

Original Article

A Study of Stress of Middle - aged Women with a Senior in High School*

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Abstract

Purpose: The purpose of this study was to investigate the stress caused by having a senior in high school preparing for the college entrance examination, and coping methods of middle aged women in order to have a high quality of life. Method: The subjects of this study were 410 middle aged women. The data were collected by a structured questionnaire during September 5 to October 26, 2005. Result: The respondents' scores of stress were relatively low. The scores of stress perception related to 'studies record inactivity', 'a bad feeling because their sons and daughters are lazy', and worries about fatigue and health of their sons and daughters' were relatively high. The scores of the coping method related to 'affirmative thought and conduct', and 'sincerity it in the senior in high school student' were relatively high. In subjects with a higher degree(score 3) of stress caused by the senior student in high school the scores

of coping methods related to 'projection', 'evasion', and 'perseverance' were relatively higher than the scores of coping methods of subjects with a lower degree (score<3) of stress. Conclusion: Based on the findings of this study, we should develop an integrated support program for middle-aged women. A place must be made where mothers will be able to discuss the education of their children such as on-line group community by mothers.

Key words: Middle - aged women, Stress, Coping method

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           46-50 가 46.4%(186 ) 가
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Table 1> General characteristics of subject		(N=410)
Characteristics	Classification	f(%)
Age	≤40 	24 (5.9)
	41-45	152 (37.1)
	46-50 51-55	186 (45.4)
	56-60	36 (8.8) 8 (2.0)
	61≤	4 (1.0)
P.L		
Education	Middle school graduation	28 (6.8)
	High school graduation College & university graduation	239 (58.3) 123 (30.0)
	Graduate school graduation	12 (2.9)
	· · · · · · · · · · · · · · · · · · ·	
Job	Yes	285 (70.2)
	No	121 (29.8)
Menopause	It became menopause	37 (9.0)
	There is a condition before menopause	87 (21.2)
	Not to become menopause and there is not also a	278 (67.8)
	condition before the menopause	
Menopause time	It did not become menopause	353 (86.1)
	3 months under	9 (2.2)
	3 months-1 years	11 (2.7)
	Above 1 years	24 (5.9)
Religion	Christianity	121 (29.6)
	Buddhism	102 (24.9)
	Catholicism	97 (23.7)
	None	80 (19.6)
	Other	9 (2.2)
Spouse age	≤40	12 (2.9)
	41-45	40 (9.8)
	46-50	238 (58.1)
	51-55	88 (21.5)
	56-60	24 (5.9)
	61≤	8 (2.0)
Monthly income(10,000 won)	≤100	16 (3.9)
	101-200	7 (17.1)
	201-300	109 (26.6)
	301-400	83 (20.2)
	$401 \leq$	124 (30.2)
Sex of Senior in high school sons and	Boy	175 (42.7)
daughters	Girl	235 (57.3)
Character of mother	Introspective	221 (53.9)
	Extrospective	182 (44.4)
Character of Senior in high school sons	Introspective	225 (54.9)
and daughters	Extrospective	185 (45.1)
Studies record of Senior in high school	High	107 (26.2)
sons and daughters	Middle	262 (64.2)
one and daugnots	Low	39 (9.6)
Change of the hour when it was far		
Change of the hour when it uses for me(After the sons and daughters	It decreased There is not change	173 (42.2) 217 (52.9)
becomes senior in high school)	It increased	16 (3.9)
Change of the hour when it sleeps(After	It decreased	248 (60.5)
the sons and daughters becomes senior	There is not change	152 (37.6)
in high school)	It increased	5 (1.2)

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<Table 2> Mean score of stress in life event

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Factor	Mean	SD
Studies record inactivity	3.31	1.07
Do not become exchange of view with the sons	1.25	1.34
and daughters		
Spirit and physical charge feeling	1.84	1.18
Worries fatigue and health of their sons and	3.08	1.04
daughters		
Petulance of sons and daughters	1.84	1.27
It is caused by with the sons and daughters and	0.70	0.97
it observes the feeling of the husband		
Economic worry	2.64	1.65
A bad feeling because their sons and daughters	3.26	1.26
are lazy		
The sense of insecurity which is vague	2.78	1.29
Total	2.25	0.80

