



馬偕學校財團法人  
馬偕醫護管理專科學校  
MacKay Junior College of Medicine, Nursing, and Management

# 111 年度校內專題研究計畫 成果發表研習會

112 年 2 月 24 日

主辦單位：技術合作處 研究發展組

# 目 錄

項次	題 目	主講人	頁碼
1	雞糞生物炭對水田土壤微生物多樣性及族群結構之影響	張義宏	1
2	結核分枝桿菌調控血管內皮生長因子表現之機轉	陳偉玲	3
3	山葵萃取物最佳抑菌條件及其有效成分探討	張讚昌	5
4	翻轉教學運用數位影音模擬於基本護理學實驗課程-以肌肉注射及胰島素注射為例	李瑾婷	7
5	臺灣單身老人建立親密關係之影響因素探究	黃素妃	9
6	疫情下臨床實習教師之角色壓力	林泳滋	11
7	探討混成學習對五專護理科學生專業術語之學習成效	孫惠玲	13
8	應屆畢業護生對提供「病人自主權利法」之準備度與行為意向及其相關因素探討	楊嘉玲	15
9	慢性思覺失調症患者於音樂融合性復健活動之經驗探討	駱天惠	18
10	中年職業婦女生活壓力、疲勞程度與自我身心保健行為之探討	侯本昕	20
11	發展慢性思覺失調症患者降低自我汙名之處置策略	曹天怡	22
12	應用正念減壓減緩護理學生學習壓力之成效	林家綾	24
13	護理實習因應新冠肺炎之遠距線上課程探討：從師生的觀點	何蕎若	26
14	緊急救護技術員中風知識量表的設計及信效度的檢定	王寶鈺	29
15	托育服務融入 STEAM 之方案設計研究	周佩諭	31
16	托嬰中心與幼兒園課程銜接實務之初探	李昭明	33

# 目 錄

項次	題 目	主講人	頁碼
17	教保員培育課程朝向專業素養導向之初探---以某五專幼保科為例	李文貞	35
18	產業導向的課程模式：餐飲製備技能課程指標之建構	陳家蓁	37
19	咖啡飲品之多元感官體驗價值對消費者購買意願的探討	王正方	39
20	An investigation of EFL Nursing students' vocabulary learning strategies (VLS) for medical terminology acquisition	黃琬婷	41
21	益母草乙醇萃取物對卵巢切除小鼠的抗高尿酸血症活性及其可能機轉	張靜雯	43
22	奈米結構脂質載體包覆異硫脲酸丙烯酸酯 (AITC)之安定性及物評估	陳觀彬	45
23	植物精油酯類、倍半帖烯類協同作用及頭部舒穴有效干預睡眠障礙成效評估	吳育安	47
24	應用擴充現實技術於配置造型設計之視覺化-以唇膏色系的選擇為例	石小珍	49
25	台灣孤魂信仰之民間故事研究-以八里大眾爺廟為例	林龍溢	51
26	由最高法院 98 年台上字第 270 號刑事判決-探刑法、民法、老人福利法遺棄罪責	施秋蘭	53
27	臺灣網球運動技術發展初探(1945-1990)	陳建森	55

中文摘要：

土壤中添加生物炭可增強土壤肥力和農作物生產力，同時也可能影響土壤微生物活性和微生物群落結構。然而，很少有研究對生物炭添加對土壤酵素活性和微生物群落組成的影響以及驅動因素作探討。因此本實驗，主要探討不同溫度處理過（350 oC 和 600oC）和不同施用率的雞糞生物炭（分別為 0、0.5%和 1.0%）和生雞糞（RPL）對水田土壤養分、微生物活性和微生物群落的影響。結果表明，添加生物炭的總氮（TN）和 pH 值與施用化學肥料（CF）相比具有顯著影響，但對土壤有機碳（SOC）、電導率（EC）和酵素活性沒有顯著影響。生物炭處理和化學肥料施用（CF）及不施肥(CK)其 PLFA 分析並沒有顯著差異。此外，與不施肥比較(CK)，600°C 生物炭處理明顯增加了土壤真菌的豐富度。次世代定序分析中，土壤細菌的組成主要由 Proteobacteria，Chloroflex 和 Actinobacteria 組成，其中 Chloroflex 和 Proteobacteria 的比例佔細菌群落的 45%以上。添加生物炭（350°C 和 600°C）時，Acidobacteria 的比例增加，而 Actinobacteria 的比例和 Chloroflex 比例降低。16S 高通量測序的主成分分析顯示，微生物群落結構在很大程度上取決於生物炭的添加，而土壤總氮的提高是影響其群落差異的關鍵因素。綜合上面結果，生物炭（350°C）可以減輕土壤酸化，增加土壤總氮，進而提高土壤微生物活性並改善微生物群落結構。

關鍵字：土壤酵素、微生物生質量、微生物族群、磷脂質脂肪酸、16S rRNA。

---

## 英文摘要：

Biochar addition to soil has been known to enhance soil fertility and crop productivity, which may also affect soil microbial activity and microbial community structure. However, the response of soil enzymes and microbial community composition to biochar addition and the main factors that drive their consequent behavior have rarely been studied. Therefore, to investigate the combined effect of different temperatures (350 °C, and 600°C) and different amounts of chicken manure biochar (0, 0.5 and 1.0% by mass) and chicken manure (RPL) on soil nutrients, enzymatic activities and microbial community in a paddy field study. The results showed that the contents of total nitrogen (TN) and pH significantly with biochar addition compared with fertilizer (CF), but no significant effect on soil organic carbon (SOC), electrical conductivity (EC) and soil enzyme activities. The total PLFA concentrations also show no any significant difference between biochar treatments and chemical fertilizer application treatment (CF). In addition, 600 °C biochar treatments significantly increased soil fungal abundance compared with CF and 350°C biochar treatments. Soil bacteria composition mainly consisted of Proteobacteria, Chloroflex, and Actinobacteria, and the proportion of Chloroflex, and Proteobacteria proportion represented >45% of the bacterial community. The Acidobacteria proportion increased, but Actinobacteria and chloroflex proportions decreased with biochar addition (350°C and 600°C). Principal components analysis of 16S high-throughput sequencing suggested that the microbial community structures were largely dependent of biochar addition, and that improved soil total nitrogen was key factors shaping them. In conclusion, biochar (350°C) t could alleviate soil acidification, enhance soil total nitrogen and increase the soil microbial activity and improve soil microbial community structure.

Key words: Soil enzyme; microbial biomass; microbial community; phospholipid fatty acid; 16S DNA.

中文摘要：

結核性肋膜積液是最常見的肺外結核感染，其會損害肺功能並導致呼吸困難。

結核分枝桿菌驅使肋膜損傷並誘導肋膜間皮細胞表現血管內皮細胞生長因子，導致間皮完整性被破壞和肋膜液形成。類鐸受體調控不同類型細胞表現發炎介質並刺激血管內皮細胞生長因子產生。阻斷血管內皮細胞生長因子被發現可以減少肋膜液積聚。這些發現意味著類鐸受體和血管內皮細胞生長因子在改變細胞與細胞接觸的結構完整性，並在調節血管通透性中扮演著重要的角色。然而，結核性肋膜積液中類鐸受體誘導血管內皮細胞生長因子表現和炎性肋膜積液形成的潛在過程仍有待探索。

與漏出性肋膜積液相比，結核性肋膜積液中的可溶性類鐸受體 2 和血管內皮細胞生長因子水平顯著升高。此外，結核性肋膜積液之血管內皮細胞生長因子水平與肋膜積液量呈正相關，而可溶性類鐸受體 2 數值與肋膜積液量呈負相關。在人類肋膜間皮細胞中，結核分枝桿菌上調血管內皮細胞生長因子表現，而類鐸受體 2 的敲落顯著抑制結核分枝桿菌誘導血管內皮細胞生長因子的過度表現。另外，結核分枝桿菌和血管內皮細胞生長因子皆可誘導肋膜間皮通透性，而類鐸受體 2 沉默或使用抗血管內皮細胞生長因子抗體預處理可顯著減弱結核分枝桿菌觸發的影響。總結來說，在結核性肋膜積液，類鐸受體 2 介導人類肋膜間皮細胞過度產生血管內皮細胞生長因子，從而導致間皮的高通透性。定位類鐸受體 2 和血管內皮細胞生長因子路徑可能為結核性肋膜積液提供潛在的治療策略。

關鍵字：結核分枝桿菌；肋膜間皮細胞；肋膜間皮通透性；類鐸受體；結核性肋膜積液；血管內皮細胞生長因子。

---

**英文摘要：**

Tuberculous pleural effusion (TBPE) is the most common extrapulmonary tuberculous infection that impairs pulmonary function and causes dyspnea.

Mycobacterium tuberculosis (MTB) triggers pleural injury and induces pleural mesothelial cells (PMCs) to express vascular endothelial growth factor (VEGF), leading to disruption of mesothelium integrity and formation of pleural fluid. Toll-like receptors (TLRs) upregulate different types of cells expression of inflammatory mediators that can stimulate VEGF production. Blockage of VEGF has been found to reduce pleural fluid accumulation. All these findings indicate that TLR and VEGF, modifies the structural integrity of cell-cell contacts and plays a vital role in modulation of vascular permeability. However, the process underlying the TLR-mediated VEGF expression and inflammatory pleural fluid formation in TBPE remains to be explored.

