

임상간호사와 보건간호사의 건강지각과 건강증진행위 비교

지도 이 정 렬 교수

이 논문을 보건학석사 학위논문으로 제출함

2000년 12월 일

연세대학교 보건대학원

지역사회 간호학과

임 경 아

임경아의 보건학석사 학위논문을 인준함

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연세대학교 보건대학원

2000년 12월 일

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4.		18
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1.		19
2.		24
3.		25
4.		27

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1.		28
2.		29
•		32
		35
(1)		39
(2)		40
(3)		42
ABSTRACT		48

(1) 20

(2) 23

(3) 24

(4) 26

(5) 27

가 가

6 350-400 2

150 , 150

131 139 270

20 20 42

82

t-test x² test

(pearson correlation coefficient)

(p=.000), BMI

가 (p=.002),

가 (p=.000),

가

가 (p=.000).

, ,

가

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, ,

가

.

,

(p=.000)

(p=.000)

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가

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가

가

.

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가

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1.

가 .

(, 2000).

(Green, 1995).

가 가

(, , 1999),
(, ,1999),
,
(, 1999).

가 가 가 1990
, 1995 . 21

Vision

(2005 66.1 , 2010 72)

(, 2000).

가 .

(, 1997).

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가

(, 1998).

가 (가 ,1999).

(,1997; ,1997; ,1997; ,1998; ,1998)

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· ,
· 가

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(, 1998; , 1993; ,1992)

가 , (,1998; ,1996;
,1994), (,1986; ,1990) .
(,1994;

,1992) .

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(1998)가 ,

(1997), (1998), (1998)

가 .

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21 , ,

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21

(, 1997). 21

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가

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2.

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3.

1)

:
(,
1983).
: John E. Ware(1976)
(1990)가 4
가
.

2) (Health-Promoting Behavior)

: , ,
(Pender,1982).
:
Pender, Sechrist and Walker(1987)가 Health
Promoting Lifestyle Profile (HPLP) (1995)가
4 , 가
.

•

1.

,

, (perceptual field) (personality)
(,1983). ,

.

(,1984).

,

.

(,1986).

가

(,1998).

가

.

Pender(1982)

,

,

,

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가

.

Ware(1979)

가

, Radelfinger(1965)

(1985)

,

(1998)

가

가

.

가

가

.

가

가

가 (,1998).

2.

가 ,

(, 1996) ,

가 .

1974 'Lalonde Report' 1979 'Surgeon General's Report : Healthy people' (, 1995).

가

· ,

가

가 , , 가

· ,

(Pender, 1986).

1990

가 , 1995

, 1998 , 1998 1999 18

.

. 1986

OTTAWA ,

가 ,

(1979)

,

, Brubaker (1983)

Green (1984)

,

, WHO(1984)

, Murray & Zentner (1985)

,

,

. Goodstadt (1987),

,

Pender (1987)

, O'Donell(1989)

.

,

,

,

.

,

,

. Talyor (1989),

가

, Minkler(1989)

가

, Stachtchenko(1990)

,

가

가

.

,

(Parse,1990; ,1993) .

3.

·
(Meless,1990; ,1998).
가 ,
(Smith,1990).
가
,
가 , 가
가
(
,1999).

·
Walker, Sechrist, Pender가 HPLP(Health
Promoting Lifestyle Profile)

·
(1994)
145 HPLP
2.6 ,
가 가 ,
, , ,

가 .

(1997)

3 399 FANTASTIC

Lifestyle

32.70 , 가 가

, , , ,

, 가 .

, , , ,

.

(11.31%) . , 가

가 .

(1998)

280 HPLP

가 가 , , ,

, .

(1998)

388 HPLP

2.5

가 , ,

, , , .

(1998)

474

HPLP

2.38

가

, ,

, , , .

(1996)

365

(1995)

3.16

가

. , 가

가

가

가

.

가

가

.

가

,

, ,

.

(,1997),

(Gorin,1992; ,1997).

•

1.

(descriptive correlation study) .

2.

1)

150

150

300

.

25

6

, 가

.

350-400

2

. 가

.

10 - 15

.

2)

2000 年 11 月 8 日 11 月 16 日 9 日 .
300 (150 , 150) , 275
(141 :94%, 134 :89%) 92%
, 5 (2 ,
3) 270 .

3.

1)

,
20 20 , 42 82
.

「 」
, , , , , , , , ,
, ,
.

「 」 John E. Ware(1978)
(the health perception questionnaire) .