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(3.62 ± 0.85)	, '		
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<Table 3> Mean score of coping methods (N=410)

variables	Mean	SD
Projection	1.78	0.73
Social support	3.15	0.79
Religion support	2.83	1.12
Affirmative thought and conduct	3.68	0.56
Evasion	2.62	0.85
Hobby activity	2.82	1.05
Sincerity it in the senior in high school sons	3.53	0.80
and daughters		
Perseverance	3.03	0.76

 (3.05 ± 0.81)

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(3.23±0.76)가

<Table 4> Differences of Life event stress of according to general characteristics

Characteristics	Classification	f(0/.)	Life event stress		
Characteristics	Ciassification	1(70)	Mean ± SD	F(p)	
Character of senior in high school	Introspective	225(54.9)	2.33±0.81	5.37	
sons and daughters	extrospective	185(45.1)	2.14 ± 0.77	(.021)	
	high	107(26.2)	1.95±0.89		
Studies record of senior in high	middle	262(64.2)	2.34±0.74	10.72	
school sons and daughters	low	39(9.6)	2.46±0.68	(.000)	
	It decreased plentifully	36(8.9)	2.49±0.69		
Change of the hour when it uses for	It decreased	137(33.7)	2.45±0.76	5.57	
me(After the sons and daughters	There is not change	217(53.5)	2.10±0.79	2.07	
becomes senior in high school)	It increased	12(3.0)	2.01 ± 1.07	(.000.)	
	It increased plentifully	4(1.0)	1.94±0.79		

<Table 5> Differences of coping methods according to general characteristics

(N=410)

Characteristics	Classification	f(%)	Coping r	Coping method		
Characteristics	Classification	1(%)	Detail territory	Mean ± SD	- F	
Change of the hour when it uses for	It decreased	173(42.2)		3.23 ± 0.76		
me(After the sons and daughters	There is not changed	217(52.9)		3.05 ± 0.81	3.40*	
becomes senior in high school)	It increased	16(3.9)	Social	3.41±0.73		
Change of the hour when it sleeps	It decreased	248(60.5)	support	3.23±0.78		
(After the sons and daughters	There is not change	152(37.6)		3.00 ± 0.78	4.12*	
becomes senior in high school)	It increased	5(1.2)		3.20 ± 1.07		
Education	Middle school	28(6.8)		2.46±1.05		
	High school	239(58.3)		2.71±1.14	5.76***	
	College & university	123(30.0)		3.05 ± 1.04	3.70****	
	Graduate school	12(2.9)		3.64 ± 0.68		
Job	Yes	285(70.2)	-	2.74±1.08	151	
	No	121(29.8)		3.00 ± 1.15	4.54	
Religion	Christianity	121(29.6)	•	3.29±0.97		
	Buddhism	102(24.9)		2.77±1.01		
	Catholicism	97(23.7)	Religion	3.28 ± 0.87	43.31***	
	None	80(19.6)	support	1.68±0.78		
	Other	9(2.2)	••	2.44±1.24		
Sex of senior in high school sons and	Boy	175(42.7)	•	2.98±1.08	6.48*	
daughters	Girl	235(57.3)		2.70 ± 1.12	0.48*	
Monthly income(10,000 won)	≤100	16(3.9)	-	2.84±1.15		
	101-200	7(17.1)		2.57±1.00		
	201-300	109(26.6)		2.71±1.20	2.50*	
	301-400	83(20.2)		2.86±1.10		
	$401 \leq$	124(30.2)		3.05 ± 1.06		
Menopause	It became menopause	37(9.0)		3.52 ± 0.52		
	There is a condition before menopause	87(21.2)		3.59 ± 0.56	3.56*	
	Not to become menopause and there is	278(67.8)		3.73 ± 0.56	3.30*	
	not also a condition before the menopause		Affirmative			
Monthly income(10,000 won)	≤100	16(3.9)	thought	3.40±0.49		
	101-200	7(17.1)	conduct	3.51 ± 0.53		
	201-300	109(26.6)		3.71 ± 0.61	3.80**	
	301-400	83(20.2)		3.68 ± 0.52		
	401 ≤	124(30.2)		3.78±0.54		
Job	present	285(69.5)		2.68±0.85	4.27*	
	absent	121(29.5)	. Evasion	2.49±0.82	32 4.27*	
Character of mother	Introspective	221(53.9)	Evasion	2.53±0.86	4.23*	
	extrospective	182(44.4)		2.71 ± 0.82	4.23	

