



Original Article

A Study on the Relationship between Health Perception, Prenatal Care Behaviors and Health Promoting Behaviors in Unmarried Pregnant Women*

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1)

Abstract

Purpose: This study was to examine the relationship between health perception, prenatal care behaviors and health promoting behaviors of unmarried pregnant women. **Method:** The subjects were 97 unmarried pregnant women. The data was collected through personal interviews using a questionnaire. Adjusted instruments were the health perception scale developed by Ware, prenatal care behavior scale developed by Lee, and health promoting behavior scale developed by Pender. Data was analyzed by descriptive statistics, t-test, ANOVA, and the Pearson correlation coefficient with SPSS program. **Result:** The mean score of health perception was 3.3, and Resistance-Susceptibility was the highest. The mean score of prenatal care behaviors was 2.9, while that of health promoting behaviors was 2.5. The relationship between health perception and

prenatal care behaviors was significant($r=0.268, p=.008$). The relationship between prenatal care behaviors and health promoting behaviors was also significant ($r=0.633, p=.000$). **Conclusion:** The higher the health perception of unmarried pregnant women, the more they are concerned about good prenatal care behaviors. Unmarried pregnant women did well on health promoting behaviors when they had are high degree of good prenatal care behaviors. Therefore, in order to promote positive health perceptions of unmarried pregnant women, it is necessary to develop and adjust various education and supporting programs.

Key words : Health perception, Prenatal care behaviors, Health promoting behaviors, Unmarried pregnant women

* This study was supported by 2003 Research Encouragement Fund, Yeungnam College of Science & Technology.

: 2006. 2. 11 1 : 2006. 3. 8 2 : 2006. 5. 18 3 : 2006. 6. 5 : 2006. 6. 9

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1987),

(Hwang, 2005)

(Shaw & Costanzo,

1982)

가

(Lee, 1984a).

가

(Han & Yang, 1997)

가

(Ware, 1979).

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가

가

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가

(Lenz, 1984)

Pender

(1982)

1.

, Christenson(1981)

(Reeder,

Mastroianni, & Martin, 1987).

2.

가

1)

가

(Kim, 1986).

(Han, 1998; Joo, 1999; Kim & Choi, 1993).

2)

가

가

Ware(1979)가

Yoo, Kim Park(1985)

(Han, 2001; Han & Yang, 1997; Joo, 1999),

(Kim, 2000),

3)

(Chung, 2000),

(Um,

가

가

가
Lee(1984b)가 Jang(1992)가
4)
Pender, 1987), Pender (1987) Health Promoting Lifestyle Profile(HPLP) Lee(1989)가
가
Yoo (1985)
Cronbach's α .62
Cronbach's α .60
1.
2)
Lee(1984b)가
26
5 ' 5 , ' 4
, ' 3 , ' 2 , ' 1
가
2003 11 19 2004 2
26 가 Lee(1984b) Cronbach's α .81
T Cronbach's α .86
126
97
3)
Pender Pender(1987)가 Health Promoting Lifestyle Profile Lee(1989)가
3.
10 , 8
, 4 , 6 ,
(11), (32), 5 , 7 40
(26) (40) 109
, ' 4 , ' 1 4
가
1)
Yoo (1985) Ware(1979)가 Pender Pender(1987)가 Cronbach's alpha
coefficient .92 , Lee(1989) 가
Cronbach's α .90
9 , Cronbach's α .91

4. SPSS (43.3%)가 가 (26.8%), (13.4%), (12.4%), (4.1%) (72.2%)
 , t-test, ANOVA, Pearson Correlation (20.6%), (5.2%), (2.1%)
 Coefficient 가 가 (F = 4.59, p<.05)가 <Table 1>.

1. 2. 15 34 20~
 24 (50.5%)가 가 15~19 (30.9%), 25~29 3~4 (37.1%), 2
 (12.4%), 30~34 (6.2%) (30.9%), 5~7 (25.8%), 8~10 (6.2%)
 (58.8%), (25.8%), 가 가 55.7% ,
 (15.5%) , 가 44.3% .
 (35.1%), (33.0%), (32.0%) 가 45.4% ,
 가 12.4%

<Table 1> Differences in health perception, prenatal care behaviors and health promoting behaviors by general characteristics (N=97)

