0.8955
Facet 13 Personal relationship	3.31(1.01)	3.14(1.06)		0.7154
Facet 14 Practical social support	3.19(0.89)	3.26(0.95)		1.0000
Facet 15 Sexual activity	3.03(0.10)	3.21(0.95)		0.6300
Domain 4 Environment domain	9.74(2.99)	12.01(2.49)		0.0003*
Facet 16 Physical safety and security	2.68(1.29)	2.98(1.01)		0.1773
Facet 17 Home environment	2.81(0.97)	3.23(0.87)		0.0481*
Facet 18 Financial resources	2.54(1.41)	1.84(1.04)		0.0281*
Facet 19 Health and social care	2.89(1.02)	3.67(0.99)		0.0026*
Facet 20 New information	2.27(1.07)	2.98(1.06)		0.0049*
Facet 21 Recreation and leisure	1.73(0.93)	2.49(1.10)		0.0003*
Facet 22 Physical environment	2.68(1.25)	2.86(1.08)		0.4532
Facet 23 Transport	1.89(0.94)	3.98(0.71)		<0.0001*
G1 Overall quality of life	2.53(1.08)	3.70(0.71)		<0.0001*
G4 General health	2.97(1.22)	3.10(1.03)		0.6294
Total	76.89(15.93)	83.03(13.22)		0.2351

* : p<0.05

paired t - test (2),
 가 , (p<0.0001)
 (p=0.0067) (p=0.0003)
 (p=0.0205), (p=0.0003),
 (p=0.0010) 가 (p=0.0001),
 가 (p=0.0481),
 (p=0.0026), (p=
 0.0049), 가 (p=0.0003),
 (p=0.0397)
 (p=0.0397), (p=0.0049),
 (p=0.0281)

3. 북한에서의 삶의 질과 남한에서의 삶의 질 비교

(113)
 (3), (p<0.0001)
 (p=0.0002),
 (p=0.0112), (p<0.0001)
 (p=0.0005), (p=0.0039),
 (p=0.0030), (p<0.0001),
 (p=0.0302), (p<0.0001),
 (p<0.0099), (p<
 0.0002), (p<0.0001), 가
 (p<0.0001), (p<0.0001),
 (p<0.0001)

4. 탈북자의 남한에서의 삶의 질과 연관된 요인

, , 가
 가
 (p=0.0230)
 (p=0.0022)
 가

Table 3. Comparison of quality of life between North Korean defectors in North Korea and control in South Korea

	NKd in NK (N=113)	Control (N=324)	p value
	Mean(SD)	Mean(SD)	
Domain 1 Physical domain	13.38(3.30)	14.70(2.36)	0.0002*
Facet 1 Pain and discomfort	3.70(1.33)	3.93(1.01)	0.1044
Facet 2 Energy and fatigue	2.97(1.16)	3.10(0.95)	0.3084
Facet 3 Sleep and rest	3.01(1.08)	3.35(1.05)	0.0039*
Facet 9 Mobility	3.09(0.96)	4.39(0.85)	0.0005*
Facet 10 Activity of daily living	3.28(0.85)	3.47(0.80)	0.0029*
Facet 11 Dependency on medication and treatment	3.80(1.28)	4.56(0.74)	<0001*
Facet 12 Work capacity	3.42(1.20)	3.46(0.96)	0.7583
Domain 2 Psychological domain	12.05(2.88)	12.81(2.59)	0.0112*
Facet 4 Positive feeling	2.54(1.03)	2.78(0.97)	0.0302*
Facet 5 Thinking, learning, memory and concentration	3.17(1.11)	3.12(0.90)	0.7063
Facet 6 Self-esteem	3.09(0.97)	3.24(0.88)	0.1385
Facet 7 Bodily image and appearance	3.13(1.14)	2.97(1.03)	0.1634
Facet 8 Negative feeling	3.41(1.26)	3.49(0.89)	0.5365
Facet 24 Religion/spirituality/personal belief	2.74(1.22)	3.61(0.99)	<0001*
Domain 3 Social domain	12.58(3.18)	12.75(2.57)	0.6086
Facet 13 Personal relationship	3.34(0.92)	3.23(0.92)	0.2834
Facet 14 Practical social support	3.07(0.98)	3.34(0.79)	0.0099*
Facet 15 Sexual activity	2.98(1.05)	2.97(0.91)	0.9535
Domain 4 Environment domain	9.87(2.92)	12.04(2.23)	<0001*
Facet 16 Physical safety and security	2.65(1.31)	3.20(0.96)	<0001*
Facet 17 Home environment	2.83(1.07)	3.45(0.90)	<0001*
Facet 18 Financial resources	2.53(1.36)	2.44(1.04)	0.5104
Facet 19 Health and social care	2.65(1.07)	3.56(0.80)	<0001*
Facet 20 New information	2.28(1.05)	2.97(0.88)	<0001*
Facet 21 Recreation and leisure	2.19(1.09)	2.28(0.96)	0.3808
Facet 22 Physical environment	2.65(1.28)	2.84(1.01)	0.1551
Facet 23 Transport	1.96(1.03)	3.35(0.94)	<0001*
G1 Overall quality of life	2.61(1.01)	3.30(0.88)	<0001*
G4 General health	3.14(1.11)	3.34(0.89)	0.0974
Total	76.05(16.18)	85.02(13.06)	<0001*

