

老年人「飲食效能」量表題項發展之研究

李貴宜*¹ 吳祉芸² 薛旭江² 江文德³

¹東海大學餐旅管理學系

²東海大學企業管理學系

³東海大學食品科學系

(收件日期：102 年 5 月 28 日；接受日期：102 年 8 月 14 日)

摘要

本研究目的欲探討使用新式飲食效能量表(Eating Competence, EC)評估台灣老年人適用程度，以及發展並修正 EC 量表至適合台灣情境使用。研究工具將採用國外學者 Satter 於 2007 年提出的「飲食能力模型」評估為主要工具，目前未有國內學者採用這項工具，所以需透過轉譯方式轉成中文量表。本研究受試者為 65 歲以上之健康老人(非居住於安養機構或不能自由行動之老人)，問卷題項共 16 題，得有效問卷 73 份。研究結果顯示：(一) 飲食效能題項之整體建構驗證結果尚屬良好，整體「飲食效能」信度為 0.774，「飲食態度」、「飲食接受度」、「自我調節」與「飲食情境」等信度各為 0.666、0.659、0.504、0.555。整體衡量還算有效達到對老年人的飲食評估。(二) 差異分析結果發現男性、有伴侶或是有家人陪伴的老人較有正向的飲食效能行為，另一方面，教育程度與年齡層的差別似乎不影響飲食效能行為上的差異，由於現今多數老人都有良好的正向飲食態度跟基本的飲食營養觀念。希望飲食效能問卷能夠有效幫助老年人的健康飲食觀念，將健康飲食導入生活型態，以達到提升生活品質，能有效幫助邁入老年人之中年人培養健康營養飲食的觀念。

關鍵詞：老年人、飲食效能、題項發展、反譯、信度、效度

Developing the Scales of Older Adults 「Eating Competency」 Questions

Kuei-I Lee^{*1}, Chih-Yun Wu², Xu-Jiang Syue² and Wen-Dee Chiang³

¹Department of Hospitality Management

²Department of Business

³Department of Food Science Tunghai University, Taiwan

(Date Received: May 28 ,2013 ; Date Accepted: Aug 14, 2013)

Abstract

This study is to develop a proper scale and understand the effectiveness of using Eating Competency (EC) scales in Taiwan seniors. The EC scales were first found in Satter (2007) studies and had never used in Taiwan. Thus, first, EC scales were translated from English to Chinese and to be sure the reliability of the scale, the process of back translation was included. The sample were the community dwelling seniors who were age 65 years and older. Total 16 questions were asked. 73 usable questionnaire were collected. The results were shown that the overall reliability rate (N=16) are 0.774(Cronbach'α) which can be categorized as eating attitude (α=0.666), food acceptance (α=0.659), contextual skills (α=0.504), and internal regulation (α=0.555). The elderly who were male, had accompanies (wife/husband), or family members had higher EC scores. On the other hand, for EC scores, education level and age didn't have significant difference among each other. The explanation was majority of seniors were already had proper eating attitude and correct nutritional knowledge. The revised EC scales can help seniors to develop healthy eating habits and final steps were increase older adults life quality.

Key words: Older adults, Eating competence, Question development, Back translation, Reliability, Validity