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• 英文關鍵字	Female；Adolescent；Smoking；Substance abuse		
• 中文摘要	<p>台灣地區的女性青少年吸菸人口有逐漸增加的趨勢，吸菸對青少年尚未發展成熟的身體有多方面的危害，因此可能導致冠狀動脈疾病、癌症及慢性阻塞性肺病。在所有的藥物成癮中，香煙中所含的尼古丁是最容易上癮也是最難克服的一種，青少年吸菸也可能導致其它藥物之濫用。面對女性青少年吸菸將造成的健康危害，研究臺灣女性青少年吸菸的問題是不容延遲的。健康照護專業人員為了解人類的現象以達到幫助人類促進健康的目的，就必須將這個現象置於它所存在的多層脈絡中來考量，而質性研究的方法非常適合協助研究者接近並了解研究的脈絡。當我們以健康促進的觀點探討青少年吸菸時，必須要將青少年置於他所生活的社會脈絡中，才能知道如何去營造一個有利於青少年發展、健康的環境。為了瞭解女性青少年吸菸的經驗，本研究採用質性研究的方法探討女性青少年吸菸的問題。研究參與者為經由立意取樣而得的 12 位年齡介於 15 到 19 歲之間的女性青少年吸菸者，招募參與者的方式為滾雪球的技巧，資料的收集的方式為錄音深度訪談，資料分析採用紮根理論的步驟與技巧。本研究結果發現女性青少年吸菸的經驗。在資料分析後可歸納出六個主題。分別為(1)好奇心的增強(2)想要和別人一樣(3)學會抽煙；(4)吐出內心的氣；(5)一種習慣；(6)想過戒煙。了解她們變成抽煙者的過程以及抽煙的經驗，健康照護專業人員能藉以發展策略幫助女性青少年拒絕吸煙。</p>		
• 英文摘要	<p>Cigarette smoking is on the rise among female adolescents in Taiwan. Nicotine found in tobacco is an extremely addictive substance and very hard to quit. Moreover, smoking may lead to other substance abuse. Considering the health cost of smoking, studying female adolescent's smoking is inevitable. The intent of health care professional is to understand a phenomenon and to use that understanding to promote the health of others. To understand a phenomenon depends on the knowledge of the multiple contexts in which the phenomenon occurs. Qualitative research is an appropriate way to understand the context of a study. To study adolescent smoking using a health promotion approach, it is necessary to place adolescents within their social context in order to build a facilitating and</p>		

healthy environment for adolescents. A qualitative research design was used in this study to explore female adolescent's smoking. Purposive sampling and snow-ball technique was used for the recruitment of 12 female adolescent smokers with ages between 15 to 19. In depth interview was audio-taped for data collection. Grounded theory procedure and techniques was adopted for data analysis. Six themes emerged from the data analysis: the intensity of curiosity, wanting to be the same with others, learning to smoke, breath out, becoming a habit, and thinking about quitting. Understanding the process of becoming a smoker, as well as the components of the smoking experience, should help health care professionals to develop strategies to help adolescent girls rejecting smoking.