NKd in NK : North Korean defectors in North Korea
* : p<0.05

45 (p=0.0172)

(p=0.0007) (p=0.0119)

가 (p=0.0309)

가 (p=0.0025)

가 (p=0.0494)

(p=0.0308)

가 가 (p=0.0012)

(p=0.0452), (p=0.0062),

(p=0.0130), (p=

0.0083), (p=0.0020)

가 (p=0.0277),

(p=0.0106), (p=0.0300)

가

5. 경로분석

가

1

Domain 2()가 overall

QOL path coefficient 0.7092

domain 4() 0.65802 (corr-

elation) 가 domain 1(

l) 0.59998

domain 3(l) path coefficient 0.5162

가

가

1

domain 1() overall QOL path

coefficient 0.5490 domain

3() path coefficient 0.4782

가 domain 4() path

coefficient 0.3868 가

domain 2() path coefficient 0.6408

가

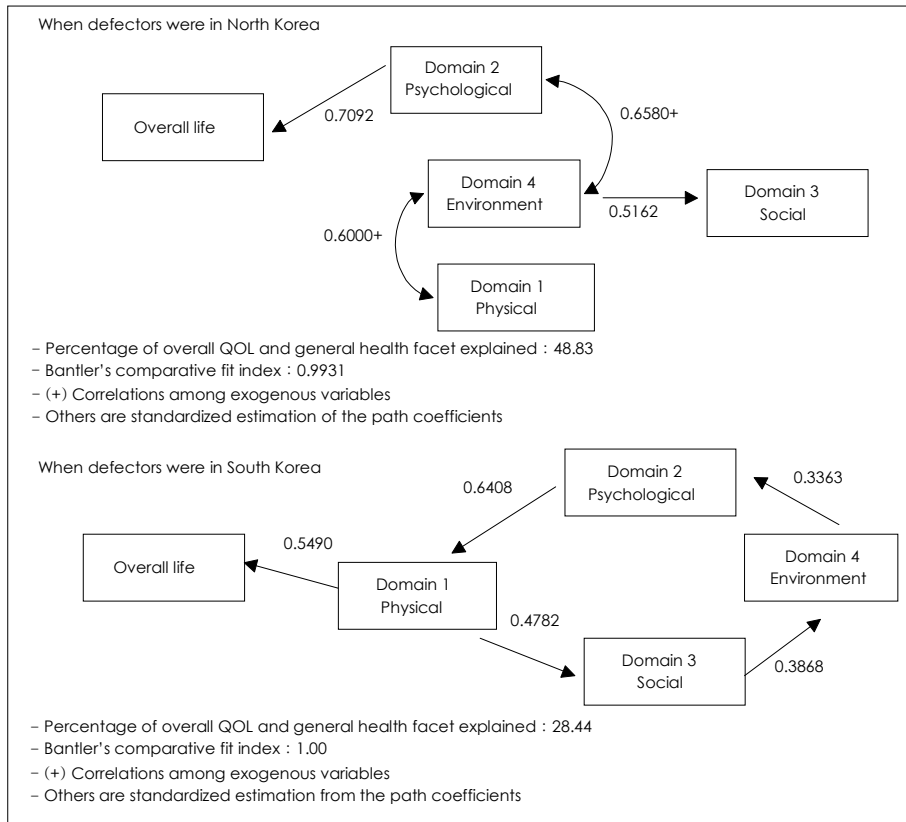


Fig. 1. Path analysis of quality of life of North Korean defectors when they were in North Korea and when they were in South Korea after defection.

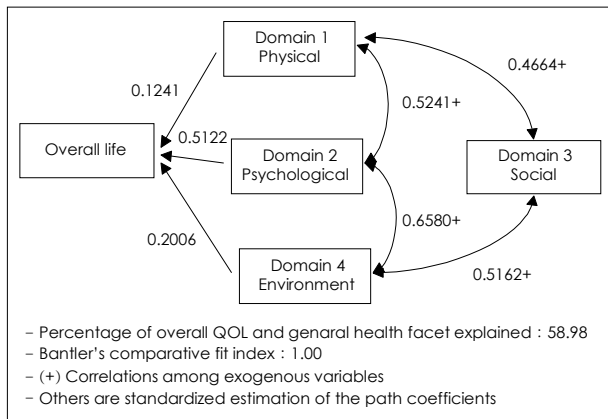


Fig. 2. Path analysis of quality of life in North Korea.

() path coefficient 0.1241
 , domain 2()가 path coefficient
 0.5122, domain 4()가 path coefficient 0.2006
 가 가
 가
 (corr-
 elation) 0.5241 가 ,
 0.65802 (correlation) 가
 0.46644
 (correlation)가 0.51617
 (correlation)가
 가 가

3 가

7) ()

가 , 가

2)24) 가

24)29) 가

24) 가

가 , 가 가

가 가 가

2) 가

가 가 가

7) 가

17)가 가

가 가

30) 가

가 가 () , 가 , 가

가 가 가

25-27) 가

7) 가

가 가

가 , 가 ,

28) 가 29) 3)17)

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Quality of Life of North Korean Defectors in South Korea

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Objectives : The objective of this study is to evaluate the subjective quality of life (QOL) of North Korean defectors in South Korean society and to compare it with QOL when they were in North Korea and QOL of South Korean. .

