

## Related Factors for the Behavior of Influenza Prevention among Preschool Educators in Central Taiwan

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### ABSTRACT

**Objectives.** This research was to understanding the current status of preschool educators in central Taiwan regarding influenza prevention cognition and behavior. It also analyzes the predictive power of influenza prevention behavior for different background variables and influenza prevention cognition.

**Methods.** Using the questionnaire survey method, this research used a self-made questionnaire as a research tool, using stratified random sampling, and finally obtained a total of 738 valid samples. The author uses descriptive statistics, and stepwise multiple regression to analyze.

**Results.** For the preschool educators in the central region, they have reached partial agreement in terms of influenza prevention cognition. As for the aspects of the Influenza Prevention Cognition Scale, the scores are ranked from high to low as: "interpersonal influence", "action-related feelings", "perceived benefits of action and self-efficacy" and "perceived barriers to action". For the preschool educators in the central region, they have reached partial agreement in terms of influenza prevention behavior. The scores for each aspect of the Influenza Prevention Behavior Scale are ranked from high to low: "Reduce the ways and opportunities of infection", "Influenza vaccine administration" and "Improve personal immunity". For the residential area of preschool educators in the central region, the nature of the preschool, the age, the number of influenza vaccinations in the past three years and the cognition of influenza prevention of the three subscales of "perceived benefits of action and self-efficacy", "action-related feelings" and "Interpersonal Influence" are predictive of influenza prevention behavior.

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**Conclusion.** Based on the results of this research, the author puts forward relevant suggestions: The competent health authority can publicize the importance and safety of influenza vaccination through multiple methods, and preschools should take the initiative to provide professional information sources on influenza prevention for preschool educators. (J Med Health. 2022;11(1):37-55)

**Key words :** Preschool educators, Health promotion model, Influenza prevention cognition, Influenza prevention behavior

# 臺灣中部地區教保服務人員 流感預防行為之相關因素探討

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## 摘 要

**目的：**本研究旨在瞭解中部地區教保服務人員在流感預防認知與行為之現況，以及教保服務人員背景變項與流感預防認知對其流感預防行為之預測力。**方法：**採問卷調查法，以自編問卷為研究工具，利用分層隨機抽樣方式，取得有效樣本數738份。**結果：**教保服務人員在流感預防認知達部分同意，各面向得分由高至低排序為：人際間的影響、行動相關感受、自覺行動利益與效能以及自覺行動障礙。流感預防行為表現達部分符合，各面向得分由高至低排序為：減少傳染途徑與機會、施打流感疫苗以及提升個人免疫力。教保服務人員之居住地區、服務之幼兒園性質、年齡、近三年接種流感疫苗次數以及流感預防認知之自覺行動利益與效能、行動相關感受及人際間的影響三面向，對流感預防行為具有預測性。**結論：**根據本研究結果，建議衛生主管機關可透過多元方式宣導流感疫苗接種之重要性與安全性，以及幼兒園能主動提供教保服務人員流感預防之專業資訊。

**關鍵詞：**教保服務人員、健康促進模式、流感預防認知、流感預防行為

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