

護理系科學生大腸激躁症之危險因子與自我管理技巧之探討

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摘要

目的：瞭解護理系科學生大腸激躁症之危險因子與自我管理技巧。

材料及方法：本研究為橫斷性研究，採立意取樣，選取東部某大學與技術學院的護理系及專科部的學生，總計九班共 401 名。藉由結構性問卷進行資料收集，並分析學生大腸激躁症之概況與相關危險因子。

結果：有 184 位(45.9%)符合大腸激躁症診斷標準，並自覺排便型態為便秘型(57.6%)居多。分析危險因子方面，大腸激躁症組與無大腸激躁症組僅在用餐時間(X^2 值 17.15； $p < 0.001$)與運動型態(X^2 值 12.31； $p < 0.01$)呈現出顯著差異；在自我管理技巧方面，顯示學生抒發壓力最喜歡採用的方式前三名為聽音樂、上網與睡覺，兩組學生相似並無呈現出差異；此外，兩組學生在壓力($p < 0.05$)、焦慮($p < 0.001$)與憂鬱($p < 0.001$)得分方面呈現顯著差異，以大腸激躁症組在壓力、焦慮與憂鬱狀態皆高於無大腸激躁症組。

結論：本研究結果有助於護理人員確實地瞭解護理系科學生大腸激躁症之危險因子與自我管理技巧，可作為未來規劃及推展介入措施之參考。

關鍵語：大腸激躁症、危險因子、自我管理技巧

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Risk factors and self-management skills of irritable bowel syndrome in nursing students: a school- base study

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Abstract

Background and aims: Irritable bowel syndrome (IBS), once thought to be psychosomatic disease, is prevalent among general population. But, there were limited data on IBS in Taiwan. This study aims to explore possible predisposing risk factors and self-management skills of IBS.

Material and Method: A cross-sectional study with purposive sampling was conducted to recruit nursing students in eastern Taiwan. 401 subjects enrolled to the study, and structured questionnaire was used to collect data and analyze possible risk factors of IBS.

Results: 184 (45.9%) subjects met the IBS Rome III criteria, and self-reported constipation subtype (57.6%) of IBS. In related to risk factors, dinning time($X^2=17.15$; $p<0.001$), exercise pattern($X^2=12.31$; $p<0.01$) were significant different between IBS and non-IBS group. No significant difference of self-management skills was found between two groups. Lastly, IBS group reported higher stress, depression and anxiety level compared to non-IBS group.

Conclusion: The results of this study could provide an in-depth understanding of risk factors of IBS, self-management skills and possible influencing factor for further intervention design.

Keywords : Irritable bowel syndrome 、 Risk factors 、 Self-management skills