Levels of sTLR2 and VEGF were significantly elevated in TBPE compared to TPE. Moreover, effusion VEGF levels correlated positively, while sTLR2 values correlated negatively with pleural effusion size in TBPE. In human PMCs, MTBRa upregulated VEGF expression, whereas knockdown of TLR2 remarkably inhibited MTBRa-induced VEGF overexpression. Additionally, both MTBRa and VEGF induced pleural mesothelial permeability, while TLR2 silencing or pretreatment with anti-VEGF antibody significantly attenuated the MTBRa-triggered effects. Collectively, TLR2 mediates VEGF overproduction in human PMCs, leading to mesothelial hyperpermeability in TBPE. Targeting TLR2/VEGF pathway may confer a potential treatment strategy for TBPE.

Key words: Mycobacterium tuberculosis; pleural mesothelial cell; pleural mesothelial permeability; Toll-like receptor; tuberculous pleural effusion; vascular endothelial growth factor

山葵萃取物最佳抑菌條件及其有效成分探討

中文摘要：

山葵 (*Eutrema japonicum*) 日文唸作「哇沙米(WASABI, わさび)」，被歸納為十字花科山蔴菜屬 (*Eutrema* sp.) 的綠色植物。因山葵植株具有非常特殊且強烈的辛辣味，尤其是山葵根部的辛辣味會刺激人類的鼻竇，是我們在食用生魚片及日式料理時不能缺少的佐料食材。山葵原產於日本，台灣在農委會及林試所的積極輔導下，於阿里山及南投地區種植山葵，並已成為重要的經濟價值作物。有關山葵的生理特性，經研究發現具有抑菌、殺死消化道寄生蟲、防治胃癌及增健毛囊等功效。

本研究為延續去年山葵萃取液對常見致病菌之抑菌能力，目前已知利用不同濃度酒精及市售常用料理酒類來萃取山葵植物不同部位，對於常見致病菌，如 *Bacillus subtilis*(ATCC11774), *Escherichia coli*(ATCC25922), *Pseudomonas aeruginosa* (ATCC19429), *Staphylococcus aureus*(ATCC6538)等具有部分抑菌活性，研究結果顯示山葵萃取物對枯草桿菌(*B. subtilis*, ATCC11774)及金黃色葡萄球菌(*S. aureus*, ATCC6538)具有較佳的抑菌能力。為進一步了解山葵萃取物所含主要成分之抑菌能力，本研究購買異肥皂草苷(Isosaponarin)及6-甲基硫己基異硫氰酸鹽(6-Msitc)等化學物質，進一步進行山葵主要成分 Isosaponarin 及 6-Msitc 之抑菌能力，結果顯示 Isosaponarin 對於上述致病菌之抑菌能力均高於 6-Msitc 之抑菌能力，並且 Isosaponarin 對枯草桿菌(*B. subtilis*, ATCC11774)及金黃色葡萄球菌(*S. aureus*, ATCC6538)具有較佳的抑菌能力，此結果與新鮮山葵萃取物之抑菌效果相似，推測山葵植物之抑菌作用與其 Isosaponarin 含量有正相關。

關鍵字：山葵、抗菌活性、枯草桿菌、大腸桿菌、綠膿桿菌、金黃色葡萄球菌、異肥皂草苷、6-甲基硫己基異硫氰酸鹽。

---

## 英文摘要：

*Eutrema japonicum* is pronounced "Wasabi (わさび)" in Japanese, and is classified as a green plant of the genus *Eutrema* sp. in the cruciferous family. Because the wasabi plant has a very special and strong spicy taste, especially the spicy taste of the wasabi root can stimulate human sinuses, it is an indispensable condiment when we eat sashimi and Japanese cuisine. Wasabi is originally produced in Japan. In Taiwan, under the active guidance of the Council of Agriculture and the Forestry Research Institute, wasabi was planted in Alishan and Nantou areas, and has become an important economic value crop. Regarding the physiological properties of wasabi, studies have found that it has the effects of inhibiting bacteria, killing parasites in the digestive tract, preventing gastric cancer, and strengthening hair follicles.

This study is to continue the antibacterial ability of wasabi extract against common pathogenic bacteria last year. It is known that different concentrations of alcohol and common cooking wine are used to extract different parts of wasabi plant. For common pathogenic bacteria, such as *Bacillus subtilis* (ATCC11774), *Escherichia coli* (ATCC25922), *Pseudomonas aeruginosa* (ATCC19429), *Staphylococcus aureus* (ATCC6538), etc. have partial antibacterial activity, the research results show that horseradish extract has antibacterial activity against *Bacillus subtilis* (*B. subtilis*, ATCC11774) and *Staphylococcus aureus* (*S. aureus*, ATCC6538) has better antibacterial ability. In order to further understand the antibacterial ability of the main ingredients contained in wasabi extract, this study purchased chemical substances such as isosaponarin (Isosaponarin) and 6-methylthiohexyl isothiocyanate (6-Msite), and further carried out the main components of wasabi extract. The antibacterial ability of the components Isosaponarin and 6-Msite, the results showed that the antibacterial ability of Isosaponarin against the above-mentioned pathogenic bacteria was higher than that of 6-Msite, and Isosaponarin was effective against *Bacillus subtilis* (*B. subtilis*, ATCC11774) and grapevine aureus *S. aureus* (*S. aureus*, ATCC6538) has better antibacterial ability, and this result is similar to the antibacterial effect of fresh wasabi extract. It is speculated that the antibacterial effect of wasabi plant is positively related to the Isosaponarin content. Keywords: *Eutrema japonicum*, Wasabi, antibacterial activity, *Bacillus subtilis*, *Escherichia coli*, *Pseudomonas aeruginosa*, *Staphylococcus aureus*

Key words: *Eutrema japonicum*, Wasabi, antibacterial activity, *Bacillus subtilis*, *Escherichia coli*, *Pseudomonas aeruginosa*, *Staphylococcus aureus*, Isosaponarin, 6-Msite

中文摘要：

本研究主旨翻轉教學運用數位影音模擬於基本護理學實驗課程-以肌肉注射及胰島素注射為例。採方便取樣方式，研究對象為某台北市醫護管理專科學校二年級其中 2 個班級護理科學生，經過解釋，以願意填寫同意書及問卷之學生。有效觀測「翻轉教學運用數位影音模擬」對學生基本護理學實驗自我導向學習及一般自我效能的影響，以實驗設計將學生分為實驗組與控制組。其中選取自願參與「翻轉教學運用數位影音模擬」實驗活動的學生作為實驗組對象，一班總計參與人數為 46 人；而接受傳統教學法的學生則為控制組為 44 人，總計 90 人。以 SPSS20.0 for window 統計軟體做分析。研究結果：1.實驗組與控制組在各項基本資料均無顯著差異 ( $p>.05$ )。2.自我導向學習量表的 GEE 分析摘要，結果顯示實驗組與控制組從前測到後測的改變幅度（交互作用項：「實驗組×後測」以及「實驗組×延宕測」）在各分層面與總平均分數均達顯著差異 ( $p<.05$ )，且交互作用皆為正值，表示實驗組的進步幅度比較大，代表實驗介入有顯著介入成效。3.一般自我效能的 GEE 分析摘要，結果顯示實驗組在量表分數，無論是在後測或是延宕測均有顯著較大的進步幅度，代表實驗介入有顯著的介入成效。結論：證實以翻轉教學運用數位影音之「基本護理學實驗課程」可有效提升護理學生的自我導向學習及一般自我效能，建議可做為各校基本護理學實驗課程設計之參考，以增進護理學生於執行基本護理技巧，進而提升照護品質，共同為培育健康照護產業中所需的護理專業實務人才耕耘。

關鍵字：一般自我效能、自我導向學習、基本護理學實驗課程、翻轉教學、數位影音。

---

### 英文摘要：

The purpose of this study is to flip the teaching and apply digital audio-visual simulation in the basic nursing experimental course - taking intramuscular injection and insulin injection as examples. A convenient sampling method was adopted, and the subjects of the study were nursing students in two classes of the second grade of a Taipei Medical and Nursing Management College. After explanation, they were willing to fill in the consent form and questionnaire. To effectively observe the effect of "flipped teaching using digital audio-visual simulation" on students' self-directed learning and general self-efficacy in basic nursing experiments, students were divided into experimental group and control group by experimental design. Among them, students who voluntarily participated in the experimental activity of "flipped teaching using digital audio-visual simulation" were selected as the subjects of the experimental group, with a total of 46 participants in one class; while the students who received the traditional teaching method were 44 students in the control group, with a total of 90 students. SPSS20.0 for window statistical software was used for analysis. Research results: 1. There was no significant difference in basic data between the experimental group and the control group ( $p > .05$ ). 2. Summary of the GEE analysis of the Self-Directed Learning Scale, the results show that the magnitude of the change in the experimental group and the control group from the pre-test to the post-test (interaction terms: "experimental group  $\times$  post-test" and "experimental group  $\times$  delayed test") in each The sub-level and total average scores were significantly different ( $p < .05$ ), and the interaction effects were all positive, indicating that the experimental group had a relatively large improvement, indicating that the experimental intervention had a significant intervention effect. 3. GEE analysis summary of general self-efficacy, the results show that the experimental group has a significant improvement in the scale scores, whether in the post-test or the delayed test, indicating that the experimental intervention has a significant intervention effect. Conclusion: It is confirmed that the "Basic Nursing Experiment Course" using digital video and audio in flipped teaching can effectively improve the self-directed learning and general self-efficacy of nursing students. To implement basic nursing skills to improve the quality of care, and work together to cultivate the nursing professionals needed in the health care industry.

