

# 高關懷國中生父母的親職教育需求評估－以物質濫用預防 為例

## Assessment of Education Needs for Parents of High-Risk Junior High School Students-An Example of Substance Abuse Prevention

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### 摘要

有鑑於青少年藥物濫用的問題日益嚴重，本研究之目的在探討影響高關懷國中生其父母預防子女物質濫用的策略及親職教育的需求。本研究為橫斷式設計，以高關懷國中生的父母為對象，採立意取樣方式，利用結構式問卷來蒐集資料，共有 122 位父母為研究對象，有效樣本為 97 位，分別為父親 50 位、母親 47 位。研究結果顯示：1. 研究對象均認為需要學習預防子女物質濫用行為的親職教育。雙親家庭的父親，其親職教育的需求高於非雙親家庭的父親；國（初）中畢業以下的母親，其親職教育的需求高於高中（職）畢業以上的母親。2. 親職教育的方式以「看書、報、雜誌或相關書面資料」和「看電視、錄影帶」兩項較受父母的喜歡，學習時段以週末、假日較佳，教材呈現以錄影帶和實物展示較被接受。3. 在預防子女物質濫用行為措施方面，「協助子女發展生活技巧」是最多被採行的措施，而「家長角色」和「辨識與問題處理」兩項較少被採用。

本研究結果可以作為未來發展物質濫用預防之親職教育介入方案的參考。

### Abstract

The main purpose of this study was to explore substance abuse prevention education, and needs assessment for parents of high-risk students. The study used a cross-sectional design and a structured questionnaire to collect data from parents of high-risk students. In total, there were 122 subjects and the effective size was 97. Ninety-seven parents (50 fathers and 47 mothers) responded to the questionnaire. The results were as follows: (1) Parents of high-risk students reported they needed to learn more about parent education. (2) Parents obtained education, including "reading books, newspapers, magazines and other written materials" and "watching television or videotapes." The most convenient time for the parents to participate in parent education was during weekends and holidays. The teaching materials that the parents liked most were videotapes and object demonstration. (3) The most frequent prevention strategy adopted by the parents was "assisting their children to develop life skills," with "parent role" and "identifying and dealing with problems" being the least frequently adopted prevention strategies. The findings can serve as

reference for future parent education of substance abuse prevention.