

가 (, 2002). Brian(1988) 65.5% (2002) 57.1%가 , Shirley 가 20 가 (, 1995; , 2002; , 1987), 2. 1) 2)

< 1> Q-

Q-	
1.	
2.	
3.	가
4.	가
5.	
6.	
7.	가
8.	가
9.	
10.	가
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	
21.	
22.	
23.	가
24.	
25.	
26.	
27.	
28.	
29.	
30.	
31.	
32.	가
33.	
34.	
35.	
36.	
37.	
38.	
39.	가
40.	

1. Q-

Q- , 가 216 Q- 40 Q- < 1>

2. P-

Q- P- 2001 5 1 6 31 Q- 가 가 20 24 30 Q- (-4) (+4)

< 2 >

1	2	3	4	5	6	7	8	9
(-4)	(-3)	(-2)	(-1)	(0)	(+1)	(+2)	(+3)	(+4)
2	3	5	6	8	6	5	3	2

< 2 >

< 5 > P-

가

3.

P- 30 data file
 PC QUNAL
 , Q- (Q-factor analysis)
 (Principal Component Analysis)

		가			가	
1. Q-	4	1	1	11	20	3.253
		2	2	19	21	1.434
		3	3	12	22	1.397
		4	4	15	21	1.229
		5	5	24	21	.899
		6	6	28	21	.627
		7	7	22	20	.607
		8	8	6	21	.606
		9	9	23	21	.520
		10	10	7	24	.442
4	가	2	1	3	21	1.863
		2	2	1	20	1.486
		3	3	26	20	1.196
		4	4	30	22	1.040
		5	5	5	21	.885
		6	6	27	21	.828
		7	7	2	20	.592
4	가	3	1	16	21	5.768
		2	2	21	21	5.376
		3	3	4	21	.835
		4	4	29	21	.689
		5	5	14	23	.588
		6	6	20	21	.540
4	가	4	1	18	21	1.307
		2	2	13	20	1.282
		3	3	9	24	1.152
		4	4	25	21	1.039
		5	5	10	20	.937
		6	6	17	20	.634
		7	7	8	21	.549

1. Q-

4

4

가

4

55.3%

< 3 >

4

.580

가

3

4

.527

< 4 >

weight) < 5 >

가 (factor

가 가

< 3 >

Eigen value

(N = 30)

	1	2	3	4
가	10.884	2.252	1.812	1.643
%	.363	.075	.060	.055
	.327	.438	.498	.553

< 4 >

(N = 30)

	1	2	3	4
1	1.000			
2	.425	1.000		
3	.476	.425	1.000	
4	.580	.510	.527	1.000

(prototype) . 30 1 가
 10 , 2 7 , 3 6 , 4 (Z=-2.24)
 7 , 가 가 1.0
 1 4 , 2 4 , 3 (Z=-1.71)
 2 , 4 4 .

2. 1

1) 1 :
 1 30 10 ,
 가
 가
 가 (Z=2.10) , 2) 2 :
 (Z=2.08) < 6 > 2 30 7 ,
 가
 가 (Z=2.10) ,
 (Z=1.98)

< 6 > 1 (Z = ±1.00) (N = 10)

	Q-	(Z-score)
3	가	2.10
1		2.08
16		1.88
24		1.23
5		-1.08
8	가	-1.24
27		-1.31
20		-1.35
33		-1.60
34		-1.71
38		-2.24

< 7 > 2 (Z = ±1.00) (N = 7)

	Q-	(Z-score)
25		2.10
35		1.98
18		1.54
22		1.41
1		1.11
4		-1.06
15		-1.12
12		-1.21
10	가	-1.21
19		-1.39
20		-2.22
8	가	-2.39

< 7 >

가

가

(Z=-2.09)

(Z=-1.69)

가

가

(Z=-2.39)

(Z=-2.22)

3

2

1

4) 4 :

4 30 7

가

가

가

2

(Z=2.05)

가

(Z=2.00)

< 9 >

가

3) 3 :

3

30

6

4

가

가

(Z=2.15)

(Z=-1.75)

(Z=1.63)

(Z=-1.69)

< 8 >

< 8 > 3

(Z = ±1.00)

(N = 6)