Key words: General Self-efficacy, Self-Directed Learning, Basic Nursing Experiment Course, Flipped Teaching, Digital Audio-visual

黃素妃

## 臺灣單身老人建立親密關係之影響因素探究

### 中文摘要：

全球人口正快速老化，單身老人逐漸增加，生命晚期親密關係的建立與需求攸關心理與性健康。本研究探析單身老人建立親密關係的影響因素。研究設計採橫斷式調查，針對單身老人進行問卷調查。208 位研究參與者平均 77.39 歲，建構本土黃昏之戀量表，共 34 題，包括：戀愛動機、擇偶考量、相互承諾、他人意見等 4 面向，解釋變異量達 68.585%。性別、是否期待黃昏戀呈顯著差異。期待研究結果期提供本土老人親密關係建立提供實證資料，未來有助於長期照護專業人員對老人有更清楚的了解，提供多樣異質性老人適切的健康諮詢與服務。

關鍵字：黃昏之戀、單身老人、性別。

---

**英文摘要：**

The global population is rapidly aging, and single elderly people are gradually increasing. The establishment and demand for intimate relationships in late life are related to mental and sexual health. This study explores the influencing factors of single elderly people establishing intimate relationships. The research design is a cross-sectional survey, and a questionnaire survey is conducted for single elderly people. The average age of 208 research participants was 77.39 years old, and the local twilight love scale was constructed, with a total of 34 items, including four aspects: love motivation, mate selection considerations, mutual commitment, and other people's opinions, explaining 68.585% of the variance. There are significant differences in gender and whether or not they expect twilight love. It is expected that the research results will provide empirical data on the establishment of intimate relationships among the local elderly, which will help long-term care professionals to have a clearer understanding of the elderly in the future and provide appropriate health consultation and services for diverse and heterogeneous elderly.

Key words: romantic love, single older, gender

中文摘要：

本研究係以橫斷式調查法，以受聘雇於大台北地區某兩所專科學校護理科之 50 位全職臨床護理教師為研究對象，利用網路問卷以收集資料，共回收 46 份，其中有效問卷 43 份，探討在疫情下臨床護理教師角色壓力的現況及主要來源、並瞭解影響臨床護理教師角色壓力在個人及組織方面的因素，並與平日及 2013 年 SARS 比較，茲將研究結果歸納成以下結論：「總角色壓力」平均得分為 3.02，屬中度程度，其中高度壓力者佔 11.6%，中度壓力者有 27.9%，在各分量表中，「角色因應與調適」平均得分為 3.42，屬於中度壓力；其次為「角色工作負荷」為 3.08、「角色工作目標」為 3.05，屬於中度壓力；以「角色工作負荷-臨床護理教學一天工作結束後感到心理方面疲累」(M=4.07)、「角色因應與調適-學校為了招收足額的學生，以致學生的素質與專業上的標準互有衝突」(M=3.95)、「角色具備的知識與技能」一直都是最低壓力的，代表實習指導教師對自己能力有信心；「角色因應與調適-臨床護理教學需滿足各方面的期望」(M=3.86) 得分較高；在角色因應與調適，碩士與學士壓力比博士學位大、總角色壓力有顯著性差異碩士比博士總壓力大；目前有無攻讀學位角色工作負荷、角色工作目標、角色認同及尊重、總角色壓力有顯著性差異。而「在臨床護理教學場域與你的臨床工作專長具備的知識與技能是否相關」在角色壓力層面有顯著性差異。

而與平日相比，實習指導教師在疫情下的總壓力、以及角色工作負荷、角色認同及尊重、角色工作目標，角色因應與調適等分量表，無論是 2003 年 SARS 或 2022 年 COVID19 都小於無疫情的平日；但在角色具備的知識與技能在這三年未有明顯差異。

關鍵字：護理臨床教學、角色壓力、新冠病毒、臨床實習指導教師。

---

## 英文摘要：

This study adopts the method of a cross-sectional survey and takes 50 full-time clinical nursing teachers employed by the nursing departments of two colleges in the Greater Taipei area as the research objects. The online questionnaires are used to collect data, and a total of 46 questionnaires are recovered, of which 43 are valid questionnaires. In order to explore the current situation and main sources of the role of the pressure of clinical nursing teachers during the epidemic, understand the personal and organizational factors that affect the role of clinical nursing teachers' role pressure, and compare it with normal days and SARS in 2013. The results of the study are summarized as follows: The following conclusions were drawn: The average score for "Total Role Stress" was 3.02, which was moderate, with 11.6% being very stressed and 27.9% being moderately stressed. In each subscale, the average score of "role coping and adjustment" is 3.42, belonging to moderate stress; followed by "role workload" is 3.08, and "role work goal" is 3.05, belonging to moderate stress; and "clinical nursing Role workload-psychological fatigue after one day of teaching work" (M=4.07), "Role adaptation and adjustment to recruit enough students, the quality of students is in conflict with professional standards" (M =3.95), "Role "Knowledge and skills possessed" has always been the least stressful, which means that trainee supervisors have confidence in their abilities; "role adaptation and adjustment—clinical nursing teaching needs to meet expectations" (M=3.86) has a high score; In terms of role adaptation and adjustment, masters and undergraduates are more stressed than doctors, and there is a significant difference in the total role pressure. And "whether the knowledge and skills you have mastered in the field of clinical nursing teaching are related to your clinical work expertise" has significant differences in the level of role pressure.

Compared with usual times, no matter whether it is SARS in 2003 or COVID-19, the total pressure of trainee tutors under the epidemic situation, as well as role workload, role recognition and respect, role work goals, role coping and adjustment scales will be compared to none by 2022 few. A normal day in a pandemic; but the knowledge and skills the characters possess haven't changed appreciably over the past three years.

Key words: nursing clinical teaching, role strain, COVID-19, clinical nursing faculty

中文摘要：

隨著科技和疫情發展，語言學習結合數位科技資源，改變教學形式並推動新的教學方法產生，「混成學習」也因此崛起。混成學習結合課室教學及數位學習，能提高教學成效也讓學生擁有自主學習經驗。因此，本研究擬探討混成學習對五專護生專業術語之學習成效及滿意度。研究以本校護理科三年級學生為母群體，採質量混合研究設計，運用「混成式學習行為量表」，採方便取樣，回收問卷共 112 份。結果發現護生混成式媒體學習行為皆屬於高程度，但以「被動」的課程學習為最高。護生對於護理、英文喜歡程度、醫護術語害怕、投入程度及各項學習設備之滿意度均於混成媒體學習行為成顯著差異( $P<.01$ )，而「擁有英文證照」之護生在學習成效上達顯著差異( $P<.01$ )，另外學習英文困擾程度、害怕程度者也與學習成效達負相關( $P<.05$ )；對於醫護術語投入、醫護術語講義、Quizlet 對醫護術語的幫助程度則達顯著性正相關( $P<.01$ )。因此，在課程規劃，提高護生對課程之認同及滿意度，降低其害怕可以提升學生學習之自主性及延續學生課後使用之動機，以增加其混成式媒體學習行為及醫護術語之成效。在教學上融入線上及實體之學習活動設計，配合已建立之英語學習系統，推動證照考核皆助於提高護生醫護術語學習成效及自主學習的經驗和能力。

關鍵字：混成學習、學習成效、護生。

---

### 英文摘要：

Explore the impact of Blended learning on professional English Language Learning performance in the five year nursing programs.

With the rapid advancement of new media and epidemic, foreign language learning combine the resources of classrooms teaching and E-learning. It changes the way of foreign language education and also produce a new teaching method. A new teaching concept “Blended Learning” was created which means to combine the advantages of traditional face-to-face classroom education and E-learning to create more learning effectiveness. At the same time, it also provides the students to own the experience of autonomous learning.

Therefore, the purpose of this research is to explore the impact of Blended learning on professional English Language Learning performance in the five year nursing programs. For purpose of the study, a sample included 112 nursing students from a college of North Taiwan. The results show that the Blended learning behaviors of nursing students are all at a high level, but the "passive" learning is the highest. Nursing students' satisfaction with nursing care, the level of liking English, fear of medical terminology, the level of learning investment, and various learning equipment were significantly different in the Blended learning behavior( $P<.01$ ). Nursing students with English certificates have significant better learning outcomes( $P<.01$ ). In addition, the degree of trouble and fear in learning English is also negatively correlated with the learning effect ( $P<.05$ ). There is a significant positive correlation among the level of investment in medical terminology, the degree of help in the handouts for medical terminology, and Quizlet has for medical terminology ( $P<.01$ ). Therefore, in curriculum designing, improving nursing students' recognition and satisfaction with the curriculum and reducing their fear of learning English can improve students' autonomy in learning and continue their motivation to use the APP after class, so as to increase the effectiveness of their blended learning behavior in medical terminology. Integrating the learning activity design both online and classes in person into teaching, using the established English learning system, and promoting certification examinations could all help to improve the learning effect of medical terminology and the independent learning ability of nursing students.

