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가 (Chao, Glenford, Karibo & Salha, 1993; Delvin, Daniels, & Roeder, 1997; Fifer & Moon, 1994; Relier, 1996)

( , 1999; Landsbergis & Hatch, 1996; Yamada, 1996),

( , 1997; , , 1996).

( , 1991), ( , 1999).

가 , 가 ( , 1999a),

가

1970

가 ( , 1999a).

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\*  
\*\*

' 84.9% (678 ),  
'가 75.7% (606 )  
30 500  
, 101-200 가 57.6% (416 ) 가

1)  
2)  
3)

10 ( , , , , )  
, , , , , )  
801 /  
1999 7 15 8 30  
( , 1993), ( , 1996)  
Cronbach's alpha 가 .88,  
가 .90  
SPSS Win 7.5 program  
Pearson correlation, t-test,  
ANOVA, Tukey, Stepwise multiple regression

< 1>		(N = 80)
		(%)
*	25	147 (18.6)
	26 -30	435 (54.9)
	31 -35	155 (19.6)
	36	55 ( 6.9)
		5 ( .6)
		22 ( 2.7)
		415 (51.8)
		212 (26.5)
		147 (18.4)
*		572 (71.8)
		225 (28.2)
		346 (43.2)
		223 (27.8)
		157 (19.6)
		75 ( 9.4)
*		339 (42.5)
		271 (34.0)
		187 (23.5)
		678 (84.9)
*		104 (13.0)
		17 ( 2.1)
*		606 (75.7)
		173 (21.6)
		22 ( 2.7)
	100	170 (23.5)
*	101-200	416 (57.6)
	201-300	109 (15.1)
	301	27 ( 3.7)

1.

< 1> < 2>  
12 12.7% (96 ) ,  
19 43 13 27 19.1%  
, 28.73 26 30 54.9% (145 ) , 28 68.2% (517 )  
(435 ) 가 51.8% (415 29.78 5 40 ,  
) , 44.9% (359 ) 40.2% (322 ) , 59.8% (479 )  
, 가 가 71.8%  
(572 ) , 86.4% (677 ) ,  
가 43.2% (346 ) 가 , 90.0% (714 ) ,  
가 42.5% (339 ) , '가 87.6% (697 )

가 (137 ), ' 2.8% (22 )  
 48.2% (383 ) 가  
 ' 가 55.1% (432 ), ' 가 29.8%  
 (234 ), ' 가 15.1% (118 )  
 .70 , 0 6  
 가 57.7% (46 )  
 .85 0 5  
 가 41.6% (333 )

가 34.8% (278 ) ,  
 ' 가 32.6% (261 )  
 가

' 99.6% (764 ) ,  
 ' 96.5% (743 ) ,  
 ' 93.1% (697 ) ,  
 ' 91.4% (688 ) ,  
 ' 90.5% (678 ) ,  
 86.2% (626 ) , ' 73.9%  
 (550 )

< 2 > (N = 801)

	(%)
* 12	96 (12.7)
13 -27	145 (19.1)
28	517 (68.2)
	479 (59.8)
	322 (40.2)
* 677	(86.4)
	107 (13.6)
* 714	(90.0)
	53 ( 6.7)
	22 ( 2.8)
가	4 ( .5)
* 697	(87.6)
	99 (12.4)
* 383	(48.2)
	270 (34.0)
	142 (17.9)
* 432	(55.1)
	234 (29.8)
	118 (15.1)
0	462 (57.7)
1	188 (23.5)
2	99 (12.4)
3	52 ( 6.5)
0	333 (41.6)
1	299 (37.3)
2	131 (16.4)
3	38 ( 4.7)

' 65.4% (513 ) 가  
 , 가  
 ' 29.8% (233 ) 가 ,  
 ' 21.1% (165 ) , ' 18.8% (147 ) , ' 가  
 ' 14.6% (114 ) , ' 5.5% (43 ) , ' ,  
 2.8% (22 )  
 ' 64.5% (504 )  
 ) 가  
 11.7% (91 ) , '가 11.3% (88 ) ,  
 ' 8.2% (64 ) , ' 4.4% (34 )

< 3 > (N = 801)

