

: , , , ,
 ,
 , :
 .
 : 가
 :
 .
 1.
 ,
 , . 가
 , (gULICK, 1983).
 1970 46.0% 68.9% 80 36.0% 49.6%
 , 90 21.4% 35.4%
 (, 1992).
 가, 가
 , (, 1993) ;
 , , 1994 ; Entwistle, 1991).
 , , ,
 (, 1995 ; , 1993 ; Aberman &
 Kirchhoff, 1985).
 가 가 가 가
 (, 1997).
 가 가 (,
 , 1994), 가 (Chen,
 1993).
 (, 1993 ; Camerson & Hofvander,
 1983 ; Dickman, 1979), (, 1983 ; , 1991 ; Wright &
 Walker, 1983), (, 1994 ; , 1993),

(, 1991 ; , 1994) .

(, 1995 ; , 1997) .

가 ,

가 .

2.

1 () 2 ()

,

3. 가

1) 4 가

.

2) 4 가

.

3) 4 가

.

4.

1)

(1997)가 가 . 가

.

2)

(1996) 가 .

가

3)

(1997)가 가

가

4)

WHO가 (Helsing, 1985)

, , , ,

100%

,

100%

.

, , ,

.

1.

.

(Reeder & Martin, 1987), 가

(, 1984), 가 가 (, 1993).

가 가 ,

, , , (, 1983).
 가 ,
 가 ,
 , 가
 ,
 , 가
 , 2 가
 (, 1992 ; ,
 1995).
 (1993)
 ,
 , 가
 . 가
 .
 2.
 WHO(1981) 1979 ,
 1970 가 1990 90%
 (WHO, 1994), 20 가 1990 28.8% (,
 , 1992)
 가 ‘ , . (1983)
 ,
 . Karen,
 Linda Henry(1995)
 ,
 ,
 .
 ,
 가 1 2 8 ,
 1 ,
 가 1 가
 가 , 가
 (, 1995 ; , 1994; Goodin& Fried, 1984).
 (1984)
 가 ,
 . 가 ,
 가 가 가
 가
 가 (Kearney, Cronenwett & Barrett, 1990).

가

, , .
•

1.

,

.

2.

1998 6 20 9 30

.

가

20 35 37 42 , Apgar score 7 , 2.5 40kg

,

가

. .

가

.

70 , 72 142 ,
113 (61 , 52) .

3.

1)

(1996)

가

.

22 ,

5

“

” 1

“

” 5

.

Cronbach's α

0.77,

0.87

.

2)

(1997)가

20

,

5

,”

” 1

“

” 5

.

Cronbach's α

0.84,

0.88

.

3)

WHO가

(Helsing, 1985)

, , ,

,

.

, , ,

.

4.

1998 6 7 6 17

1998

6 20

9 30

.

1)

(

)

가

.

24

18

가 가

.

2)

● (6 24) :
· : 가 ()
· , , ,
30 가 .
· : 가 가
가 . 가
20 30 .

● (7 10) :
, ,
5 20 .

3) ()
가 4

5.

SAS , 5%

1)
 χ^2 -test, t-test .

2) , χ^2 -test, t-test, paired t-test

·
·

1.

1)
27.07 , 47.6%, 48.1%가 1 27.17
836%, 73.1% 가
. 가 91.8%, 84.6%가 가 155.98 ,
158.26 가 .
 χ^2 -test 가

2)

가 ○
, 90.2%, 92.3%가 ,
3.21kg, 3.20kg .
73.8%, 67.3%가 .
50.8%, 51.9%가 가
1 . 91.8%,
96.2%가 .
78.7%, 80.8%가 ,

82.0%, 88.5%가
68.9%, 69.3%가

6.25 5.09

88.6%, 90.4%가
45.9%, 50.5%
가 가 , 45.9% 38.5%가 3
가 . □ 61.1%가 57.0%,
62.0%가
2 가 19.7%, 23.1%
x²-test
가
3)

4.01 , 4.02)
가 , 4.08 , 4.00 가
x²-test 가
2. 가
1) 1가
“ 4 가
” 1가 4
(4.08 ± 0.33)가 (3.43 ± 0.40)
(t=9.12, p=0.0001).
4 1
가 .

4.01 ± 0.37 , 4.08 ± 0.33
(t=1.14, p=0.2592) 가 가
4.02 ± 0.26 , 3.43 ± 0.40
(t=- 7.23, p=0.0001),
가
2) 2가
“ 4 가
” 2가 4
(4.11 ± 0.39)가 (3.57 ± 0.51)
*t=6.12, p=0.0001). , 4

가 (, ,)
(t=5.31, p=0.0001 ; t=4.97, p=0.0001 ; t=5.95, p=0.0001).
4 가
2가 .

