影響阿美族國中生健康危險行為之背景因素

彭少貞、莊瑞菱、林珠茹

慈濟技術學院護理系

摘要

本研究採用質性訪談、資料交叉方式，訪談 8 位阿美族青少年與 8 位部落居民，從阿美族青少年本身觀點了解其內在想法，並從社區觀點了解受訪者其生活環境與影響其健康危險行為之可能因素。本研究研究結果發現受訪阿美族青少年第一次使用菸、酒、檳榔之來源主要是同儕與手足，並且大多在好玩的情形下偷偷使用，家人則多默許其使用。教育、經濟、文化價值與生活型態、家族社會因素是影響受訪阿美族青少年使用菸、酒、檳榔的主要因素，而菸、酒、檳榔在原住民傳統文化中的意義對其影響卻不大。本文建議因為多種的社會文化影響因素交互作用影響著青少年，因此所發展的健康促進策略也必須是多元性的。

關鍵字：背景因素、健康危險行為、阿美族青少年

Contextual Factors Influencing Amis Junior High Students' Health Risk Behaviors

Shoa-Jen Perng、Jui-Ling Chuang、Chu-Ju Lin

Tzu-Chi College of Technology

Abstract

The study adopted qualitative design with data triangulation to explore contextual factors for health risk behaviors among Amis adolescents. Eight Amis junior high students and eight community residents were interviewed. From the view of junior high students the inside perspectives were understood and from the view of community residents the environment and social-cultural factors were understood. The study explored that the cigarettes, alcohol, and betel nut were provided by peers and siblings at their first use. They used it for fun and their families would tacitly permit their use. The factors including education, cultural values and lifestyles, and kinship and social factors were found to have impact on the use of cigarettes, alcohol, and betel nut. However, the impact from the aboriginal traditional meanings of using them was less. Because of the influences of multiple social-cultural factors on Amis adolescents' behavior, providing multi-dimensional strategies for health promotion were suggested.

Key Words：contextual factors、health risk behaviors、Amis