

* . ** . ***

1. 가 , 가 가
(1997) 가
가
, ,
, 가 , 가
(,
1999). (Strecher et al, 1986)
가 , 가
, 가
(, 1996).
가 가 가

*
** 가

16

5.

2.

가

1)

2)

1.

3. 가

1가 :

가

가

가

2가 :

가

(Rubin,1975. Gruis,1977).

4.

1)

:

가

가

6

(

가

가

10

가

10

가

가

2)

:

, 1999).

(1996)가

23

3)

:

Armstrong(1989)

가 가

가

Reeder (1997) 가

(1978) (Mercer, 1985) (1973) 가 , 가

가 (1995)

Williams Cooper(1993) 1.328
288 1,616
가

358 (36%), 301 (19%), 251
(16%), 333 (21%),
: 165 (10%), 가 151 2.
(9%), 151 (9%), 113
(7%) , 68 (24%),
가 44 (15%)
153 (21%),
80 (10%), 233
(15%), 222
(14%)
(1973)

(1982)

가 (1991) (personal mastery)
3

Mcclosky Bule check(1992) (Bandura, 1977)
Weitzel(1989), Oh(1993)

가
Bandura(1986) (perceived

self-efficacy)

(, 1995)
 Oetker-black Taunt on(1994)

(1992) 가 1.

Harvery McMurray(1994) 1> <
 3 7
 (nursing self efficacy) 가

Sallis (1986) < 1>

| O _{E1} | x | O _{E2} |
|-----------------|---|-----------------|
|-----------------|---|-----------------|

2.

(, ,)
 21 Stecher,
 Devellis Becker (1986) 34 1

가

1) 37-42
 2)
 3)
 4)

Stencher, Devellis, Becker (1986)
 Rosenstock (1988),
 (1994) (, ,),
 가 3.

1)
 (1996)가 :
 . 23
 가 12
 11 4
 가
 Cronbach`s alpha .9296

가 (Rosenstocker, Strecher &
 Becker, 1988)

2) : sherer (1982)

4 . 가 . 16 (1 97%)
 alpha .8863 가 Cronbach`s 가 (1991)
 4 . (1996) (1998)

1999.11.15 - 12.9 4
 가

가 10
 2 가

가
 82.4%가 가
 67.6% 32.3%

5. 2.

SPSS/PC+ < 2>

paired t-test 89.6
 83.3
 (t = 13.4 P = 0.00).
 가
 가

1. 89.0 ,
 84.7 가
 < 2> (t = 5.51 p=0.02).

21 33 26-30 가 64.7%
 가 35.3%가 가가
 64.6% 가 67.6%
 101-150 (47.1%) 가
 11-15 (47.1%)가 가

WHO 가 15 3.

가 18.1% 가 < 3>
 14.7%

< 2 >

| | | % | | SD | t. F (P) |
|---------|----|------|------|------|------------------|
| 21~25 | 9 | 26.5 | 85.5 | 7.2 | 0.47 |
| 26~30 | 22 | 64.7 | 84.7 | 8.1 | (0.62) |
| 31~33 | 3 | 8.8 | 89.3 | 3 | |
| , | 22 | 64.7 | 83.8 | 7.8 | 0.25 (0.12) |
| | 12 | 35.3 | 88 | 6.6 | |
| | 11 | 32.4 | 89.6 | 3.2 | 13.04 (0.00)* |
| | 23 | 67.6 | 83.3 | 8.2 | |
| 100 | 1 | 2.9 | 87 | 0.0 | |
| 101~150 | 16 | 47.1 | 86.1 | 6.7 | 0.14 (0.93) |
| 151~200 | 13 | 38.2 | 84.3 | 8.4 | |
| 201 | 4 | 11.8 | 84.7 | 10.7 | |
| | 19 | 55.8 | 87.0 | 6.8 | |
| | 15 | 44.1 | 83.2 | 8.1 | 2.34 (0.13) |
| 0 | 1 | 2.9 | 92.0 | 0.0 | |
| 1~5 | 3 | 8.8 | 78.0 | 8.6 | 1.94 (0.13) |
| 6~10 | 12 | 35.3 | 86.7 | 6.0 | |
| 11~15 | 16 | 47.1 | 86.3 | 7.5 | |
| 16~20 | 2 | 5.9 | 76.5 | 9.1 | |
| | 6 | 18.1 | 86.0 | 8.4 | 0.03 (0.84) |
| | 28 | 81.8 | 85.2 | 7.5 | |
| | 5 | 14.7 | 89.0 | 2.5 | 5.51 (0.02)* |
| | 29 | 85.3 | 84.7 | 8.0 | |
| | 3 | 8.8 | 83.3 | 8.9 | 0.20 (0.65) |
| | 21 | 61.8 | 85.5 | 7.2 | |
| | 7 | 20.6 | 84.7 | 10.4 | |
| | 3 | 8.8 | 87.3 | 1.5 | |
| | 23 | 67.6 | 85.7 | 6.6 | 3.58 |
| | 11 | 32.3 | 84.5 | 9.5 | (0.06) |