Key words: Blended learning, learning performance, nursing students

中文摘要：

研究背景: 2016年12月18日台灣首部以病人為主體制定的法案「病人自主權利法」立法通過,2019年1月6日正式施行,更完整保障病人自主權,維護病人的尊嚴及擁有善終的權利。但本土研究也顯示,臨床中維生醫療照護仍多由病人家屬代理決策,而家屬較病人而言傾向較積極且過度地醫療,致使病人醫療決策自主性未受重視甚或影響病人善終,且造成醫療人員末期醫療決策的困擾。護理人員24小時接觸病人與家屬,面臨瀕死與死亡的機會為醫療人員之最,因此應具備對病人自主權之倫理法律涵養。在英、美,將生命末期照護相關課程列為必修或選修課程的醫學院校達九成以上,且在護理師執照考中預立醫療照護諮商及預立醫療決定為必備核心知識與能力。因此了解應屆畢業護生在「病人自主權利法」相關倫理法律的準備度及其行為意向是必要的,可作為未來教育參考。

研究目的:本研究以高年級護生為對象,了解其提供照護對象病人主權利法相關內容之行為意向與預測因子。研究設計:橫斷式、調查性、描述性、相關性研究設計。研究工具:自擬之基本屬性資料表、病人自主權利法之知識、態度、預立醫療決定意願、準備度及提供之行為意向等項。研究流程與步驟:1.IRB 審核通過後2.預試3.正式施測。資料分析:以IBM SPSS 25版for Windows 套裝軟體進行資料建檔及統計分析。研究成果:(1)護生對病主法知識得分越高者,其在正向態度越高、負向態度越低,且正向態度及態度總得分均與提供之行為意向間呈現顯著正相關,護生對病主法知識越正確者,其態度越正向,進而也越有意意向照護對象提供或討論病主法相關內容。(2)贊同自身或親人簽屬安寧意願書或AD者、認為AD越重要者,其在病主法之正向態度及行為意向上均顯著較正向且有意願提供,表示護生自身對AD簽署意願也影響著提供照護者之態度與行為意向。自覺對病主法的了解程度與態度總分顯著正相關,自覺對預立醫療決定的了解程度與負向態度、態度總分、行為均有顯著相關,顯示自覺越了解、越重視,態度越正向、越願意提供照護對象病主法相關資訊。此外,有無修過EOL相關課程者在負向態度及態度總分上均有顯著的差異,有修過相關課程者負向態度越低。瞭解即將踏入臨床之護生對於提供照護對象病人自主權利法相關內容之行為意向及其預測因子,可做為未來教育及介入措施設計時的參考,以期真正落實尊重個人醫療決策自主權。

關鍵字：病人自主權利法(Patient Right to Autonomy Act)、預立醫療照護諮商、預立醫療照護諮商(advance care planning)、預立醫療決定(advance decision)、行為意向(behavioral intention)。

---

## 英文摘要：

**Background:** The Patient Right to Autonomy Act has been legalized for 4 years in Taiwan. However, it still be recognized not to be helpful in the promotion of the autonomy of patients which might be due to the difficult to practice in our cultural context. A number of studies have shown that family members decision to the end of life treatment for patient. Family members tend to desire more aggressive intervention than patients. Patient autonomy in medical decision making is not fully respected. Health provider is difficult to decide on the treatment. Recent years have seen increased attention being given to the issue of advance directive and advance care planning in the related literature. But little research has been done on advance directive in Taiwan. How to establish an appropriate intervention to promote the autonomy of patients and the care quality will be very important work in the near future. Therefore, it is necessary to understand the readiness of recent nursing graduates and their behavioral intentions regarding the ethical laws related to the Patient Right to Autonomy Act, which can be used as a reference in education.

**Objectives:** This study was conducted to understand the behavioral intentions and predictors factors of nursing students in providing care to patients in relation to the Patient Right to Autonomy Act.

**Method:** This study used a prospective, cross sectional, descriptive design with measurement of variables at one time. The 200 participants in a cross-sectional study were just selected based on the inclusion and exclusion criteria set for this study

**Results:** Results: (1) The higher scores of knowledge of Patient Right to Autonomy Act, the higher the positive attitude and the lower the negative attitude, and there was a significant positive correlation between the positive attitude and the total attitude score and the intention to provide behaviors. ( $p<.05$ ) (2) Those who agree with their own or their relatives' completed ADs, and those who consider ADs to be more important, have significantly more positive attitudes and behavioral intentions toward providing the law of the Lord of the Illness, indicating that the nurses' own willingness to sign the ADs also influences the attitudes and behavioral intentions of caregivers. The degree of conscious knowledge of the law was significantly and positively correlated with the total attitude score, and the degree of conscious knowledge of the premeditation decision was significantly correlated with the negative attitude, total attitude score, and behavior, indicating that the more conscious knowledge and the more importance they attached, the more positive their attitude and willingness to provide information related to the law. (3) In addition, there were significant differences in negative attitudes and total attitude scores between those who had taken EOL- related courses and those who had taken related courses had lower negative attitudes. (4)the most important predictor factors were knowledge and attitude of Patient Right to Autonomy Act, subjective norm(policy), had taken EOL courses, self-awareness ( $p<.05$ ).

---

Conclusion: The predictor factors of intention to provide the information of ACP are truth telling, knowing about ACPHA knowledge and decision balance toward ACP.

Key words: Patient Right to Autonomy Act 、 advance care planning 、 advance decision 、 nursing student

中文摘要：

慢性思覺失調症可達功能性復元比例僅約 1/4 - 1/5，藥物治療效果不明顯，音樂介入具許多積極影響。目前國內外以音樂為介入措施較少以質性分析方式探討。本研究目的是探討慢性思覺失調症病人於音樂融合性復健活動的經驗。採描述性現象學研究法，以焦點團體透過半結構性訪談資料收集。採立意取樣台灣北部某精神科專科醫院慢性病房之慢性思覺失調病人 8 位，接受 2 週共 2 次、每次 60 分鐘的音樂融合性復健活動。依據 Lincoln 與 Guba 之嚴謹度考量，採 Colaizzi (1978) 七大步驟分析法進行。結果發現音樂融合性活動可讓病人 1. 回憶重現、2. 感受溫馨氛圍、3. 體驗汗流浹背、完成任務、享受成就、4. 情緒抒發、心情變好、5. 症狀干擾減少、互動成為一種祝福等五大主題。顯示音樂融合性復健活動對個案回憶過去、營造活動氛圍、激發身體活動並在完成任務能得到成就、情緒抒發及改善、精神症狀減少及透過音樂互動表達病人間的祝福等有深入影響。雖然研究者與研究對象建立良好護病關係且使用諸多治療性溝通技巧，但因研究對象可能受限於疾病、認知功能退化及以焦點團體資料收集方式等因素，難以更深入表達。建議未來可再透過一對一深度訪談，更能確認完整之主題；亦可增加介入劑量，以利探討介入措施對病人之持續性影響。

關鍵字：慢性思覺失調症、音樂融合性復健活動、經驗。。

---

### 英文摘要：

The proportion of chronic schizophrenia that can achieve functional recovery is only about 1/4–1/5 and is not effective in drug treatment. Music intervention has many positive effects. Domestic and foreign studies on patients with chronic schizophrenia using music as interventional measures rarely use qualitative analysis exploring their subjective experience in music-integrated rehabilitation activities. The purpose of this study was to investigate the experience of patients with chronic schizophrenia in music-integrated rehabilitation activities. This study used descriptive phenomenological methods. Data were collected through focus group method and guided by semi-structured interviews. Under ethical considerations, a total of 8 patients with chronic schizophrenia in the chronic ward in Northern Taiwan, were purpose sampled and received 60-minute music-integrated rehabilitation activities twice for 2 weeks. The trustworthiness of the study was examined using Lincoln and Guba (1985) principles. Data were analyzed using the Colaizzi (1978) method. Five themes emerged from the results: 1. recall memories, 2. feel warm atmosphere, 3. experience sweating, complete tasks and enjoy achievements, 4. express emotions and feel better, 5. reduce symptom interference and interaction becomes a blessing. The results showed that music-integrated rehabilitation activities have a profound impact on patients' recall of the past, creating an activity atmosphere, stimulating physical activity and achieving achievement in task completion, emotional expression and improvement, reduction of psychotic symptoms, and expressing blessings among patients through music interaction. Although the researcher has established a good relationship with the participants and used many therapeutic communication skills in the process, the participants may be limited by factors such as chronic disease, cognitive decline, and focus group data collection, making it difficult for them to express experiences more deeply. It is suggested that one-on-one in-depth interviews can be conducted in the future to better confirm the complete theme or concept, and the intervention dose of music-integrated rehabilitation activities can also be increased to explore the persistent effect of this intervention on chronic schizophrenia patients.

Key words: Chronic schizophrenia, music-integrated rehabilitation activities, experience.