	(%)
* 가	381 (48.0)
	253 (31.9)
	137 (17.3)
	22 ( 2.8)
* / /가 /	278 (34.8)
	261 (32.6)
/ /가	252 (31.5)
	9 ( 1.1)
**	764 (99.6)
	743 (96.5)
	697 (93.1)
/	688 (91.4)
	678 (90.5)
	626 (86.2)
	550 (73.9)
	513 (65.4)
	185 (23.6)
	61 ( 7.8)
	25 ( 3.2)

< 3 >  
 가  
 ' 48.0% (381 ) , ' 가 '  
 31.9% (253 ) , ' 17.3%

< 3 >

	(%)
* ,	233 (29.8)
	165 (21.1)
	147 (18.8)
	114 (14.6)
	57 ( 7.3)
	43 ( 5.5)
	22 ( 2.8)
* ,	504 (64.5)
	91 (11.7)
가	88 (11.3)
	64 ( 8.2)
	34 ( 4.4)

\* , \*\*

2.

< 4 >

< 4 > (N = 801)				
	1.76	5.00	4.28	0.48
	1.68	3.88	2.81	0.36

3.

< 5 >

< 5 >

(N = 801)

	±	F or t (p)	Tukey	±	F or t	Tukey
25	4.25±0.52	.659		2.86±0.37	.302	
26 -30	4.28±0.47	(.543)		2.81±0.35	(.824)	
31 -35	4.30±0.48			2.80±0.38		
36	4.37±0.52			2.86±0.43		
	4.29±0.30	3.735		2.63±0.73	2.883	
	4.11±0.49	(.005)	>	2.59±0.38	(.022)	, >
	4.23±0.49			2.81±0.36		
	4.35±0.49			2.83±0.35		
	4.35±0.50			2.86±0.39		
	4.29±0.47	-0.299		2.82±0.36	1.020	
	4.30±0.55	(.765)		2.79±0.39	(.308)	
	4.36±0.44	4.570		2.84±0.37	3.616	
	4.42±0.49	(.004)	, >	2.90±0.42	(.013)	>
	4.22±0.49			2.83±0.34		
/	4.26±0.49			2.77±0.36		
	4.32±0.49	2.391		2.79±0.40	3.024	
	4.32±0.53	(.092)		2.86±0.37	(.049)	
,	4.24±0.46			2.79±0.34		
	4.31±0.50	5.448		2.85±0.35	19.924	
	4.14±0.45	(.004)	>	2.61±0.37	(.000)	> ,
	4.38±0.51			2.63±0.47		
	4.31±0.50	1.527		2.85±0.35	12.086	
	4.23±0.47	(.218)		2.72±0.38	(.000)	> ,
	4.26±0.52			2.60±0.37		
100	4.23±0.46	6.096	> ,	2.75±0.38	2.482	
101-200	4.28±0.45	(.000)	>	2.83±0.34	(.060)	
201-300	4.44±0.48			2.86±0.39		
301	4.49±0.57			2.85±0.41		

(F = 3.735, p = .005), (F = 4.570, p = .004), (F = 5.448, p = .004), (F = 6.096, p = .000), (F = 2.883, p = .022), (F = 3.616, p = .013), (F = 3.024, p = .049), (F = 19.924, p = .000), 12.086, p = .000), (t = 2.525, p = .012), '(4.31)가', '(4.17) (t = 2.386, p = .017),

< 6 > (N = 801)

