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• 中文摘要

主動參與健康保健團體對老人是重要而有意義的。此爲第二年的研究，目的在以單組前後測之準實驗研究設計，評價老人自助團體的成效。以台南市某老人育樂中心 2000-5000 老人爲社區，完成第一年之行動研究後，鼓勵老人自動報名組成自助團體，透過專業人員協助，逐漸由老人自我籌畫，進行半結構式健康保健活動。用結構式量表分別於團體開始及團體進行半年後測量一次，以配對 t 檢定，比較及評價老人參與自助團體在自我概念、憂鬱、社會支持、社會功能、生命態度的成效。結果顯示：老人參與自助團體後，自我概念、社會功能、社會支持、生命態度均顯著進步，憂鬱顯著減輕。在參與自助團體前，老人教育程度越高，則社會支持越好；過去有外出工作經驗的老人，其社會功能較好。自助團體的成效雖高，然過程中的困難及日後的延續性是仍待克服與努力的。

• 英文摘要

It is meaningful and valued to join health promotion group voluntarily for elderly. The purpose of this second year study was to evaluate the effect of the self-help group for elderly by a quasi-experimental research design. 2000-5000 elderly at Aging Recreational Center in Tainan who were 65 years old and above as a community were selected to be the research subjects. Through helping by professionals, the elderly to organize a health promotion group by themselves. Activities to promote health were taken apart in by this group elderly one time in each week over a period of 6 months. The outcome measurements were the scales of self concept, social function, depression, social support, and life attitude. Data were analyzed for change over time between pre and post groups using paired t-test. The results revealed: Through the health promotion group, the self concept, social function, social support, and life attitude of elderly were significantly more positive, and the depression of elderly was significantly less. Even self-help group serve as an important resource for elderly adaptation, professionals still need work on it.