

精神科護理人員照護層面自我效能與關懷行為相關性之研究
A Study of Relationship Between Psychiatric Nurse's Self-efficacy in Caring Aspect and Their Caring Behaviors

中文摘要

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論文名稱:精神科護理人員照護層面自我效能與關懷行為之相關性研究

研究所名稱:臺北醫學大學護理學研究所

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指導教授:李 選 中山醫學大學護理學研究所 教授

蕭妃秀 臺北醫學大學護理學研究所 助理教授

本研究目的在探討精神科護理人員照護層面自我效能與關懷行為之現況、及以上變項間之關係。採橫斷式研究設計，以立意取樣，針對台北市二所分屬市立精神醫療網的核心醫院與軍方醫學中心的精神科急性病房之護理人員進行普查，以自擬之『精神科護理人員照護層面自我效能問卷調查表』與修訂之『關懷照護行為量表』為工具收集資料。有效度問卷，共計 80 份。資料以描述性統計、t 檢定、單因子變異數分析、卡方檢定、pearson correlation 等統計方法進行分析。

研究結果發現:1.顯示樣本對自己執行照護的能力具有七成自信和把握;而自評實際自我效能表現，雖低於自信，但仍自認有 70%的執行力;對關懷行為的重要程度看法，認為是重要的。2.樣本照護自我效能會因年齡與工作年資不同，而有顯著差異。3.樣本照護自我效能與自評實際表現間呈高度正相關。4.樣本照護自我效能與關懷行為在統計上呈高度正相關。5.影響樣本照護自我效能與自評實際表現間有差異的因素:外在環境:如醫院政策、醫療團隊、單位工作特性、主管和樣本理念一致性、和對樣本的支持和肯定;個人因素:理念、因應、動機、興趣，自評能力-專業能力、經驗，學習成長態度、未能持續進修，負面情緒-無成就感、無力感、缺乏自信等。

本研究結果顯示，年齡和工作經驗是影響自我效能的重要因素。此外護理人員的照護自我效能，會顯著影響臨床實際表現，而關懷行為與自我效能有高度相關，護理人員於照護層面之自我效能越高，越能提昇其自信心，所付出之關懷行為越明顯。可提供未來護理主管在選拔和培訓護理人員及設計精神醫療專業課程與規劃人性關懷教育訓練課之參考。

關鍵詞: 精神科護理人員、照護自我效能、關懷行為

英文摘要

Abstract

Title of thesis: A Study of Relationship Between Psychiatric Nurse's Self-efficacy in Caring Aspect and Their Caring Behaviors

Institution: Graduate Institute of Nursing, Taipei Medical University

Author: Chiu- Fen Hsu

Thesis directed by: Sheuan Lee Professor

Fei-Hsiu Hsiao Assistant professor

The aims of the study are to explore the psychiatric nurses' self-efficacy in caring and their caring behaviors, and the relationship between these two variables. The study is a cross-sectional design. By purposive sampling, the psychiatric nurses were recruited from two hospitals, Taipei City Psychiatric Center and Armed Force General Hospital. 『Psychiatric Nurse's Self-efficacy in Caring Aspect Questionnaires』 and the 『Caring Behaviors Questionnaires』 were used to collect data. Eighty questionnaires were received. The methods for descriptive statistics, t-test, one way ANOVA, chi-square and Pearson correlation.

Research findings were indicated as follows: 1. The result showed that the subjects appeared 70% confidence about their capacity to performing caring. Nevertheless, the score on self-efficacy in nursing practice was lower than the score on the expectation of self-efficacy. Caring behaviors were considered by the subjects as important. 2. Age and working experiences were found to influence self-efficacy in caring. 3. The expectation of self-efficacy and self-efficacy in nursing practice were positively related. 4. There appeared to have a positive correlation between the self-efficacy and caring behavior. 5. The factors that influenced self-efficacy included: external environment, such as policies of hospitals, medical teams, the different unit, the agreement on belief in caring between supervisors and nurse, and the supervisors' support and positive assurance for nurses; personal factors, belief, coping, motivation, interest, professional skill, working experiences, learning attitudes, discontinue with education, negative emotional responses, sense of no achievement and sense of powerless, lack of confidence.

The study indicated that: age and working experiences were two most important factors to influence self-efficacy. The nurses' self-efficacy in caring had an impact on their nursing practice. There was a high correlated relationship between caring behavior and self-efficacy. Accordingly, increasing the nurses' self-efficacy would help to enhance their caring behaviors. The results of the study could contribute to nursing managers' recruitment of new staff and development of caring education program for clinical nurses.

Key Words: Psychiatric nurses, Self-efficacy in caring, Caring behavior.