	±	F or t (p)	Tukey	±	F or t	Tukey
	4.31±0.50	1.122		2.85±0.36	2.386	
	4.27±0.49	(.262)		2.79±0.37	(.017)	
12	4.26±0.51	.265		2.74±0.33	2.519	
13 - 27	4.31±0.48	(.768)		2.82±0.37	(.081)	
28	4.29±0.49			2.84±0.37		
	4.31±0.49	2.525		2.84±0.36	0.677	
	4.17±0.52	(.012)		2.68±0.38	(.000)	
	4.28±0.51	2.391		2.59±0.34	3.024	
	4.30±0.48	(.100)		2.83±0.36	(.001)	> ,
가	4.31±0.19			2.97±0.29		
	4.12±0.62			2.68±0.35		
	4.30±0.48	1.560		2.83±0.36	0.241	
	4.22±0.59	(.119)		2.71±0.39	(.005)	
	4.31±0.50	2.181		2.79±0.36	1.687	
	4.21±0.58	(.114)		2.79±0.36	(.186)	
	4.30±0.46			2.84±0.37		
	4.26±0.48	2.241		2.85±0.35	9.132	, >
	4.29±0.52	(.107)		2.68±0.35	(.000)	
	4.35±0.48			2.82±0.38		
0	4.31±0.49	2.207		2.84±0.36	2.387	
1	4.31±0.46	(.086)		2.78±0.37	(.068)	
2	4.19±0.51			2.78±0.39		
3	4.19±0.58			2.74±0.36		
0	4.31±0.50	1.009		2.85±0.36	2.763	
1	4.29±0.48	(.388)		2.80±0.36	(.041)	
2	4.25±0.51			2.80±0.39		
3	4.19±0.55			2.68±0.40		

(t=0.677, p=.000), (F=3.024, p=.001), (F=5.370, p=.001),  
 (t=0.241, p=.005), (F=9.132, (F=3.186, p=.024),  
 p=.000), (F=2.763, p=.041) (F=13.953, p=.000)  
 가  
 Tukey (2.59) (2.68) 가 (2.76) (2.83) (2.63) (2.85) (2.82) , 가 (2.83) (2.76) (2.68) 가 (2.91) (2.86) (2.72) (2.51) 가  
 < 7> (F=2.756, p=.042),  
 (F=4.234, p=.006), (F=5.112, 4.  
 p=.002), (F=2.414, p=0.26)  
 가  
 Tukey (4.37) Pearson correlation < 8>  
 , 가 (4.22) (4.33) (4.21) (4.03) 가 (r=.420, p=.000).  
 가 가

< 7> (N = 801)

	±	F or t (p)	Tukey	±	F or t (p)	Tukey
가	4.28±0.45	2.756		2.81±0.33	5.370	
	4.25±0.48	(.042)		2.76±0.33	(.001)	>
	4.32±0.50			2.86±0.39		
	4.05±0.72			2.63±0.37		
	4.33±0.51	4.234		2.64±0.57	3.186	
	4.22±0.51	(.006)	>	2.76±0.36	(.024)	>
, 가	4.27±0.51			2.85±0.37		
, 가	4.37±0.46			2.83±0.36		
	4.31±0.59	5.112		2.91±0.41	13.953	
	4.33±0.48	(.002)	>	2.86±0.35	(.000)	>
	4.21±0.48			2.72±0.33		>
	4.03±0.55			2.51±0.49		
가	4.31±0.45	2.733		2.81±0.36	0.983	
	4.30±0.57	(.028)		2.83±0.37	(.416)	
	4.42±0.47			2.92±0.42		
	4.19±0.46			2.77±0.36		
(TV, )	4.17±0.53			2.80±0.38		

< 8 >

(N = 801)

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.420(p=.000) .218(p=.000) .316(p=.000) .311(p=.000) .252(p=.000) .383(p=.000)

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가  
p=.000) 가  
5.  
1)

(r=0.383, p=.000)  
, (r=0.218,

< 10 >

(N = 801)

MR	R2	Beta	F	p
.401	.161	.351	111.286	.000
.439	.193	-.130	69.297	.000
.463	.214	-.122	52.889	.000
.475	.226	-.101	42.111	.000
.483	.234	-.093	35.165	.000
.490	.240	-.080	30.288	.000

Stepwise multiple regression

< 9 >

16.8% 가 ,  
8.5%, 1.9%  
가 27.2%

1.