7 , 2 , 2
, 4 , 2 ,
3 20 .
4 ,
1 Likert type .
Ware Cronbach's
 $\alpha = .72$, $\alpha = .72$.
Walker, S.N., Sechrist, K.R., & Pender,
N.J.(1987) (Health promoting life
style profile) .
12 , 7 , 5 ,
5 , 6 , 7 42
. 1 Likert
type .
Cronbach's $\alpha = .92$
, $\alpha = .90$.

4.

SPSS pc

two sample t-test χ^2 test

correlation coefficient)

(pearson

•

1.

1)

가 , , (1).
30.0 , 21-30 가 61.2%
가 , 41.16 41-50 가 47.3%
가 ,
10 (p=.000).
가 86.3% ,
38.9%, 가 가 24.4% 가
가 (p=.000).
가 55.4%, 43.2%
87.8% 가 (p=.000).
70.5%, 가 87.8%
가 (p=.000).
가 57.6%, 36%
62.6%, 28.2% .

(1)

: (%)*

$X^2/t(P)$			
21- 31	85(65.2)	9(6.9)	13.26(.000)
31- 40	39(28.0)	51(38.9)	
41- 50	15(10.8)	62(47.3)	
51- 57		9(6.9)	

	30.0±6.51	41.16±7.20	
	12.0(86.3)	51(38.9)	66.47(.000)
	5(3.6)	20(15.3)	
	3(2.2)	25(19.1)	
	10(7.2)	32(24.4)	
	1(0.7)	3(2.3)	
	77(55.4)	12(9.2)	65.24(.000)
	60(43.2)	115(87.8)	
	1(0.7)	2(1.5)	
	1(0.7)	2(1.5)	
	98(70.5)	115(87.8)	12.09(.001)
	13(9.4)	-	
	24(17.3)	6(4.6)	
	3(2.2)	1(0.8)	
	1(0.7)	9(6.9)	
	80(57.6)	82(62.6)	2.16(.339)
	50(36.0)	37(28.2)	
	9(6.5)	12(9.2)	

*

2)

, , , , BMI,
(2).
가 48.5%, 가 51.5% ,
가 7.6 10 가 68.3%
, 16.3 10- 20 42%, 20
39.7% 가 (p=.000).
.
67.6%가 3 , 100%가
5.68 5
49.6% , 6.0 5- 10 44.6%
,
9
10
20- 24 .
가 .
BMI 21.75 57.2%,
55% , 21.75 64.9%
, 9.2% 가
(p=.002). 가 .
6.2 1 10

. 5-8 73.3%(198)
 , 1 -4 14.8%(40), 9- 10 11.9%(23)
 .
 6.27, 6.20 .
 . 270 162
 60% 가 74%,
 가 45% .
 .
 가 ‘ (3)’ 37.8%
 (39 / 103) , ‘ (, 가 ,)’ 19.4%(20/ 103) ,
 ‘ , 15.3%(16/ 103) , ‘
 ’ 5.8%(6/ 103), ‘ , , ’ 2.9%(3/ 103)
 , 가 ‘ (, 가 ,
)’ 28.8%(17/ 59) , ‘ ’ 22%(13/ 59), ‘ ’ 15.2%(9/ 59),
 ‘ , , ’ 13.5%(8/ 59) . , 가
 3 , 가

(2)

: (%)

				X ² /t(P)
	0-10	95(68.3)	24(18.3)	11.12(.000)
	10 -20	32(23.1)	55(42)	
	20	12(8.6)	52(39.7)	
		7.63 ± 6.19	16.3 ± 6.62	
		33(23.7)	131(100)	
	2	12(8.6)		
	3	94(67.6)		
	5	69(49.6)	39(37.9)	
	5 -10	41(29.5)	46(44.6)	
	10 -20	29(20.9)	18(17.5)	
		5.68 ± 4.2	6.0 ± 3.49	
	0	38(27.3)	131(100)	
	/ 2-9.5	37(26.7)		
	10-19.5	23(16.5)		
	20-24	41(29.5)		
(1-10)	1-4	21(15.1)	19(14.5)	
	5-8	102(73.4)	96(73.3)	
	9-10	16(11.5)	16(12.2)	
		6.27 ± 1.99	6.2 ± 1.90	
BMI (: 17.19-27.34)	(20)	55(40.1)	31(23.7)	12.02(.002)
	(20-24.9)	79(57.2)	85(64.9)	
	(25)	3(2.2)	12(9.2)	
		21.75 ± 2.37	21.75 ± 2.37	

2.

(1), (3). 20
20 80 54.64 ,
53.97 , 가
.
,
가 가 ‘ ,
3.61 , 3.47 ,
가 가 ‘ ,
1.97 , 2.02 .