* p < 0.05

| | | % | | SD | t. F (P) |
|----------|----|------|------|-----|-----------------|
| 21~ 25 | 9 | 26.5 | 63.8 | 0.3 | 1.56 (0.22) |
| 26~ 30 | 22 | 64.7 | 62.3 | 3.1 | |
| 31~ 33 | 3 | 8.8 | 61.0 | 3.6 | |
| , | 22 | 64.7 | 62.0 | 3.3 | 3.04 (0.09) |
| | 12 | 35.3 | 63.7 | 0.6 | |
| | 11 | 32.4 | 63.1 | 1.8 | 1.65 (0.20) |
| | 23 | 67.6 | 62.3 | 3.1 | |
| 100 | 1 | 2.9 | 58.0 | | 1.77 (0.17) |
| 101~ 150 | 16 | 47.1 | 63.2 | 1.3 | |
| 151~ 200 | 13 | 38.2 | 61.9 | 3.7 | |
| 201 | 4 | 11.8 | 63.7 | 0.1 | |
| | 19 | 55.8 | 62.0 | 3.4 | 5.67 (0.23) |
| | 15 | 44.1 | 63.4 | 1.3 | |
| 0 | 1 | 2.9 | 64.0 | 0.0 | 0.39 (0.81) |
| 1~ 5 | 3 | 8.8 | 62.0 | 2.6 | |
| 6~ 10 | 12 | 35.3 | 62.7 | 3.7 | |
| 11~ 15 | 16 | 47.1 | 62.8 | 2.2 | |
| 16~ 20 | 2 | 5.9 | 60.5 | 2.1 | |
| | 6 | 18.1 | 64.0 | 0.0 | 5.53 (0.02)* |
| | 28 | 81.8 | 62.3 | 3.0 | |
| | 5 | 14.7 | 61.8 | 2.8 | 0.01 (0.89) |
| | 29 | 85.3 | 62.7 | 2.8 | |
| | 3 | 8.8 | 63.6 | 0.5 | 0.47 (0.70) |
| | 21 | 61.8 | 62.9 | 1.9 | |
| | 7 | 20.6 | 61.8 | 4.8 | |
| | 3 | 8.8 | 61.6 | 4.0 | |
| | 23 | 67.6 | 62.6 | 3.1 | 0.55 (0.46) |
| | 11 | 32.3 | 62.7 | 1.7 | |

* p < 0.05

5.3 p=0.02). 가 (t =

(1996)

64.0 ,
62.3
(1998)

가

가 가

. Reeder (1997) 가 가

(Reeder 1997)

4. 가

가 가

1) 1가

“

가 ” 1가
(t = 10.3 p=0.000)

2

(1996)

(4) .

74.4%가

44 89 (

가

64.7%

61.1) .
69-92 (85.3)

가

가
(t = 10.30 p =

video

0.000).

92

61.1 (66.9)

(1996)

11 87.2%

2) 2가

11 53.0%

“

가 ” 2가
(t = 9.43 p = 0.000). (5)

36 64 (51.0)

< 4 >

51-64 (62.6)

| | SD | t | p |
|--------|------|------|-------------|
| 44~ 89 | 61.1 | 10.6 | 10.30 0.000 |
| 69~ 92 | 85.3 | 7.6 | |

0.00). (1996)

(t = 9.43 p =

< 5 >

| | SD | t | p |
|--------|------|-----|------------|
| 36~ 64 | 51.0 | 6.9 | 9.43 0,000 |
| 51~ 64 | 62.6 | 2.8 | |

가 ,
(1996)

가

(1996)

(1983) 30 (1982) 1. (t = 13.04 p=0.00), (t = 5.51 p=0.02).