Q-	(Z-score)
29	2.15
1	1.63
9	1.43
40	1.37
37	1.33
39	1.00
14	-1.05
6	-1.33
33	-1.50
8	-1.51
4	-1.51
19	-1.69
20	-2.09

< 9 > 4 (Z = ±1.00) (N = 7)

	Q-	(Z-score)
3	가	2.05
1		2.00
28		1.55
16		1.49
35		1.39
24		1.10
39	가	1.08
8	가	-1.28
10	가	-1.49
7		-1.50
4		-1.61
17		-1.69
14		-1.75

4

4가

1

3. 가

(1998), (2002),
(2000), (1998)

10 < 10 > 가

(Z=1.71) 가 Zhu, Oakley Reame(1996)
Donna, Deborah Frank(1999)

(Z=-0.74) 가 (1999)

< 10 >

	Q-	(Z-score)
1		1.71
18		1.03
24		.90
26		.45
31		.42
13		-.32
30		-.33
12		-.67
27		-.68
15		-.74

가

, McMaster Cormie(1997)

가

(, 1988)

가

(2001)

가

1

3

가

(2002)

(1995)

가

(1999)

(1999)

3

가

1

4

, 가 (, , 2001; ,

1999; , 1993; , , 2001;

Hightower, 1997)

2

가

가 가

, Beausang Razor(2000)

(2002)

가 가

(2001),

(1988), Lu

, (1995)

(2001)

(1999) 83%

가

가

가

, Brian (1988)

(1995)

(1998)

가

가

Williamsn

2

(1989)

가 가 4 .

4 (2001), (1998), (2002)

(2001) (1995)

가 가 가 가 가 가

(2000) 가 가 가 가

4 1 (, 1999), (, 1998), (, 2001).

Diana(1999) McMaster (1997)

가 , 가 , 가 , 가

(The PMS Symptom Management Program : PMS-SMP)

가

. Janita Anne(1999) 14 18 , 가

가 , Mary(1990)

가

2 2 (, 1998; , 2002; , 2001),

가

Q- 2001 5 1 6 30 40
P- 가 30
PC QUANL

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4가

가

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- , 10, 89-103.
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- , 13(3), 420-30.
- , (1999).
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- Abstract -

Subjectivity of Female College Students' Menstruation Experience

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Kim, Hee Young ***•*Lee, Won Yu* **

Ryoo, Eon Na ***•*Park, Kyung Sook* ***

This study is an attempt to provide fundamental information on how to manage menstruation discomforts by surveying the subjective viewpoints on menstruation from female college students.

Utilizing 40 Q-samples in Seoul between May 1 and June 30, 2001, data has been collected from 30 randomized P-samples. Data analysis involves the PC QUANL Program, Q-factor analysis, and Principal Component Analysis.

The result of the data analysis gives four types of categorization as follows:

The first is the "inconvenience-recognizing" type that includes 10 subjects out of 30. During menstruation, this type of subject usually complained of physical discomfort such as pain in the lower back and abdomen. Even though they considered menstruation to be troublesome, they did nothing about the inconvenience. The second is the "positively-accepting" type that includes 7 subjects out of 30. This type of subject takes menstruation as natural and even a privilege for a woman. They think they are blessed to conceive a new life through their

biological cycle. Therefore unlike other types, they rarely complained of any physical and psychological discomfort caused by menstruation. The third is the "destined course" type that includes 6 subjects out of 30. This type of subject endures the discomfort caused by menstruation without any medication or medical treatment. They appeared to take menstruation as fate without having any specially negative or positive attitude. The fourth is the "negatively-accepting" type that includes 7 out of 30. This type of subject takes menstruation as negative, even if it is unavoidable for a woman. Menstruation, very negatively taken, felt uncomfortable and caused them to have pain in the lower back and abdomen and an oversensitive nervous system.

The four types of attitude towards menstruation show their own characteristic features in dealing with menstruation. Understanding these features in detail will enhance nursing implementation which is related to menstruation. This study is intended to provide fundamental information with which nurses can deal with menstruation problems by investigating subjective viewpoints about menstruation. This study is a stepping stone on which further study on this subject can build to develop an effective and efficient way to deal with menstruation discomforts.

Key words : Female college student,
Menstruation experience

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