Method : The subjects were 43 North Korean defectors who had lived for 1 to 3 years in South Korea, who rated their subjective quality of life (QOL) . A group of 113 North Korean defectors under a socializing education program of governmental organization before releasing to South Korean society rated retrospectively the subjective QOL which they had felt while they were in North Korea. Instrument was the Korean Version of brief form of World Health Organization Quality of Life Scale (WHOQOL-BREF) . These results were compared with data from the standardization study of the Korean Version of WHOQOL as a control group which consist of 324 South Koreans.

Result : The total score of WHOQOL-Bref of North Korean defectors in South Korean society was not significantly different with that of South Koreans, but scores in physical domain, negative feeling and economic resource were significantly lower in defectors. Especially QOL in facets of negative feeling and economic resource become lower after defection to South Korea. But QOL in psychological domain and environmental domain become higher. In retrospective rating, The total score of QOL in North Korea was significantly lower than that of South Koreans and especially lower in physical domain, psychological domain and environmental domain. However in general, QOL of North Korean defectors in negative feeling, self-esteem, body image and appearance and personal relationship seem not to be worse than that of South Koreans.

Conclusion : The result of this study suggest that, as QOL of North Korean defectors in South Korean society generally is low, they need help, especially help for resolving conflict due to negative feeling, economic support, medical service, educational service and spiritual support.

KEY WORDS : North Korean defectors · Quality of life.
