

國中教師對高關懷學生及家長物質濫用預防教育之意見調查

Opinions on Substance Abuse Preventive Education for High-Risk Students and Parents among Junior High School Teachers

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摘要

本研究旨在探討台北縣某高級中學國中部教師對高關懷學生和家長物質濫用預防教育的看法，做為未來發展物質濫用預防教育介入方案的基礎，以預防青少年的成癮物質濫用行爲。本研究採用系統抽樣法、設計結構式問卷來蒐集資料，回收有效問卷 64 份（有效回收率 87.67%）。重要的研究結果如下：一、教師認為高關懷學生和家長物質濫用預防教育的需要程度高，特別需要學習的內容，學生為「發展生活技巧」，家長為「協助子女發展生活技巧」。二、教學年資 21 年以上、沒有擔任導師、班上有高關懷學生的教師，認為高關懷學生物質濫用預防教育的需要程度較高。三、推動高關懷學生和家長物質濫用預防教育的可行做法包括學校、家庭與社會三者配合落實推動親職教育，邀請專家學者辦理親職教育講座、成長團體或成長營，成立家長團體等。四、推動高關懷學生和家長物質濫用預防教育的最大阻力源自於家長的認知不足、態度冷漠及觀念偏差。根據研究結果，建議加強父母物質濫用預防教育的知能以發揮家庭功能、設計適當課程來提昇國中生的自我效能、強化學校與家庭的溝通管道以建立學校、家庭和社會的物質濫用預防教育網絡等。

Abstract

The study aimed to explore the teachers' opinions on substance abuse preventive education for high-risk students, in order to develop interventions for parents to prevent adolescent substance abuse. The sample of the investigation were selected by the systematic sampling method. A structured questionnaire was used to collect the data. The total number of valid questionnaires was 64 (respondent rates were 87.67%). The main findings were as follows: 1. The teachers reported that the high-risk students and their parents had a high level of demand regarding substance abuse preventive education program, especially "developing life skills" for the students and "assisting children to develop life skills" for the parents. 2. The teachers who

had taught more than 21 years, didn't serve as the tutor, and had high-risk students in their classes reported that the high-risk students' demand for substance abuse preventive education were higher. 3. The teachers believed that the feasible methods to promote substance abuse preventive education included cooperation among school, family and the community, inviting experts to offer parent education courses, developing parent growth group or camp, and establishing parent group and so on. 4. The teachers thought that the main barriers of substance abuse preventive education program included lack of knowledge, indifferent attitudes, and incorrect opinions among the parents. It was suggested that parents should be provided substance abuse preventive education to reinforce their family function. Also, it suggested to design suitable curriculum to enhance students' self-efficacy and to strengthen the communication channel between school and family in order to establish substance abuse preventive education network.