(±0.48) , 5 4.28  
(±0.36) , 4 2.81  
(1993)  
가

< 9 >

(N = 801)

MR	R2	Beta	F	p
.410	16.8	9.846	109.294	.000
.503	25.3	7.653	91.452	.000
.522	27.2	3.794	67.279	.000

(n=479)가

(n=322)

가

가

2)

(3.27)  
가 가 , (2.99),  
(2.74), (2.69), (2.34)

Stepwise multiple regression

< 10 >

16.1%, 3.2%, 2.2%,  
22.3%, 1.1%, 0.8%,  
0.6% 가 가 가  
24.0%

가 , 가

(1987), (1987)

2. , 가

가 (1987) 574 가

3. 가

16.8% 16.1%

가 가 (1987) 가 (1993), (1997)

가 ( , 1993) (1991)

가 (1993) (92.5%) 가

가 가

( , 1991 ; , 1993 ; , 1995) 80 90%가



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- Abstract -

Key concept: Taekyo Recognition, Taekyo Practice

## A Study on Recognition and Practice of Taekyo by Pregnant Women

*Shin, Yong Bun\*· Koh, Hyo Jung\*\**

This study is a descriptive study to offer an actual basic data as Nursing intervention strategy of nurses before delivery in order that pregnant women in Korea may effectively practice Taekyo by examining the relation after apprehending level of recognition and practice of our pregnant women about Taekyo.

This study collected questionnaires from 801 pregnant women who visited general hospitals in 10 areas (Seoul, Daejeon, Chunan, Daegu, Kumi, Kyöngju, Pöhang, Busan, Jönju, and Yöngkwang) for prenatal care through an outpatient obstetrics and gynecology from July 15 to August 30, 1999. This study used the tool of Lee, Ki Young(1993) revised and complemented by investigator to measure recognition of Taekyo and the tool of Jang, Shun Buk and Park, Young Ju(1996) revised and complemented by investigator to measure practice of Taekyo. The Cronbach's alpha value of each tool was .88 in recognition of Taekyo, while the value was .90 in practice of Taekyo.

For data analysis, this study used the descriptive and statistical analysis, Pearson correlation, t-test, ANOVA, Tukey's post hoc contrast, and Stepwise multiple regression in

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accordance with the purpose of this study with using SPSS Win 7.5 program.

The results were as follows:

1. The practice of Taekyo was low in comparison with recognition of Taekyo by showing average 4.28 points and standard deviation 0.48 at level of recognition of pregnant women about Taekyo on the basis of 5 points and showing to show average 2.81 points and standard deviation 0.36 at practice level on the basis of 4 points.
2. They showed the higher level of recognition on Taekyo at high educational background of pregnant woman ( $F=3.735$ ,  $p=.005$ ), Roman catholicism ( $F=4.570$ ,  $p=.002$ ), satisfied married life ( $F=5.448$ ,  $p=.004$ ), high monthly income ( $F=6.096$ ,  $p=.000$ ) and cases of hoping pregnancy ( $F=2.525$ ,  $p=.012$ ).
3. They showed the higher level of practice on Taekyo at high educational background of pregnant woman ( $F=2.883$ ,  $P=.022$ ), Roman catholicism ( $F=3.616$ ,  $p=.032$ ), satisfied married life ( $F=19.924$ ,  $p=.000$ ), good health condition ( $F=12.086$ ,  $p=.000$ ), cases of primi gravida ( $F=2.386$ ,  $p=.017$ ), cases of hoping pregnancy ( $F=0.677$ ,  $p=.000$ ), cases of planning pregnancy with husband ( $F=3.024$ ,  $p=.001$ ), cases of regular prenatal care before delivery ( $F=0.241$ ,  $p=.005$ ), cases of maternal breast feeding ( $F=9.132$ ,  $p=.000$ ), and the number of less children ( $F=2.763$ ,  $p=.041$ ).
4. In result of examining correlation between recognition and practice of Taekyo, they showed high level of practice on Taekyo under high level of recognition of pregnant women on Taekyo by showing the statistically significant correlation.
5. In result of examining the related factors that affect recognition and practice of Taekyo by the object, practice of Taekyo had 16.8 percents of explanatory range, purpose of practicing Taekyo 8.5 percents of explanatory range, and monthly income 1.9 percent of explanatory range as variables of affecting recognition of Taekyo. The total explanatory range was 27.2 percents. Recognition of Taekyo had 16.1 percents of explanatory range, time of starting Taekyo 3.2 percents, health condition 2.2 percents of explanatory range, condition of hoping pregnancy 1.1 percent of explanatory range, satisfaction of married life 0.8 percent of explanatory range, and religion 0.6 percent of explanatory range as variables of affecting practice of Taekyo. The total explanatory range was 24.0 percents.