



Health Promoting Behavior

IN nurses &, middle-age, college students

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Health Promoting Behavior

- Report of Lalonde(1974)
- Four broad elements
 - Human biology
 - Environment
 - Lifestyle
 - Healthcare organization

Health Promotion

- **Health promotion**
 - has been defined by the World Health Organization's WHO(2005)
 - [Bangkok Charter for Health Promotion in a Globalized World](#)
 - "the process of enabling people to increase control over their health and its determinants, and thereby improve their health".

Published Papers

- Heejeong Kim· Eun Ja Yeun, **Health Promoting Behaviors in Hospital Registered Nurses: Focused on Resourcefulness**, *Journal of the Korean Data Analysis Society*, Vol. 12, No. 6 (B), December pp. 3165-3178, 2010
- Eun Ja Yeun, Heejeong Kim, Misoon Jeon, Young, **Factors Influencing Health Promoting Behavior among Hospital Registered Nurses- Mood states, resourcefulness, and health Perception-** *Journal of Korean Academy of Nursing Administration*, Vol. 17, No. 2, June , pp. 198-208, 2011

Published Papers

- Eun Ja Yeun, Heejeong Kim, Misoon Jeon, Young Mi Kown, **Path Analysis of Self Efficacy, Depressive Cognition Scale, Health status, and Health Promoting Behavior of Middle Aged Adults**, *Journal of Korean Society Living Environmental system*, Vol. 20, No. 1, pp. 10-18, 2013
- Heejeong Kim, Se Jin Ju, Gyeong Suk Kim, Mi Ok Kim, Yu, Mi, Jeong Hyeon Choi, **Path analysis on the Influence of Health Promoting Behavior and Depression Cognitive Scale on Smoking Cessation Thoughts and Intention to Quit Smoking of College Students who Smokes**, *Journal of the Korea Academia Industrial cooperation Society*, Vol. 14, No. 4 pp. 1-11 2013

Published Papers

- Sun Suk Baek, Eun Ja Yeun, Heejeong Kim, **Health Promoting Behavior in Middle Aged Korean: A cross sectional survey-Focused on the Moderating effect of social support**, *Nursing and Health Science*, Vol. 15, No. 2, pp. 1-7, 2013
- Mi Ok Kim, Yu Mi, Se Jin Ju, Gyeong Suk Kim, Jeong Hyeon Choi, Heejeong Kim, **Depression Cognition and Health Promoting Behaviors of Smoking and Non-Smoking of College Students**, *Korean Journal of Health Education Promotion*, Vol. 30, No. 3, pp. 35-46, 2013

Nurses' Health promoting Behaviors



Introduction



Nurses' Health promoting Behaviors

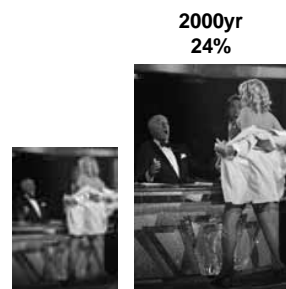
Variable	Mean(SD)	Item Mean (SD)
Resourcefulness	11.42(20.87)	
Health Promoting Behaviors	112.11(17.99)	2.16(.35)
Health Responsibility	18.10(3.92)	2.01(0.66)
Physical Activity	13.66(4.35)	1.71(0.73)
Nutrition	18.93(4.00)	2.10(0.73)
Spiritual Growth	22.50(4.43)	2.50(0.73)
Interpersonal Relations	22.42(3.49)	2.49(0.63)
Stress Management	16.49(3.23)	2.06(0.69)

