



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

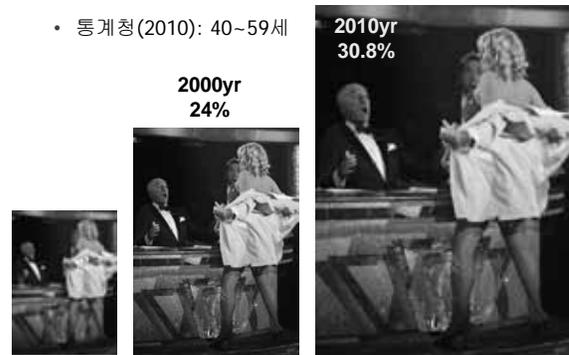
Variable	Mean(SD)	Item Mean (SD)
Resourcefulness	11.42(20.87)	
Health Promoting Behaviors	112.11(17.99)	2.16(.35)
Health Responsibility	18.10(3.92)	2.01(0.66)
Physical Activity	13.66(4.35)	1.71(0.73)
Nutrition	18.93(4.00)	2.10(0.73)
Spiritual Growth	22.50(4.43)	2.50(0.73)
Interpersonal Relations	22.42(3.49)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



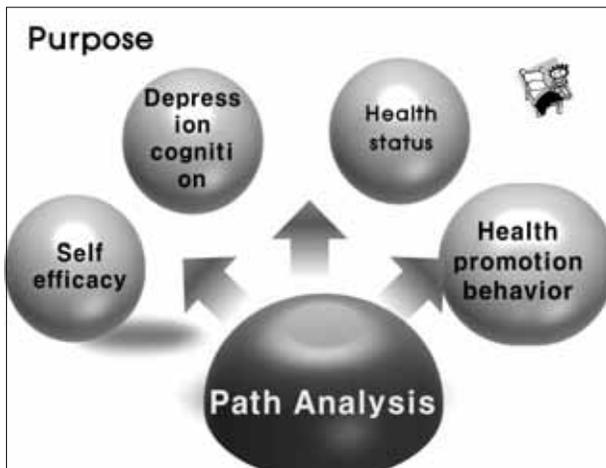
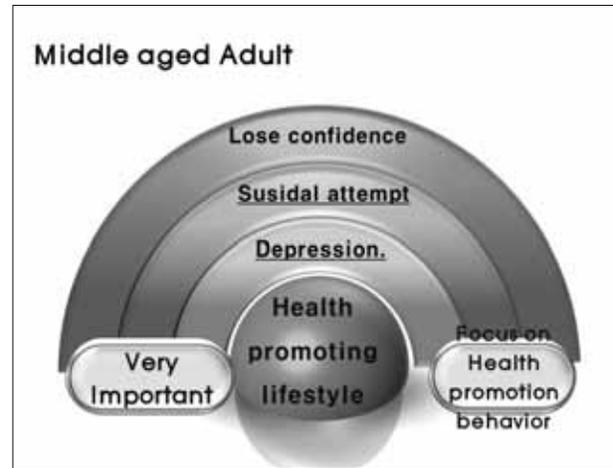
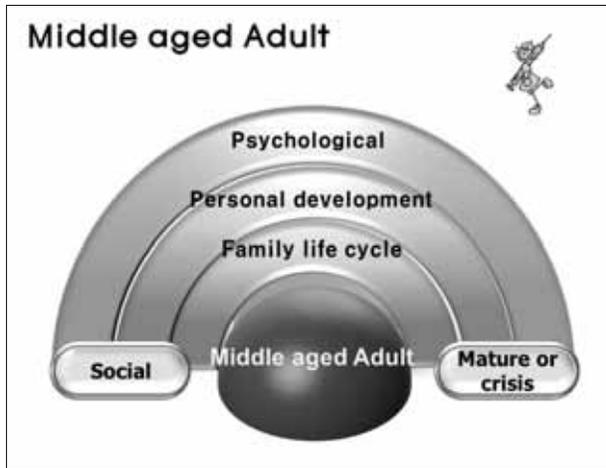


Table 4. Influence of self-efficacy, DCS, health status and HPB according to socio-demographic characteristics (n=110)