(3)

		t	p
54.64	3.97	- 1.178	.240
53.97	5.24		

3.

(2), (4). ,
106.98 ,
108.38 가
, (t=1.10,
p=0.295). , ,
가
, (p=0.000).
가 ,
(p=0.035).
, 가
가 가 ‘ .
(3.25), (3.20) , 가 가
‘1 3 , 1.58 ,
1.64 .
‘ 가 ,
1.68 , ‘
, 1.71 .
,
1.64 .

4. .

(r=0.393, p=.000),

(r=0.416, p=.000)

(5).

(5)

r	p
0.392	.000
0.416	.000
0.394	.000

•

1.

20-80

54.64 , 53.97

가

· ,

·

가 , ,

가

가 ,

가 ‘ , , ‘

·, ‘ ’

· 가 ‘

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·

(2000) ,

(4,5) (6)

,

가

.

2.

가 106.98

가 108.38

가

.

가

가

,

,

,

가

500

,

,

,

가

가

가

.

가

가

가

3

.

가

.

가 ,

가 ‘ 3

’ 2.88 , 가

가 ,

가

가

’ .

‘ ,

가 3.25 , 가

3.20

’ , ‘ 가 ,

1.68 , 가

.

’ , ,

’ , ,

’ ,

.

가 가

가

가

•

•

6 150

350-400 150

2000 11 8 2000 11 16 9 ,

270 .

20 20 42

82 . ,

Ware(1979)가 (Health Perception Questionnaire)

(1990)가 ,

Walker, Sechrist, & Pender(1987)가

(Health Promotion Lifestyle Profile) (1995)

•

, ,

, t-test x² test

,

(Pearson correlation coefficient) .

1)

41.6 , 30.0 , 16.3
7.63 , 87.8% 43.2%
가 ,

BMI

가

가

2)

가

3)

가 ,
(p=.000), (p=.000), (p=.035)

가 .

가

,

가 ,

- , BMI
가 ,
가 .
·
·
1)
· , 3 , 가
·
가
가
2) 가 .
2 6
가 .
3) 가
가 가 가 .

. , 1997 ; 36(4)
 . , 1999
 . , 1997 ; 36(3)
 . , 1998 ; 37(5) .
 . , 1997 ; 36(3) : 20- 25
 (1998). ,
 . , 1997 ; 36(3)
 . : . , 1993 2 2
 , 12- 19
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 1994 ; 24(1) : 70-84
 (1998).
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 (1998).
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 (1998).
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(1996).

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(1997).

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(1995). , ,

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(1995). ,

(1996).

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. , 1997 ; 36(3)

. , 2000 ; 2(1) :

42-50

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, 1993 ; 32(3) : 40-44

(1992). .

13(11),878-890

, , . ,

, 21 , 1985

. , 1998 ; 37(5)

. , , 1994 ; 33(5)

· 1998 ;
9(1):72-88

· , 1997 ; 3

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2000.

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1997 ; 27(1) : 156- 168
(1994).

· . , 1996

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· , 2000 ; 2(1) :
3- 12
(1998).

· ,
(1991).

· , 1986

· , , ,
1997 ; 8(2) : 250- 261

· , 1997 ; 36(2):6- 10

. . . 1983

(2000). 가 .

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measuring nursing practice and other care variables. Hyattsville,
Marryland : DHEW Publication, 158- 161.

(1)