^{*} p<.05 ** p<.01 *** p<.001

<Table 5> Differences of coping methods according to general characteristics(continued)

Characteristics	Classification	£/0/\	Coping Method			
Characteristics	Classification	f(%)	Detail territory	Mean ± SD	F	
Job	Present	285(69.5)		2.72±1.03		
	Absent	121(29.5)	Hobby activity	3.04 ± 1.03	7.90**	
Sex of senior in high school sons and	Boy	175(42.7)		3.62±0.74	2.05.1	
daughters	Girl	235(57.3)		3.46 ± 0.82	3.95*	
Change of the hour when it uses for	It decreased	173(42.2)		3.69±0.72		
me(After the sons and daughters	There is not change	217(52.9)	Sincerity it	3.39 ± 0.82	7.22**	
becomes senior in high school)	It increased	16(3.9)	pours out	3.62 ± 0.76		
Change of the hour when it sleeps (After	It decreased	248(60.5)		3.69±0.75		
the sons and daughters becomes senior	There is not change	154(37.6)		3.26 ± 0.80	14.48**	
in high school)	It increased	5(1.2)		3.70 ± 0.57		
Menopause time	It did not become menopause	353(86.1)		3.02±0.74		
	3 months under	9(2.2)		3.40 ± 0.72	2 40 day	
	3 months-1 years	11(2.7)		3.48 ± 0.76	3.48*	
	Above 1 years	24(5.9)	Perseverance	2.71±0.86		
Character of mother	Introspective	221(53.9)		3.10±0.77		
	Extrospective	182(44.4)		2.91±0.73	6.17**	

100 (2.84)3 3) 3 가 0.05 가 3 '(3.52) ' 3 가 '(3.73) 401 $(3.78\pm0.54), 201-300$ 가 (3.71 ± 0.61) , 301-400 $(3.68\pm0.52), 101-200$ " "(t=- $(3.51\pm0.53), 100$ (3.40 ± 0.49) 5.11, p<.001), " "(t=-2.29, p<0.05), " 가 가 가 "(t=2.92, p<.01), " 3 "(t=2.16, p<.05) <Table 6>. " 3 가 3 3

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<Table 6> Differences in coping method between groups by stress level

(N=410)

Variable	Group (Stress score)	f	Mean	SD	t	р
Projection	< 3	327	1.69	0.69	-5.11	<.001
Flojection	≥ 3	78	2.15	0.79	-5.11	<.001
Social support	< 3	329	3.13	0.81	-0.88	.378
Social support	≥ 3	79	3.22	0.74	-0.00	.376
Deliaion summent	< 3	326	2.78	1.11	1.50	115
Religion support	≥ 3	79	3.00	1.11	-1.58	.115
Affirmative thought conduct	< 3	329	3.72	0.56	2.92	.004
Affirmative thought conduct	≥ 3	79	3.52	0.54		
Evenion	< 3	327	2.57	0.86	2.20	.022
Evasion	≥ 3	79	2.81	0.81	-2.29	
TT-1-han and other	< 3	325	2.80	1.05	0.64	500
Hobby activity	≥ 3	78	2.89	1.04	-0.64	.522
.	< 3	327	3.58	0.79	2.16	022
It pours out a sincerity	≥ 3	79	3.36	0.80	2.16	.032
Damaayamamaa	< 3	328	2.98	0.77	2.42	015
Perseverance	≥ 3	79	3.21	0.70	-2.43	.015

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