

(Clarysage)

. *

1.

가 ,

75

가

가

(, 2001).

(essential

가

oil)

가

가

가
가

가
가

가

가

(Worwood, 1991).

가

(. , 1997).

가

가

가

가

(clary sage)

*

**

03. 3. 4

03. 3. 10

03. 3. 15

2. (15 , 15) 30 0
3 가

- 1)
- 2) 1.
- 3)

3. 가 ,
· 1 가 :

- 2 가 : 가 (Seligman, 1975; Selye, 1956).
가

4. (, , 1992).
1) 가

- 가
- , 가

2) , 35 60 .(Harighurst, , 1972; , 1982)
(, 2000).

- 가 6 (, , ,) 35 60 , , ,

3) 1 , , 144 가 27
가 117 , 68.4%가 30
(1999) 59 ,

, 가 , (, () , 2001). (citrus) 가 가

2. (, 1995) (1999)

(Aromatherapy) (C. Norman, 1999) 가 .

, , 가

(Vivien Williamson, 2000).

油), (精 (, 2002).

(, 2000).

(vitamin), (hormone), 3. (Clary sage)

Salvia sclarea (clary) ' (clear)' 가 (sage) ' ; ' 가 (, 2001).

(mechanism)

(linalyl acetate 75%), (linalool, sclareol), (pinene, sesquiterpenes)

(1995)

(, 2000).

5)

(serum catecholamine)

3.

1)

가

(1999)

30 (

가

15 ,

15)

가

Likert 4 , 0

, ; 3 ,

2

0

(, 2000).

45

가

가

가

3

1

2

1

4 (10 , 14 , 18 ,)

1.

Cronbach's α

= .887 ,

Cronbach's α = .881 .

Posttest Design)
Design)

(One group Pretest-
(Pre-experimental

2)

10

3

2.

3)

60 (120)

가

50

가

2

1

1) 35 60

2) 가

(6 12)

4.

3) , , , , ,

2002 8 1 9 20

4)

2

1)

(1)

(2)

2

2

44 2 1 4

5

가

4)

2

가

2)

5.

44

SPSS

Win 10.0

6

1)

가

Me

50

2)

t-test

3)

가

2

1.

2

(2000)

35 45 가 33 가 ,

가 42 (95%), 27

1

가 19 ,

가 18 , 200 400

6Me(120)

가 24 55% , 가

2

21 (47%) 가 ,

4 (10 , 14 , 18 ,) 4

1

1 가 26 (58%),

1

27 (61%),

4 (2001) 가

가

15 (34%), 14 (41%), 11

(25%) < 1>.

2

(2001)

가

3

< 1>		(N = 44)
		N(%)
()	35 40	20(45.3)
	41 45	13(29.6)
	46 50	6(13.6)
	51 60	5(11.5)
		42(95.5)
		2(4.5)
		21(47.7)
		9(20.5)
		8(18.2)
		6(13.6)
		1(2.3)
		27(61.4)
		16(36.4)
		19(43.2)
		18(40.9)
		5(11.4)
		2(4.5)
()	200	5(11.4)
	200 300	11(25.0)
	301 400	14(31.8)
	401 500	5(11.4)
	501	9(20.5)
(/)	1	13(29.5)
	1 2	5(11.4)
	3 4	8(18.2)
(/)		26(59.1)
	1	10(22.7)
	1 2	2(4.5)
	3 4	1(2.3)
		5(11.4)
		42(95.5)
		1(2.3)
		1(2.3)
		27(61.4)
		7(15.9)
		5(11.4)
		3(6.8)
		1(2.3)
		28(63.6)
		10(22.4)
		6(13.6)
		11(25.0)
		14(31.8)
		15(34.1)

2.