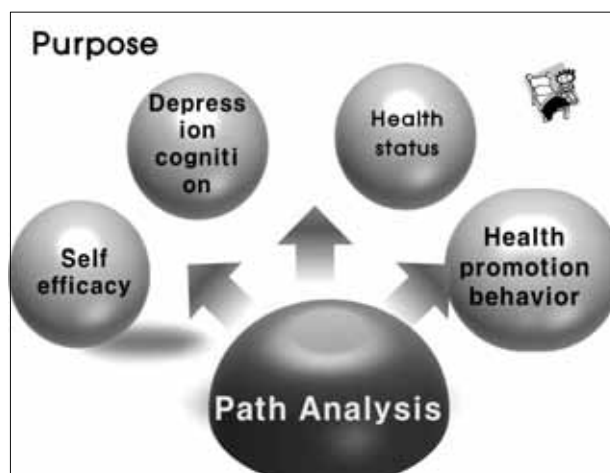
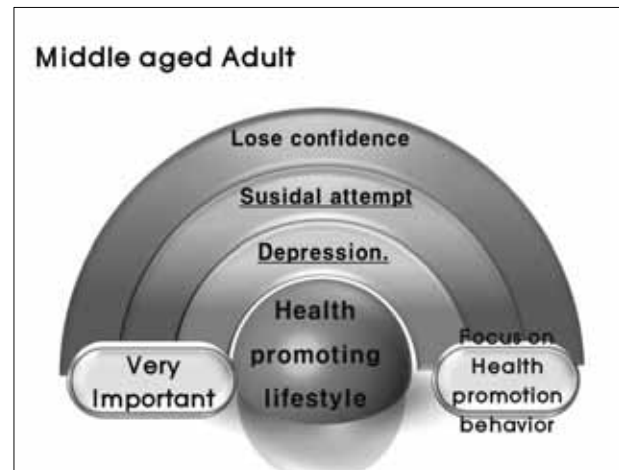
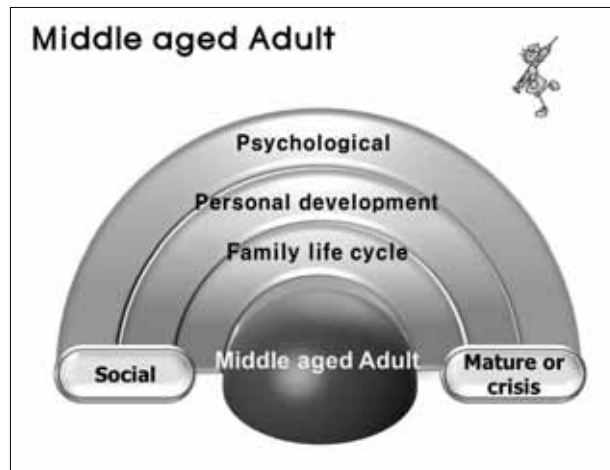
Nurses' Health promoting Behaviors

- 간호사의 건강증진행위 정도 **2.16**점
- 한금선, 김정화, 이광미, 박지선(2004)의 연구에서 임상간호사의 건강증진행위 정도 **2.39**점
- 김소선, 박정숙, 노영숙(2005)의 연구에서 간호사의 건강증진행위 정도 **2.12**점
- 윤은자, 권영미, 이영분(2007)의 연구에서 노인의 건강증진행위 정도 **2.29**점
- Mexican-American 여성 직장인을 연구한 Duffy, Rossow, Hernandez(1996)의 연구에서 건강증진행위 정도 **2.7**점
- Turkish 직장인을 연구한 Beşer, Bahar, Büyükkaya(2007)의 연구에서는 건강증진행위 정도를 **2.45**점

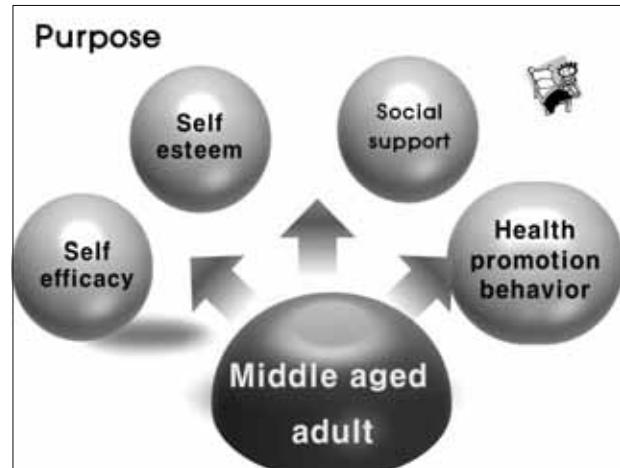
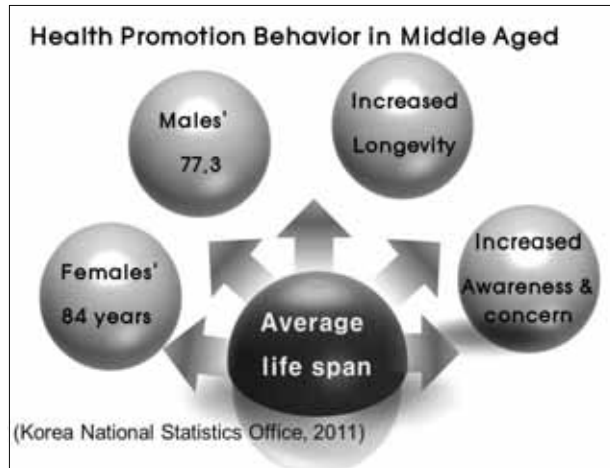
Middle aged Adult