Variable	Category	Self efficacy			DCS			Health status			HPB		
		Mean (SD)	F	p	Mean (SD)	F	p	Mean (SD)	F	p	Mean (SD)	F	p
Sex	male	392.17(9)	33.448	0.001	32.938(9)	6.887	0.02	9.742	7.91	0.008	121.762(14)	3.129	0.081
	female	398.67(1)	40.087	0.001	33.287(1)	6.887	0.02	9.742	7.91	0.008	121.762(14)	3.129	0.081
Age	40-49	392.17(9)	33.448	0.001	32.938(9)	6.887	0.02	9.742	7.91	0.008	121.762(14)	3.129	0.081
	50-59	398.67(1)	40.087	0.001	33.287(1)	6.887	0.02	9.742	7.91	0.008	121.762(14)	3.129	0.081
Education	high school	392.17(9)	33.448	0.001	32.938(9)	6.887	0.02	9.742	7.91	0.008	121.762(14)	3.129	0.081
	college	398.67(1)	40.087	0.001	33.287(1)	6.887	0.02	9.742	7.91	0.008	121.762(14)	3.129	0.081
Occupation	working man	392.17(9)	33.448	0.001	32.938(9)	6.887	0.02	9.742	7.91	0.008	121.762(14)	3.129	0.081
	housewife	398.67(1)	40.087	0.001	33.287(1)	6.887	0.02	9.742	7.91	0.008	121.762(14)	3.129	0.081
Marital	married	392.17(9)	33.448	0.001	32.938(9)	6.887	0.02	9.742	7.91	0.008	121.762(14)	3.129	0.081
	single	398.67(1)	40.087	0.001	33.287(1)	6.887	0.02	9.742	7.91	0.008	121.762(14)	3.129	0.081
Economic	middle	392.17(9)	33.448	0.001	32.938(9)	6.887	0.02	9.742	7.91	0.008	121.762(14)	3.129	0.081
	low	398.67(1)	40.087	0.001	33.287(1)	6.887	0.02	9.742	7.91	0.008	121.762(14)	3.129	0.081

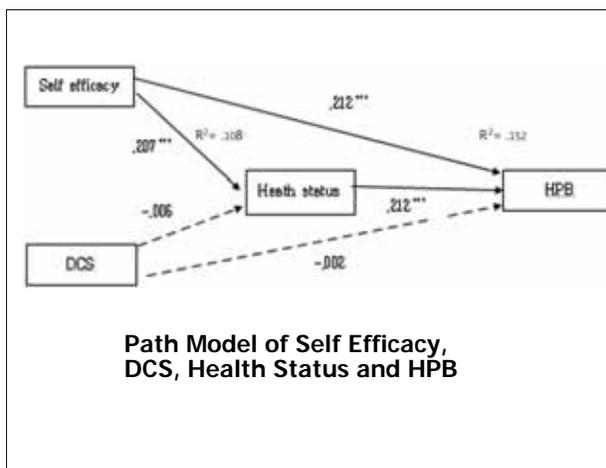
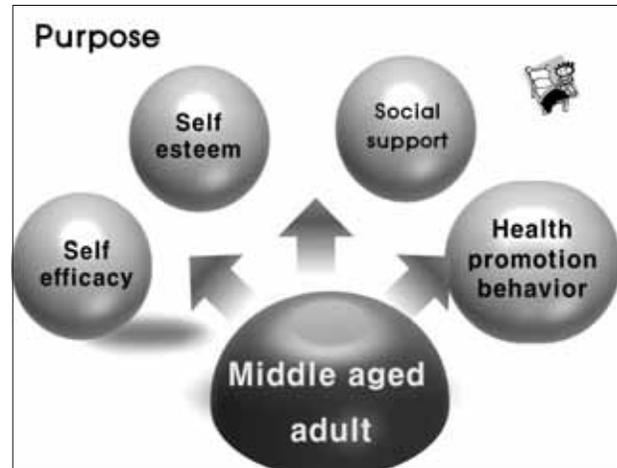
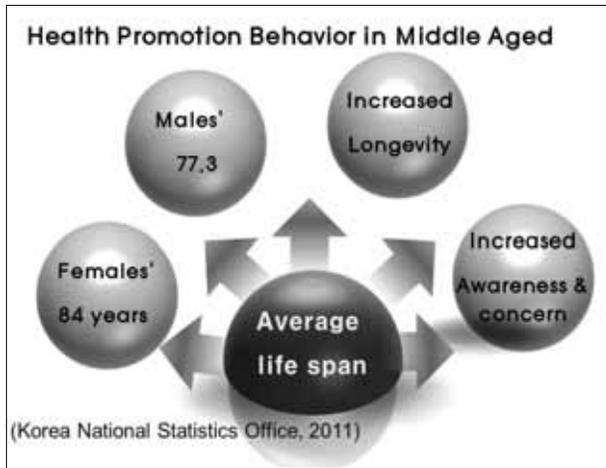


Table 3. Path analysis of model

Path of model	B	SE	β	C.R	p
Self efficacy → Health status	.066	.018	.207	3.716	<.001
DCS → Health status	-.002	.018	-.006	-1.03	.918
Self efficacy → HPB	.617	.16	.212	3.861	<.001
Health status → HPB	1.932	.5	.212	3.864	<.001
DCS → HPB	-.007	.159	-.002	-0.46	.967

DCS : Depressive Cognition Scale, HPB : Health Promotion Behavior



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

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		122.437	72.3		69.172
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 (Δ R ²)	.316			.330(.016)**			.335(.005)		
F	49.938			37.655			29.662		