中年職業婦女生活壓力、疲勞程度與自我身心保健行為之探討

中文摘要：

本研究為橫斷式研究，探討已婚中年職業婦女們生活壓力、疲勞程度以及對身心自我保健的實踐現況與其相關性，以結構式問卷進行調查，總共收案 192 人。研究結果顯示已婚中年職業婦女生活壓力及疲勞程度屬於中等偏低，身心自我保健行為屬於中等偏高，生活壓力以「經濟壓力」得分最高，疲勞程度以「主觀疲勞經驗」得分最高，在自我身心保健行為各層面以「正向轉念」得分最高。分析背景屬性發現「自覺健康狀況不佳」者，生活壓力及疲勞程度都較高，身心保健行為卻較少；45-55 歲疲勞程度及經濟壓力高於 56 歲以上者，高學歷、高收入更能正向轉念，低學歷對工作動機疲勞度高，較低收入者家庭問題壓力大。已婚職業婦女在「生活壓力」程度越高時，「疲勞程度」越高、「生活壓力」和「疲勞程度」分別愈高時，「自我身心保健」行為皆會愈少。生活壓力與疲勞程度對於整體自我身心保健行為之預測情形解釋力達 27.1%。建議未來各項中年婦女衛教與介入，不應忽略其生活壓力與疲勞程度，教導因應生活壓力之策略及如何降低或修復疲勞亦不能忽略，同時要關注不同社經族群的健康介入方式，才能達到提升已婚中年婦女健康之成效。

關鍵字：職業婦女、中年婦女、生活壓力、疲勞、身心自我保健。

---

### 英文摘要：

The study was a cross-sectional study to explore the relationship between life stress, fatigue, and the practice of physical and mental self-care among married middle-aged professional women. A structured questionnaire was used to investigate, and 192 cases were accepted. The results of the study show that the life stress and fatigue of married middle-aged working women are moderately low, and the physical and mental self-care behavior is moderately high. Life stress is the highest score of "economic pressure", and the fatigue degree is the highest score of "subjective fatigue experience". Among the various aspects of self-healthcare behaviors, "positive change" scored the highest. Analysis of background attributes found that people with "perceived poor health" had higher levels of life stress and fatigue, but less physical and mental health care behaviors; 45-55 years old had higher levels of fatigue and economic pressure than those over 56 years old, with high education and high income. It can be more positive, low education has a high degree of fatigue in work motivation, and low-income people are under great pressure from family problems. The higher the "life stress" and the higher the "fatigue" of married working women, the higher the "life stress" and "fatigue" respectively, the less "self-physical and mental health care" behaviors. The explanatory power of life stress and fatigue for the prediction of overall self-physical and mental health care behavior reached 27.1%. It is recommended that middle-aged women's health education and intervention in the future should not ignore their life stress and fatigue. They should not ignore the strategies to cope with life stress and how to reduce or repair fatigue. At the same time, we should pay attention to the health intervention methods of different socio-economic groups. In order to achieve the effect of improving the health of married middle-aged women.

Key words: working woman, middle aged woman, life stress, fatigue, physical and mental self-care

中文摘要：

本研究目的以社會生態學模式進行分析有關慢性思覺失調症患者對疾病汙名化之看法及因應情形，進而發展適合慢性思覺失調症患者降低自我汙名之處置策略。依據收案條件共訪談 15 位病人及 4 位家屬及鄰居，資料收集採半結構的訪談方式，運用焦點團體及個別訪談收集資料進而分析。結果顯示病人可能會讓病人產生負向的自我評價、低自尊、受精神症狀所苦及無助感。家屬的部分為 1. 感受到外界的異樣眼光、2. 缺乏對疾病的相關認識、3. 對大眾傳播媒體的負面渲染有所質疑、4. 擔心病人的餘生。在鄰居部分，則顯示 1. 起初擔心被暴力攻擊，接觸後改觀、2. 未有社交互動、3. 對大眾傳播媒體的負面渲染有所質疑、4. 在意其嫌惡表現。並依訪談及文獻查證發展精神病患去汙名之活動策略，包含認知（覺察）：破除汙名迷思主題相關活動、情感（接受）：接受自己疾病角色的活動設計及行為（應用）：社交技巧、人際互動、走入社區接觸人群的社會適應活動；經與臨床專家討論建議強調社會功能的重要及在精神病患的復健路上，除專業人員協助外，家屬亦扮演關鍵性的角色。相信這只是一個開始，期能運用社會生態理論，除家人和鄰居外，更擴大結合社會環境政策與現況朝發展更可行的因應策略模式進行。

關鍵字：思覺失調症、汙名、社會生態學模式、焦點團體。

---

### 英文摘要：

The purpose of this study is to analyze the perceptions and coping situations of patients with chronic schizophrenia towards disease stigma with a socio-ecological model, and to develop coping strategies suitable for patients with chronic schizophrenia to reduce self-stigma. A total of 15 patients and 4 family members and neighbors were interviewed according to the admission conditions. The data collection adopts a semi-structured interview method, using focus groups and individual interviews to collect data and analyze them. The results showed that patients may have negative self-evaluation, low self-esteem, suffering from psychiatric symptoms and feelings of helplessness in patients. For the family members, 1. feel the strange eyes of the outside world, 2. lack of knowledge about the disease, 3. have doubts about the negative portrayal of the mass media, 4. worry about the rest of the patient's life. In the neighbor part, it shows that 1. At first, he was worried about being violently attacked, but changed after contacting him; 2. No social interaction; 3. He doubted the negative portrayal of mass media; 4. He cared about his disgusting performance. And based on interviews and literature review, develop strategies for destigmatization activities for mental patients, including cognition (awareness): activities related to the theme of breaking stigma myths, emotion (acceptance): activity design and behavior (application) of accepting one's own disease role: Social skills, interpersonal interaction, and social adaptation activities in the community; after discussing with clinical experts, it is recommended to emphasize the importance of social functions and the rehabilitation of mental patients. In addition to the assistance of professionals, family members also play a key role . It is believed that this is just the beginning, and we hope to use the theory of social ecology, in addition to family members and neighbors, to expand and combine social and environmental policies with the current situation to develop a more feasible coping strategy model.

Key words: schizophrenia, stigma, social ecology model, focus group

中文摘要：

本研究的目的是在於探討正念減壓介入對於護理學生學習壓力之影響。研究採用兩組前後測之類實驗研究設計，以北部某五專護理學生為收案研究對象，共 30 人，採立意取樣分派為實驗組與對照組，每組各 15 位，實驗組由老師帶領每週一次，每次 1 小時的正念減壓及課業陪伴課程，連續 4~6 週。將正念減壓課程介入。編製前後測試卷，於實驗教學前、後進行施測。

研究工具包括『壓力知覺量表』及『護理學生學業復原力量表』，資料以 SPSS18.0 for Windows、Excel 進行分析。使用成對樣本 t 檢定 及單因子共變數分析(one way ANCOVA) 檢定以評估介入之成效。

關鍵字：正念減壓、學習壓力。

---

**英文摘要：**

**Background and purpose :** Mindfulness-based stress reduction (MBSR) is an emerging method of stress relief that can reduce the physical burden of mental illness and promote mental health. MBSR has been proven to be effective in alleviating physical and mental stress, improving sleep quality and chronic fatigue, and enhancing concentration ability in workers under high stress environment. It also has positive impact on reducing burnout, anxiety and mood disorders. The purpose of this study is to explore the effects of MBSR intervention to relieve the study of Learning Stress on student Nurse

**Materials and methods:** This study was designed with pre-test and post-test of two groups of Quasi-Experimental Design. The design of this study is based on convenience sampling to select nursing college in the northern of Taiwan participated this study.. There totally 30 samples, via purposive sampling, each group includes 15 subjects. A 1-hour MBSR program was performed for experimental group once a week and lasted for 6 weeks.

We also adopted “1 Perceived Stress Scale, PSS” and “Academic Resilience Inventory for Nursing Students, ARINS” as research tools. We coded the data and analyzed with SPSS18.0 and Excel for Windows. Paired t-test and analysis of covariance (ANCOVA) were used for data analysis.

It is not had statistically significant higher scores positive impact on reducing burnout, anxiety and mood disorders. The purpose of this study is to explore the effects of MBSR intervention to relieve the study of Learning Stress on student Nurse.

**Results:** The findings of this study revealed that MBSR intervention to relieve the study of Learning Stress on student Nurse had not statistically significant higher scores than those studied a conventional Medical cours learning method.

**Key words:** Mindfulness-based stress reduction, MBSR, Learning Stress

中文摘要：

台灣於 2021 年五月中旬亦難逃 COVID-19 病毒的肆虐，國家三級警戒隨即而來，各大專院校停課不停學，全面採取遠距線上教學，就連在醫院中實體的內外科護理學實習課程也立即更改為遠距線上教學。護理教師如何將醫院的臨床實習課程設計成遠距線上實習課程，這是一個很大的挑戰。這些都需要更多地了解學生在使用遠距線上學習時的體驗，以改進護理教育的教學策略。因此，本研究旨在從護理實習臨床教師與護理實習學生反思的角度瞭解其教與學之經驗，進而探討線上實習課程之內涵。

研究目的

本研究分別從護理實習學生反思的角度瞭解其學習之經驗，進而探討線上實習課程之內涵。

- (一)、瞭解護理實習學生曾接受線上實習課程之的學習經驗。
- (二)、瞭解線上實習課程需求之內涵。

研究方法

本研究是採質性的研究方法並採立意取樣 (purposive sampling) 進行收案，研究者將以護理學生觀點進行深入訪談 (in-depth interview)，探討線上實習課程教學與學習的學習經驗及需求。透過該校護理科寄送招募信件 (E-mail) 的招募方式，輔以受訪者間滾雪球方式進行收案。符合收案標準即納入成為研究對象，直到資料飽和程度即停止收案，收案人數為 29 人。

研究結果

研究結果共涵蓋兩個主題，分別為主題一、「護理實習學生曾接受線上實習課程之的學習經驗」，次主題為「強化護理學理及交班能力」、「線上實習課程內容未符實務需求」、「執行護理技術經驗不足」。主題二、「線上實習課程需求之內涵」，次主題為「課程規劃未符實務需求，較流於形式化」、「課程方向應多元化，提升學習成效」。本研究顯示目前在線上實習課程的實施上仍有改善空間，受訪者希望線上課程方向應多元化，而非傳統課室授課。教師部分，在線上實習課堂授課技巧，必須留意學生互動情形，適時給予反饋。最後在疫情可包容的範圍內，分梯分流讓學生返校進行實體模擬演練，針對學生線上實習課程做驗收，適時調整教學腳步，讓學生獲得好的教學品質，提升學習成效。