Category	N	(%)	Health perception			Prenatal care behaviors			Health promoting behaviors		
			M	SD	F/t(p)	M	SD	F/t(p)	M	SD	F/t(p)
Age											
15-19	30	(30.9)	3.32	.32	1.14	2.90	.52	.70	2.44	.35	.46
20-24	49	(50.5)	3.26	.26	(.34)	2.90	.48	(.50)	2.48	.38	(.71)
25-29	12	(12.4)	3.39	.31		2.83	.68		2.58	.40	
30-34	6	(6.2)	3.42	.24		3.22	.73		2.53	.34	
Education											
middle school	15	(15.5)	3.22	.32	1.90	2.80	.40	.45	2.47	.22	.66
high school	57	(58.8)	3.29	.28	(.16)	2.91	.54	(.64)	2.45	.39	(.52)
college & above	25	(25.8)	3.39	.28		2.97	.58		2.56	.39	
Residence											
metropolitan	32	(33.0)	3.33	.31	.32	2.97	.54	1.89	2.60	.39	4.59*
urban	34	(35.1)	3.30	.28	(.73)	2.99	.46	(.16)	2.50	.29	(.01)
rural	31	(32.0)	3.27	.28		2.75	.58		2.33	.39	
Lodger before pregnancy											
alone	26	(26.8)	3.33	.30	.37	2.41	.34	1.81	2.41	.34	1.81
with parent	42	(43.3)	3.31	.19	(.83)	2.57	.36	(.31)	2.57	.36	(.31)
with relative	4	(4.1)	3.16	.28		2.64	.43		2.64	.43	
with friend	12	(12.4)	3.33	.31		2.30	.41		2.30	.41	
etc.	13	(13.4)	3.26	.25		2.46	.31		2.46	.31	
Reason for pregnancy											
as wanted a baby	5	(5.2)	3.24	.29	.92	3.20	.29	3.20	2.65	.	.61
failure of contraception	20	(20.6)	3.34	.31	(.44)	2.71	.43	(.17)	2.41	.37	(.61)
by sexual assault	2	(2.1)	3.00	.71		2.67	.19		2.44	.37	
unwanted during a date	70	(72.2)	3.31	.27		2.95	.56		2.49	.38	

<Table 2> Differences in health perception, prenatal care behaviors and health promoting behaviors by obstetrical characteristics (N=97)

Category	N	(%)	Health perception			Prenatal care behaviors			Health promoting behaviors		
			M	SD	F/t(p)	M	SD	F/t(p)	M	SD	F/t(p)
Gestation period when to find pregnant											
before 2 months	30	(30.9)	3.24	.33	.90	2.87	.54	.70	2.47	.39	1.15
3~4 months	36	(37.1)	3.32	.31	(.44)	2.86	.43	(.55)	2.42	.32	(.33)
5~7 months	25	(25.8)	3.33	.21		3.04	.69		2.54	.42	
8~10months	6	(6.2)	3.42	.19		2.81	.21		2.68	.22	
Family awareness of the pregnancy											
yes	54	(55.7)	3.30	.32	2.49	2.91	.50	1.16	2.53	.35	.78
no	34	(44.3)	3.31	.25	(.12)	2.90	.58	(.28)	2.43	.39	(.38)
Experience of abortion											
yes	44	(45.4)	3.30	.28	.12	2.92	.61	3.20	2.46	.42	3.21
no	53	(54.6)	3.31	.30	(.73)	2.89	.46	(.08)	2.50	.32	(.08)
Experience of delivery											
yes	12	(12.4)	3.22	.34	1.31	2.81	.78	5.195*	2.41	.37	.01
no	85	(87.6)	3.32	.28	(.26)	2.92	.49	(0.025)	2.49	.37	(.93)
Beginning of prenatal exam											
before 3 months	17	(17.5)	3.17	.28	1.16	3.04	.49	3.77**	2.50	.31	1.92
4~6 months	27	(27.8)	3.38	.32	(.34)	3.15	.61	(.00)	2.59	.34	(.10)
7~9 months	27	(27.8)	3.27	.25		2.72	.37		2.43	.36	
after 9 months	6	(6.3)	3.33	.13		3.04	.21		2.73	.28	
none	20	(20.6)	3.34	.31		2.65	.52		2.33	.43	
Plan for fostering											
alone	6	(6.2)	3.53	.29	1.77	3.03	.52	.45	2.58	.29	.58
marriage	7	(7.2)	3.21	.23	(.12)	2.77	.38	(.84)	2.30	.40	(.75)
adoption	62	(63.9)	3.31	.25		2.09	.57		2.48	.39	
not determined	18	(18.6)	3.27	.33		2.93	.48		2.56	.29	
etc.	4	(4.2)	3.16	.51		2.64	.43		2.35	.42	

* p < .05, ** p < .01

4~6 , 7~9
 27.8%, 3 (17.5%), 9 (6.3%) , 3.7 , 3.6 가
 20.6%(20) , 3.4 ,
 (63.9%)가 가 3.2 가 가
 , (18.6%), (7.2%), (3.0) <Table 3>.
 (6.2%), (4.2%)
 가 (F=5.195, p<.05)가
 가 (F=3.77, p<.001)가
 가 <Table 2>.
 3. 5 3.3 5

<Table 3> The degree of health perception

Item	Mean	SD
Current health	3.2	0.45
Previous health	3.4	0.74
Health outlook	3.6	0.57
Health worry/concern	3.4	0.69
Resistance - susceptibility	3.7	0.51
Rejection of sick role	3.0	0.32
Health perception	3.3	0.29

4.

