

# 氣喘兒童身體活動狀態、自我效能及其生活品質

## Physical Activities, Self-Efficacy, and Quality of Life among Children with Asthma

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### 摘要

雖然兒童氣喘是世界各國所重視的一個國民健康問題，但國內尚未見有關氣喘兒童運動之相關研究，故本研究旨在探討氣喘兒童身體活動狀態、自我效能及其生活品質。本研究為一描述相關性問卷調查，採立意取樣，樣本來自某醫學中心小兒氣喘過敏科門診，共 102 位。結果顯示：影響氣喘兒童的自我效能以個案的過去經驗平均得分最高，替代性經驗平均得分最低。自我效能均能維持 80% 以上的自信，實際身體活動則可達 70% 以上，且自我效能愈好者其實際身體活動亦愈好，並具統計意義( $p < 0.01$ )，但自我技能及身體活動與生活品質則無顯著相關。本結果有助於提供臨床醫護人員了解國內氣喘兒童的活動情形，繼而提供病童、父母甚或學校老師有關氣喘兒童適合的運動種類、強度、頻率及運動誘發氣喘之預防方法，進而提昇氣喘兒童之自我效能與身體活動。

### Abstract

Although child asthma is an important issue worldwide, child asthma in Taiwan has received little attention. This study attempted to understand the relationship among physical activity, self-efficacy, and quality of life in children with asthma. This study is descriptive and correlational. One hundred and two subjects were recruited from a child allergy clinic in a medical center by purposive sampling. The results of the study indicated that past asthma experience was the most significant factor affecting the self-efficacy of asthmatic children, while vicarious experiences in terms of modeling influence personal beliefs by comparing one's situation with that of another was the least significant factor. A significant relationship was found between self-efficacy and physical activity ( $p < 0.01$ ), suggesting that the actual level of physical activity increased along with self-efficacy. However, no significant relationship was found between quality of life and self-efficacy or between quality of life and physical activity. These findings can help health professionals provide more information on type, intensity, and frequency of exercise, and preventative methods related to asthma attack to sick children, parents, and schoolteachers.