關鍵字：COVID19、線上實習課程、護理學生。

---

## 英文摘要：

Since the outbreak of COVID-19 at the beginning of 2020, a total of 172 million people worldwide have been ill, and the death toll has reached more than 3.82 million (WHO, 2021). While the vaccine has not yet become popular, countries around the world often use lockdowns to reduce social activities and reduce infections. Taiwan will not escape the ravages of the COVID-19 virus in mid-May 2021, and the national level three alert will immediately come. Colleges and universities will be suspended without suspension, and remote online teaching will be fully adopted, even physical medical and surgical care in hospitals. The internship course was also immediately changed to remote online teaching. It is a big challenge for nursing teachers to design clinical practice courses in hospitals into remote online practice courses. Due to the COVID-19 outbreak, many schools around the world have been forced to change their teaching methods from traditional classroom practice teaching to remote online teaching using digital tools. All these need to know more about the students' experience when using distance online learning in order to improve the teaching strategies of nursing education. Therefore, this research aims to understand the teaching and learning experience of nursing practice clinical teachers and nursing practice students from the perspective of reflection, and then explore the connotation of online practice courses.

### Research purposes

This study separately understands the experience of "learning" from the perspective of the reflection of nursing practice nursing practice students, and then explores the connotation of online practice courses.

(1) To understand the learning experience of nursing internship students who have accepted online internship courses.

(2) Understand the connotation of the demand for online internship courses.

### Research methods

This study adopts qualitative research methods and adopts purposive sampling to close the case. The researchers will conduct in-depth interviews (in-depth interviews) from the perspective of nursing students to explore the learning experience and needs of online practice course teaching and learning. . The recruiting method of sending recruitment letters (E-mail) through the Nursing Department of the school was supplemented by the method of snowballing among the interviewees to accept the case. Those who met the acceptance criteria were included as research objects, and the case was stopped until the data was saturated. The number of accepted cases was 29.

### Result

The research results cover two themes, namely "the learning experience of nursing students who have received online internship courses" and "the connotation of online internship courses".

---

This study shows that there is still room for improvement in the implementation of online internship courses. Respondents hope that the direction of online courses should be diversified instead of traditional classroom teaching. Teachers must pay attention to the interaction of students and give feedback in a timely manner when practicing classroom teaching skills online. Finally, within the tolerable range of the epidemic situation, students will be divided into different groups to carry out physical simulation drills, check and accept students' online practice courses, and adjust the pace of teaching in a timely manner, so that students can obtain good teaching quality and improve learning effectiveness.

Key words: COVID19, online practical courses, nursing students

**中文摘要：**

評估和增加緊急救護技術員對中風知識的瞭解，有助於緊急救護技術員對中風患者的辨識、改善中風患者延遲就醫的發生。目前適合評估緊急救護技術員中風知識的工具有限。本研究目的是開發和驗證緊急救護技術員中風知識量表的心理計量特性。本研究參考相關文獻並與神經內科專家討論擬定一份適合緊急救護員的中風知識量表；信效度的測試則採專家校度、表面效度、項目分析、團體差異分析的建構效度及內在一致性。採立意取樣南桃園某區域醫院受訓的緊急救護員進行收案。預計召募 150 位研究對象進行研究量表之信、效度評鑑。

**關鍵字：**中風知識、信度、效度、緊急救護技術員。

---

**英文摘要：**

To evaluate and increase the understanding of stroke knowledge of emergency medical services (EMS) providers will help EMS providers identify stroke patients and improve the occurrence of delayed medical treatment of stroke patients. Currently, an appropriate instrument to assess stroke knowledge for EMS providers is limited. The present study aimed to develop and examine the psychometric properties of the stroke knowledge for EMS providers. Established construct reliability of the scale using a sample of 150 EMS providers in South Taoyuan. Data from the questionnaire were analyzed using expert validity, Face Validity, Item Response Theory, group differences of construct and KR-20. The analysis results are used to determine the reliability and validity of the developed scale.

Key words: Stroke Knowledge, reliability, validity

**中文摘要：**

本研究旨在探究 STEAM 融入托育服務活動，對托育人員在落實托育活動的助益。本研究透過文獻分析與訪談托育人員方式蒐集分析資料，完成 STEAM 融入托育服務之月計畫方案。本研究依據 0-7 個月、8-15 個月、16-24 個月三個階段設計 STEAM 融入托育服務方案，從作息表安排生活化之 STEAM 活動，讓嬰兒可充分探索、觀察與操作，從中獲致學習經驗與問題解決能力培養。經由本研究結果發現，STEAM 融入托育服務方案擴展了食育與美學的範疇，發展了更多生活自理領域的活動，且對於新進托育人員較能有具體活動參考施作，提升整體托育品質。

**關鍵字：**STEAM、托育服務活動、托育人員。

---

**英文摘要：**

The purpose of this study is to explore the integration of STEAM into childcare service activities and the benefits of childcare staff in implementing childcare activities. This study collects and analyzes data through literature analysis and interviews with childcare workers, and completes the monthly plan for integrating STEAM into childcare services. In this study, STEAM is integrated into the nursery service plan based on the three stages of 0-7 months, 8-15 months, and 16-24 months, and the daily STEAM activities are arranged from the schedule, so that babies can fully explore, observe and operate, from which to gain learning experience and problem-solving ability training. Through the results of this study, it is found that the integration of STEAM into the childcare service program has expanded the scope of food education and aesthetics, developed more activities in the field of self-care, and has more specific activities for new childcare personnel to refer to and implement, improving the overall childcare quality.

Key words: STEAM, Child-Care activities, Care-provider

中文摘要：

自 2011 年幼托整合政策正式實施後，幼兒教育及照顧法和兒童及少年權益保障法成為我國規範 12 歲以下兒童基本權益、福利與教育機構的重要母法。依據相關規定，2 至 3 歲幼兒得選擇就讀於托嬰中心或幼兒園，但兩種機構分屬不同中央主管機關，也分別適用不同法律規定，以致於同為 2 歲幼兒，可能因收托機構的不同，使幼兒所接受到的教保服務有所不同，至幼兒滿 3 歲進入幼兒園就園後，出現學習能力上的差異，提高幼兒園教保服務人員在教學時的難度。本研究即以上述差異現況為研究焦點，希望藉由相關法規、文獻的回顧與整理，教學現場的實務觀察，以及對於現場教育人員的訪談，進一步瞭解不同機構對於 2 至 3 歲幼兒課程規畫與教學實踐之情形。依以此研究結果，分別對於托嬰中心與幼兒園的課程規劃、學習環境設計、人員專業培訓提供建議，以期減緩未來 3 歲幼兒進入幼兒園學習時的適應時間，及提升幼兒園教保服務人員教學前的準備度。

關鍵字：托嬰中心、幼兒園、課程銜接、嬰幼銜接。

---

**英文摘要：**

After Kindergarten Integration in 2011, Early Childhood Education and Care Act and The Protection of Children and Youths Welfare and Rights Act have become an important basic law for Taiwan to regulate the basic rights, welfare, and educational institutions of children under 12-year-old. According to relevant regulations, 2 to 3-year-old children can choose to study in daycare centers or preschools. However, the two institutions belong to different central authorities, and different laws and regulations apply respectively. As a result of the receiving agency, 2 to 3-year-old children may develop differently in their learning experiences. After children reach the age of 3 and enter the preschools entirely, there will be differences in learning performance, which makes it more difficult for the preschools educators to teach. This research focuses on the current situation of the above-mentioned differences. It is hoped that through the review and sorting of relevant laws and regulations, literature, practical observations of the teaching site, and interviews with on-site educators, we hope to further understand the curriculum planning and the teaching practice in the two institutions. Based on the result of this research, we provide suggestions on the curriculum planning, learning environment designing and in-service training of daycare centers and preschools respectively, with a view to slowing down the adaptation time of 3-year-old children entering preschools in the future and improving the preparation of preschool educators before teaching.

Key words: daycare center, preschool, curriculum transition, transition between daycare center to preschool

中文摘要：

本研究要從某五專幼保科教保專業實習課程中關於幼兒課程應用學習成效的初探。從「幼兒園師資職前課程核心內容對應表」可以知道教學工作的重點，由學校所架構的課程地圖，形成的課程架構、師資資格、教學計畫，均經過送審教育部通過，但，仍缺乏檢視教保課程對應「幼兒園師資職前課程核心內容對應表」的研究。

本研究將探討教保專業相關課程與「幼兒園師資職前課程核心內容對應表」之對應關係，整理出現有的專業實習課程，對應出如何培養出五專幼保科學生的專業素養，並檢核課程學分數、教學計畫、評量方式，來檢視學生獲得的專業素養。

本研究預計，先以專家訪談方式形成教保人員培育幼兒情緒課程核心內容，形成專業素養之內涵，再以這些內涵，檢視教保實習課程中對幼兒情緒教育的概念之形成，最後視其規劃之教保專業實習課程之核心內容，所培養之專業素養與「幼兒園師資職前課程核心內容對應表」之內容有哪些差異，且原因為何？

希冀能提供五專教保人員培育職前學校，在規劃教保專業實習課程時，建立學校課程特色與教學能量的概念，在教保實習課程，就能領受到成就於工作中，將思想與實踐合一，得到自己心中那份喜愛孩子初衷的肯定，獲得自己生活中的幸福感！

關鍵字：教保專業實習課程、學習成效、核心素養。

---

### 英文摘要：

This research is to explore whether the curriculum constructed by the students' professional quality is comprehensive from the preliminary exploration of the curriculum of a certain five-year college childcare science and education major. Because from the "correspondence table of the core content of the pre-service curriculum for kindergarten teachers", we can know the focus of teaching work. The curriculum map constructed by the school, the curriculum structure, teacher qualifications, and teaching plan formed by the school have all been submitted to the Ministry of Education for approval, but still There is a lack of research that examines the corresponding "correspondence table of the core content of the pre-service curriculum of kindergarten teachers" to the education and insurance courses.

