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가 (, 1997).

(經絡學說)

가 ,

(massage)

가

(, 1997).

(, 1997).

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2000

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가 .

(, 1997). 3.

(2000)

‘ (經絡學說)
(massage)’

(, 1997).

TAIKO

TAIKO

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(WHO, 1947).

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Likert 3

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(, 1997).

(, 1995).

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2. 가

1990

18

가

1,500

가 1.

34%

가

20-50%

가 가

가 2.

70%가

가 3.

가

(Fisher & Ward, 1994).

가 4.

가 5.

1997; Bauer, 1987; Cady. et al., 1997; Ferrell-Torry, 1993; Field. et al., 1996; Fraser, 1993; Ironson. et al., 1996; Kirshbaum, 1996; Mikhail. et al., 1997; Nixon. etc, 1997; Scafidi. et al., 1996; Shipman. et al., 1997; Tyler, 1990; Watson & Watson, 1997; Weinrich, 1990).

3.

1)

TAIKO 8가
rain dropping,
stroking

kneading, knocking
(tapping, slapping, cupping, hacking, beating),
stroking

kneading,
stroking, percussion

kneading,
stroking, tension, relax

percussion, kneading,
stroking, stretching

1.

2.

P

2

60

2

2

2

2

1

11

2)

1)

2)

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2

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가

가

3)

8가

2가

4

4)

4

가

5) 가

2가

3)

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30 60% , 20 22. C, 5.
50dB 가 가

2000 8 7 22

SPSS PC

5

10

12

가

, 1

paired t-test

25

10

10

45

4.

1.

가

가

10

< 1>

70 가 63.6%

72

72.7%

(36.4%)

가

(63.6%)

가

36.4% 가

가

(81.8%)

1)

1

(72.7%)

가

Lawston (1982)

(1994)가

(Cronbach = .66)

3

3

Broca

가

±

, 9

, 3

10%

, 10%

, 15%

가

가

가

(72.7%)

2)

81.8%

“

” 0

“

” 100

100mm

(VAS)

가

3)

2. 가

10

1) 가 1 :

(ALPK2)

(Littmann classic II S.E.)

1

가

(Microlife)

< 2>

<Table 1> Demographic characteristics

N = 11

Variables	Item	Frequency(%)	Variables	Item	Frequency(%)
Age (years)	60-69	3(27.3)	education level	iliteracy	7(63.6)
	70-79	7(63.6)		elementary school	3(27.3)
	80-89	-		middle s.	-
	90-	1(9.1)		high s.	-
Spouse	living	3(27.3)	economic level	college	1(9.1)
	dead	8(72.7)		high	-
family	living without	4(36.4)	obesity(BMI)	moderate	3(27.3)
	living together	7(63.6)		low	8(72.7)
Religion	buddhist	4(36.4)		overweight	8(72.7)
	protestant	1(9.1)	standard	3(27.3)	
	catholic	1(9.1)	underweight	-	
	others	3(27.3)	treatment	no	2(18.2)
	unreligion	2(18.2)		yes	9(81.8)

<Table 2> Subjective health state and pain after Kyongrak massage

N = 11

Variables	pre-Kyongrak massage Mean ± S.D.	post-Kyongrak massage Mean ± S.D.	t value	p value
Subjective health state	4.63 ± 1.62	6.18 ± 1.40	-3.560	.005
Pain	68.18 ± 1.89	37.27 ± 1.95	7.884	.000

<Table 3> Blood pressure, pulse rate, body temperature after Kyongrak massage

N = 11

Variables	pre-Kyongrak massage Mean ± S.D.	post-Kyongrak massage Mean ± S.D.	t value	p value	
Blood pressure	systolic B.P.	133.45 ± 13.33	117.82 ± 15.86	2.923	.015
	diastolic B.P.	78.36 ± 14.47	72.00 ± 9.80	1.581	.145
Pulse	68.63 ± 9.62	69.18 ± 9.88	-.260	.800	
Body temperature	36.25 ± 1.86	36.53 ± 2.57	-2.557	.029	

9) 가 3 :
 4.63 , 6.18 가 (t = -3.560, p = .005) 가 1 < 3> . 133
 2) 가 2 : mmHg , 117mmHg (t = 2.923, p = .015).
 , 78mmHg, 72mmHg
 가 < 가
 2> . (t = 1.581, p = .145) 가 3 .
 , 68.18
 , 37.27 4) 가 4 :
 (t = 7.884, p = 0.000) 가 2 .

1.

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11

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가 가

2000 8 7 22

(, 1993; , 1999).

25 5

가 가

SPSS PC

(1999) 가

1) '가

($t = -3.560, p = .005$), '

(2000)

($t = 7.884, p = 0.000$), '

, Fakouri &

가

Jones (1987)

가

($t = -2.557, p = .029$)

. Dunn (1995), Fraser

2) '가

Kerr (1993)

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(: t = 1.581,

t = 2.923, p = .015,

p = .145), '

($t = -.260, p = .800$).

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- (1997). _____, _____ : _____
- (2000). _____ 가 _____, _____, 30(2), 476-487
- , (1998). _____ 가 _____, _____, 28(4), 980-991
- (1994). _____, _____, _____, _____
- , (1995). _____ 가 _____, _____, 25(2), 316-329
- (1996). _____, _____ : _____, 181-189, 252-257
- (2000). _____ 가 _____, _____, A _____, _____, 30(5), 1357-1367
- , (1993). _____, _____ : _____, 220-258
- (2000). _____ 가 _____, _____, 30(6), 1389- 1399
- , _____, (1999). _____, _____, 31(I), 63-76
- (1994). _____, _____ : _____, 59-73
- (1999). _____, _____ : _____, 408-413
- 9 (2000). _____ 가 _____, _____, 3(2), 228-242
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- Abstract -

Key concept : Chronic pain, Kyongrak massage

The Effects of Kyongrak Massage in the Elderly with Chronic Pain

*Jun, Jum Yi**

Purpose: this study was implemented to develop new nursing intervention, Kyongrak massage, and to examine its effect on chronic pain in elderly women.

Method: Kyongrak massage is a manipulation massaging on Kyonghyul site, and Duboo, Kyongchoo, Chucksoo, Hajee, Sangjee Kyongrak massages were used in this study. The subjects(11persons) took Kyongrak massage on head, neck, spinal cord, upper extremities and back lower extremities for 25minutes daily during 5days. The dependent variables were subjective health state, pain, blood pressure, pulse and body temperature. This study was carried out, at 10-12 o'clock, from August 7th. to 22th, 2000. Data were analyzed using frequency, percentage, mean, standard deviation, paired t-test by SPSS PC

Results: subjective health state($t=-3.560$, $p=.005$), body temperature($t=-2.557$, $p=.029$) were increased, and pain level($t=7.884$, $p=0.000$), systolic blood pressure($t=2.923$, $p=.015$) were decreased significantly by Kyongrak massage.

Conclusions: The above results have informed us that this Kyongrak massage program(Duboo, Kyongchoo, Chucksoo, Hajee, Sangjee) for 25minutes is a useful nursing intervention to decrease chronic pain in each life styles.

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