

# 某醫校護理科學生每日吃早餐意圖及其相關因素之研究

## Intention Regarding Daily Eating Breakfast and Related

## Factor among Nursing School Students

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### 摘要

本研究運用理性行為理論及自我效能，以預測及解析護理科學生每日吃早餐的意圖，同時瞭解理性行為理論與自我效能應用在每日吃早餐意圖的適切性。採橫斷式研究設計，以桃園縣某醫校護理科一、二、三年級全體學生為母群體，採隨機集束抽樣法選取研究對象，共抽出 675 人，實得有效問卷 634 份，回收率為 93.9%。以問卷調查收集研究對象每日吃早餐的信念、態度、主觀規範、自我效能等資料。統計方法包括描述性統計、皮爾森積差相關及複迴歸分析。研究結果發現態度、主觀規範、自我效能能有效預測意圖( $R^2=.34, p<.001$ )，其中以自我效能影響最大，態度次之。另外，有/無意圖者在行為信念、結果評價、規範信念、依從動機及自我效能上，有整體性差異存在。研究結果可提供日後提升護生每日吃早餐教育介入的參考。

### Abstract

The purpose of this study were (1) to predict and explain students' intention in daily eating breakfast on the basis of the Theory of Reasoned Action and Self-efficacy; (2) to understand the appropriation of the Theory of Reasoned Action and Self-efficacy applying to intention in daily eating breakfast. A cross-sectional research design was undertaken for this study in a cluster sampling of 675 the first, second, and third grade student of nursing school in Tao-Yuan. Measurement included questionnaires. The return rate was 93.9%. Statistical analyses included descriptive, Pearson product-moment correlation, and multiple regression analyses. Results showed the intentions of daily eating breakfast could be predicted by attitude, subjective norm, and self-efficacy. The explained variance was 34%. The most influence factor was self-efficacy and the following rank was attitude. There was a statistically significant between intention and non-intention on behavioral belief, evaluation, normative belief, motivation to comply, and self-efficacy. Results from this study can provide important reference for education of daily eats breakfast in nursing students.