This research will explore the correspondence between the relevant courses of the education and health care major and the "Correspondence Table of Core Contents of Pre-service Courses for Kindergarten Teachers", sort out existing courses, and map out how to cultivate the professional qualities of students in the Five-year Specialized Childcare Department, and check the course credits Numbers, teaching plans, and assessment methods are used to predict the professional qualities that students should obtain.

This study predicts that the core content of education and protection personnel training courses will be formed by expert interviews, and professional quality inspection projects will be formed, and then the education and protection courses will be checked one by one by the inspection items, and finally the core content of the planned education and protection courses can be cultivated. Whether the professional literacy meets the content of the "Correspondence Table of Core Contents of Pre-service Courses for Kindergarten Teachers".

We hope to provide pre-employment schools for the training of the five special education and protection personnel. When planning the education and protection professional courses, establish the concept of school curriculum characteristics and teaching energy. In the education and protection internship courses, you can receive achievements in work, and bring ideas and practices into practice. Unity, get the affirmation of the original intention of loving children in your heart, and get the happiness in your life!

Key words: Education and protection courses, professionalism

中文摘要：

專技院校的餐飲技職教育是我國餐飲產業職場人力培育主要的培育搖籃之一，但由於餐飲職場大環境因素的變化，資訊的發達、國內外經濟環境的改變和國際互動的頻繁，其專業的餐飲製備技術能力是否順應各餐飲職場人力需求，及是否配合產業永續發展，頗具有研究價值。在餐飲專業課程教學之中的餐飲製備技術類課程是極仰賴操作技巧及實務技能的演練課程，亦多是餐飲相關科系學生所需修習課程中必修課程，因此餐飲人才培育教學的模式中需具備符合就業市場所需的教學模式，以啟發學生更能將理論與實務結合。本研究擬以結合質化與量化研究方法，分析建構產業導向的餐飲製備技能課程之模式，發展成產業導向之餐飲製備技能課程構面與指標。並藉由專家會議進行分析貢獻出以產業導向餐飲製備技能課程專業能力之構面與指標，以求創造良好之餐飲實務技能課程設計標竿，供從事餐飲教育者、技職教育理論學者以及餐飲經營業者參考。

關鍵字：餐飲技職教育、餐飲製備技術、餐飲課程。

---

**英文摘要：**

Catering technology education is one of the main fields for training human resources in the catering industry in Taiwan. However, due to the changes in the overall environment of the catering workplace, the development of information, and the changes in the domestic and international economic environment, whether the students' catering practical ability meets the requirements of catering the manpower needs of the workplace and whether it is compatible with the sustainable development of the industry are of great research value. Food and beverage skills courses are drill courses that require operational skills and practical skills, and most of them are required courses for food and beverage students. This research intends to combine qualitative and quantitative research methods to analyze and construct the model of industry-oriented food and beverage practice skills courses, and develop into industry-oriented food and beverage practice skills course dimensions and indicators. It also analyzes the results of expert meeting contribute to industry-oriented food and beverage practical skills courses and professional competence indicators to create a good benchmark for the design of food and beverage practical skills courses for reference by catering educators, technical education theoretical scholars and catering operators.

Key words: Catering technology education, food and beverage preparation skills, food and beverage courses

中文摘要：

食物的感官特性是我們偏好和挑剔食物的一個關鍵。考量產品基本的價格與功能之外，結合不同的感官可以為消費者提供更多地享受，擁有一個印象深刻的消費體驗，是影響消費行為的關鍵因素。近年因新冠肺炎疫情和工作生活壓力大，紓壓療癒的商品受到消費者的喜愛，許多飲料店也強調具療癒感的飲品。本研究依體驗價值的四大構面：「消費者投資回報率」、「服務優越性」、「美感」和「趣味性」來設計問卷，探討咖啡感官體驗價值對消費者之療癒感和購買意願的影響。於連鎖和獨立咖啡店隨機向消費者發放 400 份問卷，回收有效問卷 332 份，回收率 83%，並以 SPSS 統計分析軟體進行統計。研究結果發現：性別、年齡、婚姻、職業和每月平均所得等人口統計變數，對消費者療癒感有顯著地影響。其中女性、年齡介於 21-40 歲、每月所得為 3-6 萬以及從事服務業的消費者之感官體驗價值對療癒感有顯著的影響。當消費者壓力大或心情不好時，購買咖啡能感到物超所值，覺得飲用咖啡時特別感到心情放鬆，因此體驗價值對購買意願有顯著地影響。但咖啡飲品在「服務優越性」和「趣味性」構面對消費者之療癒感仍有改善的空間。在完善體驗價值下，消費者購買咖啡飲品有較高的療癒感。期望本研究的結果對咖啡飲料店擬定體驗行銷策略提供建議，有助於提升營業額。

關鍵字：咖啡、多元感官體驗設計、療癒、體驗價值、購買意願。

---

### 英文摘要：

The sensory characteristics of food are a key feature in our preference and avoidance. In addition to considering the basic price and function of the product, combining different senses can provide consumers with more enjoyment. An impressive consumer experience is a key factor affecting consumer behavior. In recent years, due to the new crown pneumonia epidemic and the high pressure of work and life, products that relieve stress and heal are favored by consumers, and many beverage stores also emphasize healing drinks. This research designs a questionnaire according to the four dimensions of experiential value: "consumer return on investment", "service superiority", "beauty" and "interesting", to explore the effect of sensory experience value of coffee on consumers' sense of healing and Influence of purchase intention. 400 questionnaires were randomly distributed to consumers in chain and independent coffee shops, and 332 valid questionnaires were recovered, with a recovery rate of 83%, and SPSS statistical analysis software was used for statistics. The study found that demographic variables such as gender, age, marriage, occupation and average monthly income had a significant impact on consumers' sense of healing. Among them, the sensory experience value of female, aged 21-40 years old, monthly income of 30,000-60,000 and engaged in the service industry has a significant impact on the sense of healing. When consumers are stressed or in a bad mood, they can feel the value for money when they buy coffee, and they feel very relaxed when they drink coffee. Therefore, experience value has a significant impact on purchase intention. However, coffee drinks still need to be improved in terms of "service superiority" and "interestingness" for consumers. Consumers have a higher sense of healing when they buy coffee drinks with the perfect experience value. Expected results of this research will be relevant to those marketers interested in understanding how the consumers' perception of any other beverage product can potentially be modified.

Key words: Coffee, Multisensory Experience Design, Experiential Value, Purchase Intention

黃琬婷

## An investigation of EFL Nursing students' vocabulary learning strategies (VLS) for medical terminology acquisition

### 中文摘要：

本研究旨在調查, 在英語作為外語(EFL)學習情境, 台灣五專護理科學生如何使用詞彙學習策略來學習醫學術語, 並進一步評估學習者所使用的學習策略和醫學術語學習成效之關聯性。本研究將招募約 150 位五專護理學生填寫改編自 Schmitt (1997) 單字學習策略分類問卷, 問卷共有 55 題, 分為五個面向: 決定策略、社交策略、記憶策略、認知策略、元認知策略。醫護術語學習成效則是採用英文醫護術語的中文意思選擇題(Meaning recognition) 及英文醫護術語翻中文(Meaning recall) 來檢視參與者醫護術語的認知詞彙(Receptive vocabulary knowledge)學習成效。此外, 參與者仍須完成英語能力測驗考試 (TOEIC Bridge)。目前的研究藉由蒐集研究資料探索護理專科生在醫護術語字彙學習策略與英語程度和詞彙習得之間的關係。

關鍵字：醫護術語、單字學習策略、EFL 護理學生、認知詞彙、專業英語。

---

**英文摘要：**

The paper sought to investigate EFL nursing students' use of vocabulary learning strategies to learn medical terminology and further assess strategies use in relation to learning outcomes measured by two types of vocabulary knowledge: meaning recall (passive recall) and meaning recognition (passive recognition). EFL nursing students will be recruited to fill out Schmitt's Vocabulary Learning Strategies Survey (VLSS), one of the most widely used instrument to ascertain respondents' vocabulary learning strategies (VLS). This allows for a direct comparison with data from previous studies based on Schmitt's inventory. The participants are also expected to complete an English proficiency test (TOEIC Bridge), a meaning recall test, and a meaning recognition test. The current study aims to examine the strategy use patterns showing up for nursing student's medical terminology acquisition. The other aim of the study is to examine participants' lexical knowledge measured by meaning recall and meaning recognition related to English proficiency and VLS.

