



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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\* 2005

: 2005. 4. 30 1 : 2006. 5. 6 2 : 2006. 5. 17 3 : 2006. 6. 5 : 2006. 6. 9

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2005).

(Han, 1992).

가 가 (Kim, 1991; Yang, 2005; Ok et al., 1991; Im, 2004; Han, 1992).

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1978), Bell(1977)

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(Ok, Rhee,

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Cronbach's  $\alpha$  ,

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Folkman Lazarus(1984)가

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가 3 가 93.0%(374 ) 가  
 Cronbach's  $\alpha$  .93 가 70.2%(285 ) 가  
 3) 90.8%(365 ) 가 가 19.6%(80 ) , 가  
 가 80.4%(329 ) 46-50 가  
 3 58.1%(238 ) 가  
 36.6%(147 ) 가 201  
 Folkman Lazarus(1984)가 68 78.6%(316 ) 401 30.2%(124 )  
 3 가 83%(337 )  
 39 1 , 3 가 51.0%(209 )  
 20 ) , 2 73.9%(303 ) 가  
 가 64.2%(262 ) 가  
 Cronbach's  $\alpha$  가 45.1%(184 ) 가 가 3  
 가 가  
 8 42.6%(173 )  
 30 6 , 가 60.9%(248 ) <Table 1>.  
 5 , 4 , 5  
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 4 , 5 Likert 3  
 가 30 150 3  
 Cronbach's  
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 4. “ , “ , “ , “  
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 SAS 9.13 2.25±0.80  
 3 , “  
 ” 3.31±1.07 , “  
 3.26±1.26 , “ ” 3.08±1.04 , “  
 ” 2.78±1.29, “ ” 2.64±1.65  
 (factor analysis) 가 3 가  
 ” 0.70±0.97 <Table 2>.  
 8 t-test 가  
 ANOVA Duncan 319 (77.8%)  
 가 ’ 276 (67.3%), ‘ 3 가  
 ’ 282 (68.8%) , ‘ 가  
 ’가 282 (68.8%)  
 1. 80%  
 가  
 46-50 가 46.4%(186 ) 가 ’(3.57)가 가

&lt;Table 1&gt; General characteristics of subjects

(N=410)

Characteristics	Classification	f(%)
Age	≤40	24 ( 5.9 )
	41-45	152 (37.1 )
	46-50	186 (45.4 )
	51-55	36 ( 8.8 )
	56-60	8 ( 2.0 )
	61 ≤	4 ( 1.0 )
Education	Middle school graduation	28 ( 6.8 )
	High school graduation	239 (58.3 )
	College & university graduation	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 condition before the menopause	278 (67.8 )
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 ≤	124 (30.2 )
	Sex of Senior in high school sons and daughters	Boy
Girl		235 (57.3 )
Character of mother	Introspective	221 (53.9 )
	Extrospective	182 (44.4 )
Character of Senior in high school sons and daughters	Introspective	225 (54.9 )
	Extrospective	185 (45.1 )
Studies record of Senior in high school sons and daughters	High	107 (26.2 )
	Middle	262 (64.2 )
	Low	39 ( 9.6 )
Change of the hour when it uses for me(After the sons and daughters becomes senior in high school)	It decreased	173 (42.2 )
	There is not change	217 (52.9 )
	It increased	16 ( 3.9 )
Change of the hour when it sleeps(After the sons and daughters becomes senior in high school)	It decreased	248 (60.5 )
	There is not change	152 (37.6 )
	It increased	5 ( 1.2 )



<Table 4> Differences of Life event stress of according to general characteristics (N=410)

Characteristics	Classification	f(%)	Life event stress	
			Mean ± SD	F(p)
Character of senior in high school sons and daughters	Introspective	225(54.9)	2.33±0.81	5.37 (.021)
	extrospective	185(45.1)	2.14±0.77	
Studies record of senior in high school sons and daughters	high	107(26.2)	1.95±0.89	10.72 (.000)
	middle	262(64.2)	2.34±0.74	
	low	39( 9.6)	2.46±0.68	
Change of the hour when it uses for me(After the sons and daughters becomes senior in high school)	It decreased plentifully	36( 8.9)	2.49±0.69	5.57 (.000)
	It decreased	137(33.7)	2.45±0.76	
	There is not change	217(53.5)	2.10±0.79	
	It increased	12( 3.0)	2.01±1.07	
	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 method		F
			Detail territory	Mean ± SD	
Change of the hour when it uses for me(After the sons and daughters becomes senior in high school)	It decreased	173(42.2)	Social support	3.23±0.76	3.40*
	There is not changed	217(52.9)		3.05±0.81	
	It increased	16( 3.9)		3.41±0.73	
Change of the hour when it sleeps (After the sons and daughters becomes senior in high school)	It decreased	248(60.5)		3.23±0.78	4.12*
	There is not change	152(37.6)		3.00±0.78	
	It increased	5( 1.2)		3.20±1.07	
Education	Middle school	28( 6.8)		2.46±1.05	5.76***
	High school	239(58.3)		2.71±1.14	
	College & university	123(30.0)		3.05±1.04	
	Graduate school	12(2.9)		3.64±0.68	
Job	Yes	285(70.2)		2.74±1.08	4.54
	No	121(29.8)		3.00±1.15	
Religion	Christianity	121(29.6)	Religion support	3.29±0.97	43.31***
	Buddhism	102(24.9)		2.77±1.01	
	Catholicism	97(23.7)		3.28±0.87	
	None	80(19.6)		1.68±0.78	
	Other	9( 2.2)		2.44±1.24	
Sex of senior in high school sons and daughters	Boy	175(42.7)		2.98±1.08	6.48*
	Girl	235(57.3)		2.70±1.12	
Monthly income(10,000 won)	≤100	16( 3.9)		2.84±1.15	2.50*
	101-200	7(17.1)		2.57±1.00	
	201-300	109(26.6)		2.71±1.20	
	301-400	83(20.2)		2.86±1.10	
	401 ≤	124(30.2)		3.05±1.06	
Menopause	It became menopause	37( 9.0)	Affirmative thought	3.52±0.52	3.56*
	There is a condition before menopause	87(21.2)		3.59±0.56	
	Not to become menopause and there is not also a condition before the menopause	278(67.8)		3.73±0.56	
Monthly income(10,000 won)	≤100	16( 3.9)	conduct	3.40±0.49	3.80**
	101-200	7(17.1)		3.51±0.53	
	201-300	109(26.6)		3.71±0.61	
	301-400	83(20.2)		3.68±0.52	
	401 ≤	124(30.2)		3.78±0.54	
Job	present	285(69.5)	Evasion	2.68±0.85	4.27*
	absent	121(29.5)		2.49±0.82	
Character of mother	Introspective	221(53.9)		2.53±0.86	4.23*
	extrospective	182(44.4)		2.71±0.82	

\* p<.05 \*\* p<.01 \*\*\* p<.001

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

(N=410)

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

\* p<.05 \*\* p<.01 \*\*\* p<.001

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(3.71±0.61), 301-400 (3.68±0.52), 101-200 “ ”(t=-

(3.51±0.53), 100 (3.40±0.49) . 5.11, p<.001), “ ”(t=-2.29, p<0.05), “ ”(t=-2.43, p<0.05)

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가 . p<.05) <Table 6>.

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