

台中市幼兒教師健康概念之研究

摘要

本研究目的旨在探討台中市幼兒教師健康概念之現況及幼兒教師之個人背景變項在健康概念的差異性。採用自編之「幼兒教師健康概念量表」作為本研究工具，以分層隨機抽樣方式，抽取 1040 位任教於台中市立案之公私立幼兒園之幼兒教師，有效問卷 833 份，研究中採用描述性統計、獨立 t 檢定、單因子變異數分析等統計方法進行分析。本研究結果如下：台中市幼兒教師之健康概念居於中上程度，在健康概念各分層面，以幸福安寧健康概念之得分最高，其他分量表的得分依序為調適性健康概念、角色功能健康概念及臨床健康概念。年齡 41 歲（含）以上的幼兒教師在調適性、幸福安寧及健康概念總量表之健康概念，皆優於年齡 30 歲（含）以下的幼兒教師。不同婚姻狀況的幼兒教師其在臨床、角色功能、調適性、幸福安寧和整體健康概念，均達顯著差異，且有配偶者優於無配偶。子女數不同的幼兒教師其在臨床、角色功能、調適性、幸福安寧和整體健康概念，均達顯著差異，且有 2 位（含）以上子女的幼兒教師優於無子女者。自覺健康狀況不同的幼兒教師其在臨床健康概念達顯著差異，且自覺健康狀況「良好」的幼兒教師優於「普通」者。最後依據研究發現，分別針對幼兒教師、教育單位以及未來研究者提出相關建議。

關鍵字：幼兒教師、健康概念、婚姻狀況、育兒狀況

A study of early childhood teachers' health conception in Taichung City

Abstract

The purpose of this study was to investigate the current status of health conception, and to analyze the differences in early childhood teachers among various backgrounds. The researcher designed scale to measure the level of health conception of the early childhood teachers. Among the teachers working in both public and private kindergartens in Taichung City, 1,040 were stratified randomly sampled and 833 valid questionnaires were returned. The data was analyzed by using descriptive statistics, *t*-test, one-way ANOVA. The findings of this study were as follows: In general, the health conception level in Taichung City of the teachers is medium to slightly above medium. Among all the dimensions, the dimension of eudaimonistic health conception is the highest level of health conception, followed by adaptive health conception, role performance health conception and clinical health conception. More than 41 (inclusive) years old early childhood teachers in adaptive, eudaimonistic, and the holistic health conception were significantly higher than the less than 30 (inclusive) years old early childhood teachers. Married early childhood teachers in clinical, role performance, adaptive, eudaimonistic, and the holistic health conception were significantly better than the unmarried early childhood teachers. More than two (inclusive) children of early childhood teachers in clinical, role performance, eudaimonistic, adaptive, and the holistic health conception were significantly better than the no children of early childhood teachers. Perceived health status "good" of early childhood teachers in clinical health conception were significantly better than the perceived health status "normal" of early childhood teachers. Finally, based on the findings of the study, suggestions were provided to the related early childhood teachers, educational institutions, and future research.

Keywords: child status, early childhood teacher, health conception, marital status