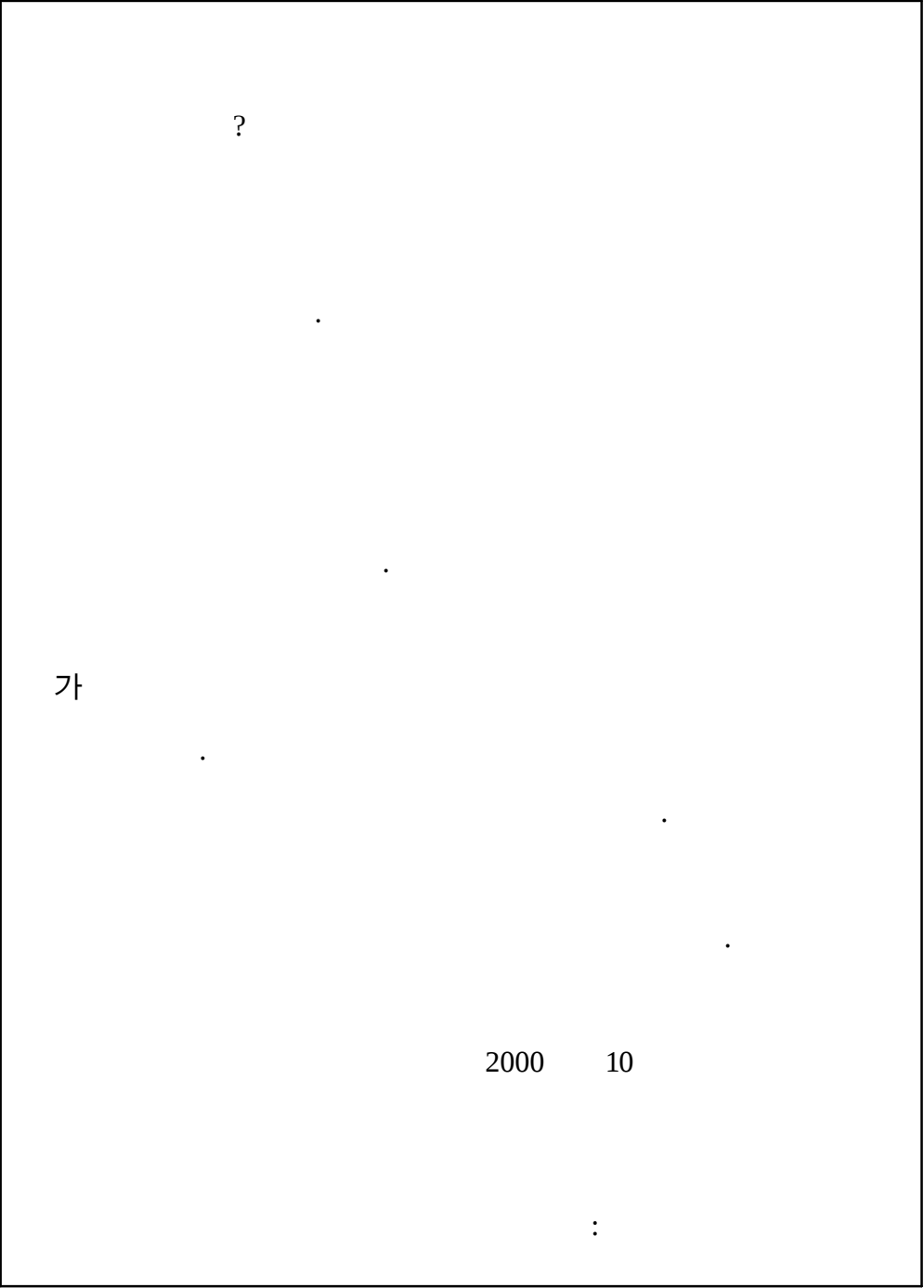
1		3.01 ± .46	2.81 ± .68
2		3.00 ± .60	3.00 ± .57
3	.	3.10 ± .72	2.99 ± .67
4	.	2.29 ± .68	2.36 ± .73
5	.	2.67 ± .70	2.73 ± .76
6	.	2.76 ± .81	2.85 ± .72
7	.	2.38 ± .67	2.56 ± .70
8		2.82 ± .90	2.72 ± .87
9	.	2.13 ± .59	2.12 ± .55
10		2.84 ± .60	2.58 ± .75
11	.	1.97 ± .53	2.02 ± .53
12	.	2.66 ± .67	2.72 ± .73
13	.	2.58 ± .64	2.52 ± .76
14	.	3.61 ± .51	3.47 ± .69
15	가 .	3.02 ± .79	2.94 ± .79
16	가 .	2.16 ± .57	2.25 ± .64
17	가 , .	3.13 ± .56	2.98 ± .64
18	.	2.78 ± .56	2.70 ± .69
19	.	2.28 ± .59	2.41 ± .66
20	.	3.35 ± .36	3.16 ± .60
		54.64 ± 3.97	53.97 ± 5.24

(2)

1	3	2.16 ± .87	2.88 ± .85
2	가	2.22 ± .71	2.57 ± .62
3		1.97 ± .80	2.38 ± .73
4	, , ,	2.03 ± .76	2.44 ± .62
5	(,)	2.89 ± .68	2.79 ± .67
6	3	1.58 ± .69	1.64 ± .68
7		1.71 ± .71	1.70 ± .67
8		2.05 ± .79	1.82 ± .77
9		2.23 ± .77	2.10 ± .74
10		2.07 ± .72	2.01 ± .72
11		2.85 ± .51	2.87 ± .50
12	가	2.19 ± .73	2.20 ± .73
13		2.00 ± .64	2.20 ± .84
14		2.43 ± .68	2.35 ± .69
15	가	2.56 ± .64	2.51 ± .66
16		2.79 ± .49	2.58 ± .66
17		2.32 ± .65	2.23 ± .68
18		2.92 ± .62	2.76 ± .63
19		2.83 ± .67	2.69 ± .65
20	, ,	2.70 ± .64	2.59 ± .61
21	가	3.08 ± .58	2.94 ± .53