4.08 ± 0.40 , 4.11 ± 0.39
(t=0.87, p=0.3885), 가 가
4.00 ± 0.42 , 3.57 ±
(t=-3.82, p=0.0007),
0.51 가
가
(4.11 ± 0.47)
(4.26 ± 0.37) 가
(t=-2.04, p=0.0431). 가
(4.36 ± 0.49) 가
(3.87 ± 0.52) (3.75 ± 0.52) 가
(t=1.25, p=0.2124). , , ,
(t=2.42,
p=0.0173 ; t=5.25, p=0.0001 ; t=4.52, p=0.0001).

3) 3가
“ 4 가
” 3가 ,
100% 가 44.3%(27) 가
가 18.0%(11),
가 16.4%(10), 100% 가 11.5%(7),
가 9.8%(6) . 가 36.5%(19
, 15.4%(8), 15.4%(8), 5.8%(3)
(x²=20.79, p=0.001). 3가 .
(6 24)
100% 1 96.7%, 2 90.2%, 3
90.2%, 4 88.5% , 1 73.1%, 2 65.4%,
3 63.5%, 4 63.5% .

•
1.
(4.08) (3.43)
4 가 (t=9.12, p=0.0001)
가 . 4
(1995) 151

2
4 가 .
.

2.

(4.11) (3.57)
 4 가 가 (t=6.12, p=0.0001)
 가 . 4
 가 . Dusdicker, Booth, Seals
 Ekwo(1985) 가 ,
 ,
 가 (1997)
 76 4
 가 가
 .
 ,
 4.08 , 4.11
 . 가 (t=0.87, p=0.3885).
 4.00 3.57
 가 가
 (t=- 3.82, p=0.0007).
 Marchand Morrow(1994) 가 가
 가 가
 .
 , ,
 . 4.11 4.26
 가 (t=- 2.04, p=0.0431)
 가 가
 . 4.05 3.81
 (t=2.42, p=0.0173).
 (1994) 1 가
 ‘ (81.8%), ‘ (92.9%), ‘
 ‘(49.5%)
 .
 3.87 3.75 (t=1.25, p=0.2124), 4.30
 4.36 (t=- 0.79, p=0.4311)
 . 3.79
 3.21 (t=5.25, p=0.0001) 4.20 3.72
 (t=4.52, p=0.0001) 가
 . (1994) 1 가
 ‘ (33.2%), ‘
 ‘(41.5%) , ‘
 ‘(45.6%) , 가
 .

가

가

1998 6 20 9 30
□ 61 , 52 113 .
가
.
, 1 (
) 2 () . 4 ,

, χ^2 -test, t-test, paired t-test

4

” 17가
($t=9.12$, $p=0.0001$).

2) "

4

“ 2가
($t=6.12$, $p=0.0001$).

가

4

“ 3가
($\chi^2=20.79$, $p=0.001$).

가

< >

- 32

18. , 1(1), 108-119.
19. (1997).
20. , (1983). , 26(6), 1-7.
21. (1997).
22. , , , , , , , (1993). , 3(2), 187-196.
23. (1996). 가
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- Abstract -

Key concept :Breast-feeding Education, Method, Attitude Duration

The Effect of Breast-feeding Education on Method, Attitude, and Duration of Breast-feeding by Primipara

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The purpose of this study is to investigate the effect of breast-feeding education on skills, attitude, and duration of breast-feeding among primipara mothers. The educational session was offered during the period of June through September at the T medical center in T city.

One hundred thirteen primiparas were selected for this study, 61 who received breast-feeding education(lecture, demonstration, and additional telephone counselling) served as the experimental group and 52 who did not as the control.

Data collection was done by self-reporting method. the reliability of the instrument was from .77 to .87. Duration of breast-feeding was classified into through according to the WHO classification at the time point of 4 weeks of postpartum.

The results were as follows :

1. The score for the experimental group on the skills of breast-feeding techniques was significantly higher than those of the control($t=9.12$, $p=.000$).
 2. The score for the experimental group in the attitude toward breast-feeding was significantly higher than those of the control($t=6.12$, $p=.000$).
 3. Duration of breast-feeding for the experimental group was significantly longer than that of the control at the time of 4 weeks of postpartum($\chi^2=20.79$, $p=.001$).
- In conclusion, the breast-feeding practice can be promoted effectively through the breast-feeding education.