- 통계청 (2010): 40~59세





Variable	Category	N(%)	Self efficacy			DCS			Health status			HPB		
			Mean (SD)	t/F	p	Mean (SD)	t/F	p	Mean (SD)	t/F	p	Mean (SD)	t/F	p
Gender	Male	303(49)	348.139			1.302	0.198		479.139			324.362		
	Female	286(47)	346.276			1.302	0.198		479.139			324.362		
Age	20-29	30(5)	348.139			1.302	0.198		479.139			324.362		
	30-39	103(17)	346.276			1.302	0.198		479.139			324.362		
	40-49	40(7)	348.139			1.302	0.198		479.139			324.362		
	50-59	45(8)	346.276			1.302	0.198		479.139			324.362		
	60-69	103(17)	348.139			1.302	0.198		479.139			324.362		
	70-79	103(17)	346.276			1.302	0.198		479.139			324.362		
	80-89	103(17)	348.139			1.302	0.198		479.139			324.362		
	90-99	103(17)	346.276			1.302	0.198		479.139			324.362		
Education	High school	161(26)	348.139			1.302	0.198		479.139			324.362		
	College	161(26)	346.276			1.302	0.198		479.139			324.362		
	University	161(26)	348.139			1.302	0.198		479.139			324.362		
	Postgraduate	161(26)	346.276			1.302	0.198		479.139			324.362		
Occupation	Working class	161(26)	348.139			1.302	0.198		479.139			324.362		
	Service class	161(26)	346.276			1.302	0.198		479.139			324.362		
	Unemployed	161(26)	348.139			1.302	0.198		479.139			324.362		
	Retiree	161(26)	346.276			1.302	0.198		479.139			324.362		
Religion	Buddhism	161(26)	348.139			1.302	0.198		479.139			324.362		
	Christianity	161(26)	346.276			1.302	0.198		479.139			324.362		
	Islam	161(26)	348.139			1.302	0.198		479.139			324.362		
	Others	161(26)	346.276			1.302	0.198		479.139			324.362		
Marital status	Married	276(45)	348.139			1.302	0.198		479.139			324.362		
	Unmarried	276(45)	346.276			1.302	0.198		479.139			324.362		
	Widowed	276(45)	348.139			1.302	0.198		479.139			324.362		
	Divorced	276(45)	346.276			1.302	0.198		479.139			324.362		
Economic status	High	173(28)	348.139			1.302	0.198		479.139			324.362		
	Medium	173(28)	346.276			1.302	0.198		479.139			324.362		
	Low	173(28)	348.139			1.302	0.198		479.139			324.362		



Self-efficacy, self-esteem, HPB, and social support according to subject characteristics

Variables	Category	N (%)	Self efficacy			Self esteem			Social support		
			B	β	t	B	β	t	B	β	t
Total Mediators											
			0.000220			0.000220			0.000220		
Sex	male	128 (55.3)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
	female	100 (44.7)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
Age	see table 1										
	20-29	40 (17.7)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
	30-39	40 (17.7)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
	40-49	40 (17.7)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
	50-59	40 (17.7)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
	60-69	40 (17.7)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
	70-79	40 (17.7)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
	80-89	40 (17.7)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
	90-99	40 (17.7)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
Education	see table 1										
	high school or below	128 (55.3)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
	college	100 (44.7)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
Marital status	see table 1										
	married	128 (55.3)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
	single	100 (44.7)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
Income	see table 1										
	low	128 (55.3)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
	high	100 (44.7)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
Health status	see table 1										
	good	128 (55.3)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
	bad	100 (44.7)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
Health behavior	see table 1										
	good	128 (55.3)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
	bad	100 (44.7)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
Health knowledge	see table 1										
	good	128 (55.3)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
	bad	100 (44.7)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
Health attitude	see table 1										
	good	128 (55.3)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
	bad	100 (44.7)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
Health belief	see table 1										
	good	128 (55.3)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
	bad	100 (44.7)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
Health motivation	see table 1										
	good	128 (55.3)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
	bad	100 (44.7)	0.000131	0.00	0.07	0.000131	0.00	0.00	0.000000	0.00	0.00
Total Mediators			0.000220			0.000220			0.000220		

Variables	Step 1			Step 2-1			Step 2-2		
	B	β	t	B	β	t	B	β	t
Constant	125.210			122.160			125.2		
							37		
							80		
Self Efficacy(x1)	1.106	.551	11.410***	1.012	.191	1.757**	.346	.080	1.473
Self esteem(x2)	.176	.029	.642	.534	.066	1.204	.644	.082	1.487
Social support(M)	1.106	.551	11.410***	1.170	.583	11.132***	.057	.096	10.987***
X1+M				.044	.130	10.890*			
X2+M							.049	.100	1.1715
R ² (ΔR^2)		.316			.330(.016)**			.335(.005)	
F	49.938			37.655			29.662		