

家長預防措施與子女菸害知識、反菸態度和吸菸行為研究

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摘要

父母親是影響下一代成長與發展的重要關鍵人物，父母的教養方式和督導可防範子女出現偏差行為。本研究的主要目的在瞭解國、高中職學生家長預防子女吸菸措施的現況，不探討其與學生菸害知識、態度和行為間的關係。研究者招募對建構無菸校園有興趣的宜蘭縣六所國中和高中職為調查學校，採隨機取樣抽出每校每年級 2 班的學生和家長為樣本。針對抽出的 36 班 133 對親子，分別以學生和家長版結構式自填問卷為工具進行資料蒐集，有效配對問卷共計 1175 份，回收率為 87.4%。最後，利用 SPSS11.0 進行複迴歸和邏輯迴歸分析。主要發現如下： 1.學生的菸害知識答對率在七成以上；反菸態度偏正向；約 19.0%的人曾經吸菸。 2.家長預防子女吸菸措施執行的情形在偶而與經常之間，其中又以管控零用錢、重視傾聽和子女教養等層面做得比較好，但在家長反菸角色學習層面上做得比較差。 3.家長預防子女吸菸措施與學生的菸害知識無關，但與反菸態度和吸菸行為有關。當父母的預防措施做得越好，學生的反菸態度越正向，越不會成為吸菸者。依據研究結果，研究者建議推動預防子女吸菸之親職教育，協助家長解決相關之困境，以間接降低青少年吸菸率。

Abstract

Parents are good gatekeepers to prevent adolescents from smoking. This study aims to assess parental prevention strategy and the relationship between parental practices and child's smoking knowledge, attitude and behavior. By using random sampling, 36 classes of six high schools in Yilan County were chosen. Students in these classes and their parents finished one self-administered questionnaire separately. Totally, 1175 pairs of parent-child provided valid information. Multiple regression and logistic regression statistics were used as main analysis method. The results showed that adolescent's knowledge of tobacco hazard was above 70% and they had positive anti-smoking attitudes. The lifetime smoking prevalence rate of the adolescent subjects was 19.9%. Parents did the preventing strategy occasionally. Parents did better in controlling child's pocket money, listening and rearing children but did poor in sharing parenting experience with others. Parental prevention strategy was associated with child's smoking-related attitudes and behavior. With better parental practice, adolescents' anti-smoking attitudes were more positive and were less likely to be smokers. However, parental prevention strategy was not related to adolescent's knowledge of tobacco hazard. The findings suggest that parental education is needed to improve parents' prevention practice in order to reduce adolescents' smoking rate.