1)

3

< 2>

< 2>

	Mean±SD	Mean±SD
	.69±.80	.18±.39
	.91±.80	.50±.55
,	.58±.76	.23±.42
	1.00±.94	.59±.54
	1.30±.93	.33±.52
	.83±.99	.30±.52
	.98±1.02	.73±.73
	1.64±.75	1.00±.69
	1.57±.85	.84±.83
	1.20±.95	.84±.83
(,)	.80±.63	.25±.49
	.57±.79	.18±.39
	.59±.72	.14±.35
	.91±.96	.24±.48
	.58±.88	.16±.43
Total	13.56±6.81	6.29±5.46

2)

2

< 3>

3. 가

1) 가 1 :

t-test

13.56±6.81

6.29±5.46

t

6.18, p 0.000

가 1

< 4>

2) 가 2 :

< 3>

(N = 44)

	Mean±SD	Mean±SD
가	1.07±.66	.53±.55
	1.07±.74	.72±.67
	1.23±.61	.61±.58
	1.05±.78	.26±.49
가	1.09±.71	.41±.54
	1.25±.75	.91±.60
가	1.07±.76	.55±.55
	.59±.76	.25±.44
	1.05±.80	.59±.69
	.98±.70	.61±.62
가	1.05±.69	.43±.50
	.70±.71	.20±.41
	.45±.70	.14±.35
	.80±.67	.42±.55
가	.45±.59	.11±.32
	13.78±6.61	6.62±3.16

4.

t-test
 13.78±6.61 6.62±3.16 t
 7.10, p 0.000

가 2

< 5>.

< 4>

Mean±SD	t	p
13.78±6.61	7.10	0.000
6.62±3.16		

(6)

< 5>

Mean±SD	t	p
13.56±6.81	6.18	0.000
6.29±5.46		

13.78 13.56 6 12

가

가
 14 , 18 ,) 2

6M0(120)

4 (10 ,

< 6 >

		/ (%)		
		6 (13.6)	11 (25.0)	26 (59.1)
		2 (4.5)	10 (22.7)	28 (63.6)
가		4 (9.1)	11 (25.0)	28 (63.6)
		10 (22.7)	13 (29.5)	17 (38.6)
	가	7 (15.9)	14 (31.8)	18 (40.9)
가		13 (29.5)	15 (34.1)	15 (34.1)
가		12 (27.3)	22 (50.0)	10 (22.7)
		18 (40.9)	22 (50.0)	3 (6.8)
		19 (43.2)	21 (47.3)	4 (9.1)
		23 (52.3)	19 (43.2)	
			43 (97.7)	
			1 (2.3)	
			17 (38.6)	
			7 (15.9)	
			3 (6.8)	
			2 (4.5)	
			8 (18.2)	

2 1

6.62 6.29

가 1.

2002)

가

(, 2002),

(Brownfield, 1998)

6 44 2002 8

1 9 20

가

가

6M2

2

가

1 4 (10 , 14 , 18 ,) 1

2

1 1

가 가

(1999)

30 2 ()
 15 , 15)
 Likert 4
 ' 0 ' 3
 44
 SPSS Win 10.0
 1 가 :
 2 가 :
 1)
 2) , , 가

(2000).
 (2001).
 (1998).
 (1997).
 (1999).
 I(1), 24-36.
 (2000).
 (2000).
 (1999).
 (2002). ()
 (2000).
 , 9(8),
 227-238.
 (2001).
 (2001). 가
 (1999). 가
 (1992).
 (1991). 가
 (1999). (2002). 가
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- Abstract -

A Study on the Effects of Aroma Inhalation Method using Clarysage Essential Oil on Stress in Middle-Aged Women

Seo, Hye Kyoung*. Park, Kyung Sook Ph.D. **

The purpose of this study was to investigate the effects of Aromatherapy, inhalation method using Clarysage essential oil on stress in middle-age women.

The study design was a one-group pretest-posttest design.

The subject were 44 middle-age women with stress in inhalation method of Clarysage essential oil was 2 drops of oil on tissue at 10, 14, 18, before bed for 2 weeks.

The study was carried out from August 1 to September 20, 2002.

The scale used in the study was the stress scale of Park, Sun Young(1999).

The study data was analyzed by frequency, percentage and t-test using SPSS Win 10.0 program.

Result were as follows :

1. The score of physical stress scale was significantly decreased after use of inhalation of Clarysage essential oil.
2. The score of psychological stress scale was significantly decreased after use of inhalation of Clarysage essential oil.

In conclusion, the results of this study suggest that inhalation method using Clarysage essential oil is positively supported in stress reduction in middle-aged women.

Key words : Clarysage,
Aroma inhalation method,
Stress middle-aged women

* Korea Aromatherpy Certification Academy by prof.

** The Graduate School of Social Development Chung-Ang Univ. Directed by Prof.