

北市某社區婦女在骨質疏鬆症預防知識、健康信念及行爲  
現況及相關因素探討

**Related Factors of Community Women's Preventing  
Knowledge, Health Beliefs and Behavior in  
Osteoporosis in Taipei**

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**摘要**

本研究以台北市某社區 30-65 歲之婦女為對象，共有 304 為參與。研究結果顯示，婦女知識得分平均值 10.18 分，答對率 67.9%。在健康信念上，婦女覺得自己較易罹患骨質疏鬆症(M=3.00, SD=0.69)，同意骨質疏鬆症是一種嚴重疾病(M=4.04, SD=0.92)，且認為採用預防骨質疏鬆症的方法是對自己有利的(M=3.96, SD=0.45)，同時認同採取預防骨質疏鬆症會感到困難的看法(M=3.02, SD=0.75)。在行爲得分中顯示婦女大多能從事預防骨質疏鬆症的行爲(M=26.09, SD=4.04)。研究發現年齡越輕、目前攝鈣量越高則其知識得分越高( $r=-0.12, p<0.05$ ;  $r=0.45, p<0.05$ )；而母乳哺餵食間越長，則越不覺得骨質疏鬆症的嚴重性，且不認為預防措施的執行是有效的，同時亦不覺得會有執行上的困難( $r=-0.26, p<0.05$ ;  $r=-0.32, p<0.05$ ;  $r=-0.22, p<0.05$ )；另婦女自覺健康狀態越佳及生育子女數愈多，愈能執行骨質疏鬆症預防行爲，而曾發生骨折的年齡愈年輕，則愈能骨質疏鬆症預防行爲( $r=0.14, p<0.05$ ;  $r=0.16, p<0.05$ ;  $r=-0.63, p<0.05$ )。研究得知婦女認為執行預防骨質疏鬆症較感困難，顯示社區婦女不清楚克服困難方式，以致覺得在執行上會有困難，因此，建議社區護理人員，應再進一步追蹤探討婦女感到執行困難的原因，並藉此作為研擬骨質疏鬆症預防策略。

**Abstract**

The investigation was based on community women whose ages were 30-65 years old. The results of this study were as follows: In osteoporosis preventing knowledge, the mean scores were 10.18 and the rate of correcting answer was 67.9 %. In health belief, women perceived more disease sensitivity in osteoporosis (M=3.00, SD=0.69), agreed that osteoporosis was a server disease (M=4.04, SD=0.92), benefit from taking prevention behavior (M=3.96, SD=0.45), but felt some difficult to take action (M=26.09, SD=4.04). In behavior, most of women could take prevention behaviors (M=26.09, SD=4.04). The investigation findings: Women's knowledge was negatively

related to age, and positively related to calcium intake ( $r=-0.12$ ,  $p<0.05$ ;  $r=0.45$ ,  $p<0.05$ ). Duration of breast-feeding was negatively correlated with perceived severity, perceived benefits, and perceived barriers ( $r=-0.26$ ,  $p<0.05$ ;  $r=-0.32$ ,  $p<0.05$ ;  $r=-0.22$ ,  $p<0.05$ ). Women's Osteoporosis preventing behavior were positively related to their perceived health status and number of children; and negatively related to the age when fracture happened ( $r=0.14$ ,  $p<0.05$ ;  $r=0.16$ ,  $p<0.05$ ;  $r=-0.63$ ,  $p<0.05$ ). Base on the results of this investigation, women saw prevention of Osteoporosis as difficult. As the mean while, they revealed that women did not know how to reduce the barriers. As the result, community nurses should realize the reasons of women's difficulties and learn effectively strategies to reduce their perceived barriers.