22	.	2.71 ± .60	2.71 ± .62
23	.	3.07 ± .37	2.99 ± .45
24	.	2.89 ± .49	2.93 ± .46
25	.	3.09 ± .58	3.00 ± .61
26	.	3.12 ± .47	3.13 ± .55
27	.	2.97 ± .55	2.90 ± .62
28	.	2.71 ± .60	2.64 ± .64
29	.	2.62 ± .65	2.61 ± .64
30	.	2.30 ± .67	2.73 ± .61
31	.	2.56 ± .60	2.73 ± .57
32	.	2.64 ± .58	2.76 ± .56
33	.	1.79 ± .58	2.18 ± .71
34	(AIDS,)	1.97 ± .69	2.29 ± .75
35	가 .	1.68 ± .74	2.03 ± .74
36	.	3.25 ± .76	3.20 ± .74
37		2.84 ± .51	2.90 ± .50
38	.	3.00 ± .39	2.94 ± .50
39	.	2.86 ± .57	2.64 ± .64
40	.	2.95 ± .50	2.78 ± .59
41	가	3.07 ± .47	2.97 ± .61
42	가 가	2.98 ± .60	2.86 ± .60
		106.98 ± 2.17	108.38 ± 2.51

(3)



•

- 1. ? ()
- 2. ?

()
- 3. ?
- 4. ?

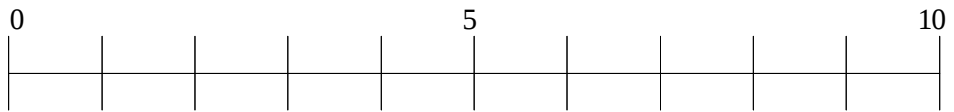
()
- 5. ?

()
- 6. ? ()
- 7. ?

2 3
- 8. ? ()
- 9. ?
(, ,
 .)
1 2
- 10. ? ()
- 11. ()
- 12. ? (cm)
- 13. ? (kg)

14. ?

15. _____.



16. _____,

•

. (17 - 18)

17. ?

5	6	7	8	9
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5 6 7 8 9

18. ? ()

. (19 - 20)

19. ?

20. ?

()

가

가

“V”

1. .
2. .
3. .
4. .
5. .
6. .
7. .
8. .
9. .
10. .
11. .
12. .
13. .
14. .
15. 가 .
16. 가 .
17. 가 , .
18. .
19. .
20. .

가 가

“V”

1. 3
2. 가
- 3.
4. , , ,
5. (,)
6. 3
- 7.
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- 10.
- 11.
12. 가
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15. 가
- 16.
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21. 가 .
22. .
23. .
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26. .
27. .
28. .
29. .
30. .
31. .
32. .
33. .
34. (AIDS,) .
35. 가 .
36. .
37. .
38. .
39. .
40. .
41. 가 .
42. 가 가

ABSTRACT

An Analytical Study on the Health Perception and Health Promotion Behavior between Hospital Nurses and Public Health Nurses.

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Graduated School of

Health Science and Management

Yonsei University

(Directed by Professor Chung Yul Lee, R.N., Ph. D.)

The objective of this study is to find out the differences in health perceptions and health promotion behaviors between the selected hospital nurses and public health nurses.

The study subjects were 139 hospital nurses and 131 public health nurses.

The data were collected by questionnaire which included the items on health perceptions and on health promotion behaviors.

The descriptive statistical method is two-sample t-test, χ^2 test, and correlation analysis were used for data analysis.

The followings are the results of this study:

1. According to the analytical results of health perception between hospital nurses and public health nurses, a higher mean value of health perception was shown among the hospital nurses group than the public health nurses group, however, there were no significant differences between the two groups.
2. According to analytical results of health promotion behavior between the hospital nurses and the public health nurses, a higher mean value of health promotion behavior is shown among the public health nurses group than the hospital nurses group, however, there were no significant differences between the two groups.
3. A significant correlation is found between health perception and their health behavior in both groups.

In conclusion, public health nurses, who have more responsibilities on community people's health promotion, have similar health perceptions and health promotion behavior compared to the hospital nurses.

Also, public health nurses were more obese than the hospital nurses. Therefore, more intensive health promotion education should be give to the public health nurses.