<Table 4> The degree of prenatal care behaviors

Item	Mean	SD
Taking proper nutritious food.	3.1	.89
Regular bowel evacuation to prevent constipation.	3.0	1.07
Maintain good posture always.	2.9	.82
Taking a rest frequently.	3.8	1.09
Taking leg exercise frequently.	2.7	1.09
Avoiding salty food intake.	3.1	1.11
Taking calcium products.	1.9	1.24
Taking ferrous products.	2.0	1.40
Taking regular proper exercise.	2.9	1.14
Taking sound sleep at night.	3.5	1.16
Taking food in small amount frequently.	3.1	1.08
Taking perineal care frequently.	3.4	.99
Being proud of the change of appearance due to pregnancy.	3.2	.89
Accepting the change of body image in the course of pregnancy.	3.1	1.12
Going outside for a change.	3.0	1.13
Holding on hobby activity.	2.7	1.14
Trying to share household affairs with family members.	3.0	.80
Imaging newborn baby to herself.	3.6	1.25
Preparing for clothes and equipments for newborn.	1.9	1.24
Reading the book on pregnancy, childbirth and rearing.	2.6	1.36
Sharing maternity experiences with others.	3.4	1.18
Having a lot of time to share with spouse.	3.5	1.23
Telling others what being worried about frankly.	3.0	1.17
Doing nipple care.	1.9	1.02
Taking routine prenatal periodically.	3.1	1.31
Carrying out Lamaze exercise for safe delivery.	2.5	1.26
Total	2.9	.53

2.9 . 3.5 (2.7), (2.6), (2.5),
 ' (3.8), ' (2.2) (2.2)
 '(3.6), '(3.5), '
 '(3.5) , 2.0
 '(1.9), '
 '(1.9), '(1.9)
), '(2.0) <Table 4>.

<Table 5>.

6.

5. $r=.268(p=.008)$ 가 .

<Table 6> Correlation among health perception, prenatal care behaviors and health promoting behaviors

	Prenatal care behaviors	Health promoting behaviors
Health perception	.268(.008)**	.164(.111)
Current health	.257(.011)*	.087(.395)
Prior health	.105(.308)	.121(.241)
Health outlook	.231(.023)*	.240(.018)*
Health Worry/concern	.233(.022)*	.136(.185)
Resistance-susceptibility	.064(.531)	.091(.376)
Rejection of sick role	.056(.589)	.091(.374)
Health promoting behavior	.633(.000)**	

* $p < .05$, ** $p < .01$

<Table 5> The degree of health promoting behaviors

Subscale	Mean	SD
Self actualization	2.6	.48
Health responsibility	2.2	.54
Physical activity	2.2	.51
Nutrition	2.7	.46
Interpersonal relationship	2.7	.52
Stress management	2.5	.48
Total	2.5	.37

6가 (r=.257, p=.001), 44.3% Kim(2000)
(r=.231, p=.023), (r=.233, p=.022) 40.3%, Hwang(2005) 32.0%
가 . 45.4% Kim(2000)
22.7%, Hwang(2005) 28.0%, Jeong (2004) 28.1%

r=.164(p=.111) 가
6가 (r=.240, p= 가 가
.018) 가 .
r=.633(p=.000) , ,
가 <Table 6>. , , , ,
(Jeong, Kim, & Yang, 2004)

3.3 Yoo (1985) (3.29)
Jang(1992) (3.5)

Jeong, Kim Yang(2004) Hwang(2005) Ware(1979)
가 15 34 , , , ,
, 20~24 가 50.5%, 15~19 가 30.9% 6 . Yoo
가 가 (1985) 가
(3.95),
가 (2.80)
, Jang(1992)
(4.3),
(4.0), (3.6) , 가
33.0%, 35.1%, 32.0% 가 (3.2) (3.2)
가
(3.7), (3.6
), (3.4), (3.4) , 가
(72.2%)
(20.6%) 가 .
(3.0)
가 .
가 ,
가 가
(37.1%), 2 (30.9%) 3~4
(35.7%, 27.3%) Kim(2000) 가
가 , , , , ,

가 (Yoo, 1985) 가 .

가 가

Jang(1992) (3.6), Kim(1987) (3.71) , 가
(3.69) Kim Choi(1993) (3.74) Yoo (1985)

가

(Jang, 1992), (Kim, 97
(Lee, 1984b), (Kim & Choi, 1993) , 3.3
2001), 가 , 가

가 가

가 2.9 가
(Lee, 1984b; Kim, 1987; Park, 1993) 가 2.5
4 가

2.5 가 가
Park, Park Kwon(1996) (2.52), 가 가
Shin(1997) (2.61), 가 가
Lee(1989) (2.69), Kim Choi
(1993) (2.49), (2.89)

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