기혼 중년남성의 직무 및 가족 스트레스와 자살구상

Work and Family related Stress and Suicidal Ideation among the Middle-aged Married Men in Korea

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Abstract

Recently, there has been tremendous increase of suicide among the middle-aged men in Korea. The purpose of this study is to examine the status of job stress, family

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stress and suicidal ideation perceived by middle-aged married men as well as to investigate the relationships between these variables. For this study, 233 men aged 40-59, who reside at Busan and work at diverse industries, were selected. They filled out self-administered questionnaires. The major findings of this study suggest several implications associated with suicidal ideation. First, higher position in socioeconomic status indexed by education, income, and job contributed to reduce suicidal ideation among the middle-aged married men. Especially education had consistently suppressed pressure of suicidal ideation. This result implies that education is able to promote cognitive flexibility to diffuse suicidal ideation. Second, family stress played a key role to increase suicidal ideation. Family stress originated from unstable adjustment to job identity and consistent conjugal conflicts were the most strongly associated with suicidal ideation among the middle-aged men. This finding suggests that differential levels of suicidal ideation tend to be determined by stable self-identity based on solid integration into job and family structure rather than inherent temperament and vulnerability to distress. Meanwhile, work-related stress was not a significant determinant in suicidal ideation. This result indicates that, for the middle-aged men, job-related stressors are not perceived as distress, but a possible challenge to maintain their self-esteem. Overall findings lend support to Durkheim’s status integration hypothesis. Some implications associated with this hypothesis are discussed.

To help reducing suicidal ideation among the middle-aged married men, family counseling and family education programs ought to be implemented. Our study suggests that underlying theme of these programs put emphasis on sharing family support responsibility, diversifying lifestyles to participate all family members, and creating a family-friendly job environment.

주제어(key words): 가족 중년남성 (Middle-aged Married Men), 직무 스트레스(Work Stress), 가족 스트레스(Family Stress), 자살구상(Suicidal Ideation)