2-3 가 가 2. (t = 5.53 p=0.02)

Cutroran Troutman(1986) 가 가 3. 가

가 1) 1가 ; 가 (t = 10.30 p=0.000).

(1994), Mccaui (1987) 가 2) 2가 ; 가 (t=9.4 p=0.000).

(1999) 1)

, Sallis (1986) 2)

3)

1999 11 15 12 9 1

37~ 42 (1996). _____ ; _____

34 _____

가 (1996). _____

가 _____, 2(2), 246-255.

가 _____ (1994).

가 가 10 _____, 24(2), 278-302.

가 2 _____ (1992). _____

가 _____

(1997). _____

_____ , 11(1), 106-117.

- (1995). _____
_____ .
- (1996). 가
가 . _____
, 2(1), 21-35.
, , , (1995).
, _____, 34(3), 85-96.
, , (1998).
_____ .
_____, 4(1), 65-77.
(1997),
_____ , 3(1). 31-40.
(1991). _____ .
- (1978). _____ , 8(1),
154-162.
, (1999).
_____ , 29(3).
530-540.
(1983). _____
_____ .
- (1982). _____ ,
12(2), 67-79.
(1990), _____
_____ .
- _____ .
, , (1973).
_____ , 25(6), 721- 728.
(1990).
_____ , 29(3), 64-74.
, (1998). :
1988-1997. _____ , 4(1), 105-120.
, , (1994).
_____ , 3(1). 64-77.
, (1996). 가 .
_____ , 10(1), 11-24.
, (1997).
, _____
_____ , 11(1), 84-105.
- (1974).
_____ , 4(1), 1-19.
(1997).
_____ , 3(1), 5-21.
(1998).
_____ , 4(2), 187-201.
(1994). 가 .
_____ , 4(1), 3-11.
(1995).
_____ , 1(1), 5-22
(1983). 가 _____
_____ .
_____ ,
_____ , _____ , _____ , _____ ,
_____ , (1999). _____ ,
_____ , 674-724.
_____ (1991). _____ . :
_____ .
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- Abstract -

Key concept : Postpartal care

The Effects of Education on Primiparas` Postpartal care

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Kwon, Sook Hee ****

The study was to find whether the educational program contributed to increase of knowledge and self-efficacy of the postpartal

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** Our Lady of Mercy Hospital

*** Professor, Dep. of Nursing DaeDong College.

primiparas. This study aimed at improvement of the educational effect for postpartal primiparas.

The Subjects were 34 primiparas who were admitted to the obstetric ward in a University hospital from November 15th to December 9th, 1999. The Subjects were those who had no labor pain at the admission time, had no complications during labor and delivery and, gave birth to a healthy baby.

They were tested on knowledge and self-efficacy two times, one at the admission time and prior to discharge. After the first test nurses in a maternity ward taught them on postpartal care.

Two tools were developed by authors based on literature review. The test tool for knowledge of postpartal care consisted of 23 items. The test tool for self-efficacy of postpartal care consisted of 16 items.

Analysis of demographic data were analyzed with calculation of percentage. Score differences between the first test and the second test were analyzed with paired t-test.

The Spss (Win 8.0) program was used for data analysis.

The results are as follows. :

1. There were not significant influencing general characteristics of primiparous to pre-educational knowledge. There were significant influencing general characteristics of primiparous to post-educational knowledge : occupation ($t = 13.04$, $p = 0.00$), postpartal education ($t = 5.51$, $p = 0.02$).
2. There were not significant influencing general characteristics of primiparous to pre-educational self-efficacy. There were significant influencing general characteristics of primiparous to post-educational self-efficacy : antenatal education ($t = 5.53$, $p = 0.02$)
3. Primiparas' knowledge of postpartal care increased significantly after education ($t = 13.04$, $p = 0.00$)
4. Primiparas' self-efficacy of postpartal care increased significantly after education ($t = 5.51$, $p = 0.02$)
5. Correlation between knowledge and self-efficacy was $r = .360$ ($p = 0.03$)

We suggest follow-up studies to find whether primiparas' self-efficacy will last after discharge or not.