Key words: vocabulary learning strategies, EFL Nursing students, Medical terminology, passive vocabulary knowledge, English for Specific Purposes (ESP)

中文摘要：

血液中的尿酸(blood Uric Acid)數值升高會嚴重損害人體健康，血清尿酸含量增加被認為是心血管疾病風險增加的指標之一。尿酸是人體中嘌呤代謝的最終產物，在嘌呤代謝過程中，隨著尿酸會產生包含超氧化物的活性氧(ROS)，這可能會通過超氧化物與一氧化氮(NO)的反應破壞內皮功能，導致NO的生物利用度降低和過氧亞硝酸鹽的產生增加。因此，黃嘌呤氧化酶可能成為治療內皮功能障礙的治療靶點。臨床上常用黃嘌呤氧化酶抑制劑來降低尿酸生成。然而，UA排泄促進藥物較少見。在本研究，我們從益母草萃取物及益母草鹼中尋找對UA調節的活性物質。經由建立含氧酸鉀鹽(Oxonic acid potassium salt)和腺嘌呤(Adenine)的高尿酸血症模型，我們研究了益母草的降尿酸作用。在試驗上，體內檢測了包括尿酸(UA)、肌酐(Cr)、血尿素氮(BUN)、腫瘤壞死因子 $\alpha$ (TNF- $\alpha$ )及介白素-1 $\beta$ (IL-1 $\beta$ )的表達，以及黃嘌呤氧化酶(XOD)的活性。此外，經由酶活性試驗測定了Leonurus japonicas對XOD的抑制作用。實驗結果顯示，由氧酸鉀和腺嘌呤誘導高尿酸血症的小鼠中，益母草鹼(60 mg/kg，口服)和益母草乙醇萃取物(200 mg/kg，口服)顯著降低血清UA、BUN及肌酐的含量，且通過抑制XOD來降低TNF- $\alpha$ 、IL-1 $\beta$ 含量，進而緩解高尿酸血症。結果表明，益母草萃取物及益母草鹼可促進UA經腎臟和腸道排泄，減少肝臟嘌呤合成，進一步維持UA穩定，顯示其具有開發成治療高尿酸血症的新藥潛力。

關鍵字：更年期、高尿酸血症、益母草鹼、益母草、黃嘌呤氧化酶。

---

## 英文摘要：

### Background

High plasma uric acid (UA) leads to serious damage to human health. An increased serum uric acid level is considered to be a marker of increased cardiovascular risk. Uric acid is the end product of purine metabolism in humans. In the process of purine metabolism, reactive oxygen species (ROS), are generated concomitantly with uric acid production, maybe deteriorate endothelial function through the occurrence of superoxide with nitric oxide (NO), leading to decreased NO bioavailability and increased production of peroxynitrite. Therefore, xanthine oxidase may be a therapeutic target in treating endothelial dysfunction. In the clinic, xanthine oxidase inhibitors are commonly used to reduce uric acid production. However, UA excretion promotion drug is uncommon. In this study, we tried to find an active substance on UA regulation from *Leonurus japonicas* EtOH extract and Leonurine.

### Methods

By establishing a hyperuricemic model with potassium oxonate (PO) and hypoxanthine (HX) together, we investigated the hypouricemic effect of *Leonurus japonicas*. In this model, the expression of Uric acid (UA), Creatinine (Cr), Blood Urea nitrogen(BUN), TNF- $\alpha$ , IL-1 $\beta$ , and the activity of XOD were assayed in vivo. Also, the inhibitory effect of *Leonurus japonicas* against XOD was assayed in vitro through enzymatic activity tests and molecular docking.

### Results

Pharmacological research revealed the Leonurine (60 mg/kg, p.o.) and *Leonurus japonicas* EtOH extract (200 mg/kg, p.o.) significantly decreased serum UA, BUN, creatinine levels of potassium oxonate(PO), and adenine(AD)-induced hyperuricemic mice. Leonurine (60 mg/kg, p.o.) and *Leonurus japonicas* EtOH extract (200 mg/kg, p.o.) may alleviate hyperuricemia by inhibiting XOD, decreasing TNF- $\alpha$ , IL-1 $\beta$  levels.

### Conclusion

The results showed *Leonurus japonicas* EtOH extract and Leonurine can promote UA excretion through the kidney and intestine, decrease hepatic purine synthesis and further keep UA homeostasis, suggesting that *Leonurus japonicas* have the potential to be developed into a novel drug for the treatment type hyperuricemia.

Key words: Post-menopause, Hyperuricemia, Leonurine, *Leonurus japonicas*, XOD

中文摘要：

本計畫針對台灣原生山葵植物之萃取開發進行一系列研究，從最適萃取條件確認後並以 HPLC 得到最佳產率為 0.58g/g (異硫脲酸丙烯酯, Allyl isothiocyanate, AITC) 為基礎研究原料。根據文獻報導指出山葵萃取能降低黑色素細胞生成，減少頭皮皮屑之生成與增生膠原蛋白等功效，但如能將其開發載體之應用且能更有效深入皮膚被其吸收應具有極高應用性。

隨著化妝品產業技術的進步，傳輸載體的開發也日益更新，如何讓有效性成分製成奈米顆粒，以大幅增加肌膚穿透力並於配方中具有安定性、標靶性及控釋性，是近年來化妝品產業界共同努力的開發技術之一。而常見的載體系統有奈米乳液、微乳液、微脂粒、固態奈米脂質 (Solid-Lipid Nanoparticles, SLNs) 以及奈米結構脂質載體 (Nanostructure Lipid Carriers, NLCs) 等，後兩者都因構造組成與人體肌膚組織相似而獲得重視。哪種載體系統適合哪種有效成分皆不相同也具有開發研究價值。這也是本計畫系列研究中的規劃方向。

本研究以奈米結構脂質 (NLCs) 載體包覆異硫脲酸丙烯酯 (AITC)，分別使用 Cetyl Palmitate 與 Miglyol®812 (Caprylic/Capric triglyceride)，比較三種不同界面活性劑 (1) Tween80 (Polysorbate 80)，(2) Poloxamer®188 (Pluronic® F-68)，(3) Plantacare®810 (Caprylyl/capryl glucoside)，利用高壓均質乳化法 (500bar/5cycles) 製備，儲存於不同溫度下進行粒徑大小、包覆率、物理穩定性之物性評估。

關鍵字：異硫脲酸酯、奈米結構脂質載體、包覆率、界面活性劑。

---

## 英文摘要：

This program conducts a series of studies on the extraction and development of native sunflower plants in Taiwan, from the best extraction conditions and HPLC confirmation of the optimum yield of 0.58g/g (Allyl Isothiocyanate, AITC). Many literatures point out that sunflower extract can reduce mel can produce melanin cells, reduce the production of dandruff and the growth of collagen and other effects, but if it can be applied to the cosmetic raw materials industry and can more effectively penetrate the skin to be absorbed by it should have a very high application.

With the progress of cosmetics industry technology, the development of transmission carrier is also increasingly updated, how to make effective ingredients into nanoparticles, to increase skin penetration and in the formulation with stability, target and control of interpretation, is one of the joint efforts of the cosmetics industry in recent years. Common carrier systems include nano-emulsions, micro-emulsions, microlipids, Solid-Lipid Nanoparticles and Nanostructure Lipid Carriers, both of which are valued for their similar composition to human skin tissue. Which carrier system is suitable for which active components are not the same and has development and research value. This is also the planning direction for this series of studies.

In this study, the NLCs vector was coated with AITC, using Cetyl Palmitate and Miglyol®812 (Caprylic/Capric triglyceride), respectively. Compare three different Surfactants : (1) Polysorbate 80. (2) Poloxamer®188 (Pluronic® F-68) (3)Plantacare®810 (Caprylyl/capryl glucoside). The high-pressure homogeneous emulsification method (500 bar/5cycles) is used for storage at different temperatures for particle size, cladding rate, physical stability of the materiality assessment.

Key words: Ally Isothiocyanate 、 Nanostructure Lipid Carriers, NLCs 、 Encapsulation efficiency  
Surfactant

中文摘要：

本研究主要目的在探討芳香精油調理並結合頭肩頸按摩運作介入模式對受試者自覺睡眠品質提升程度及自律神經功能調節之影響。方法是先找出測試者喜愛的氣味，偕同專家諮詢調配適合用於本實驗目的的複方精油，除嗅吸外並介入深層按摩，其中實驗組 27 名(平均年齡為  $45.60 \pm 9.67$  歲)，施以 3 週、第三週介入專業按摩 1 次、每次 90 分鐘之芳香調理結合頭肩頸運作介入。於芳香調理結合按摩運作介入前、後，分別透過半結構睡眠品質程度量表與居家睡眠健側分析對受試者進行檢測。結果：在芳香精油調理結合深層按摩運作介入後，測試者在自覺睡眠品質變好程度得分、安靜心跳率 (HR)、心跳間距標準差 (SD)、交感與副交感神經活性 (LF)、副交感神經活性 (HF) 等指標獲得明顯改善並顯著優於未使用前 ( $p < .05$ )。結論：透過本計畫調配的複方精油應用芳香調理結合頭肩頸獨特按摩技法，對自律神經之交感神經過於亢奮及副交感神經活性不足，可獲得明顯改善，並有助於睡眠品質提升，使身體處於相對放鬆之狀態，改善睡眠障礙的狀態。

關鍵字：睡眠障礙、植物精油、頭部舒穴。

---

**英文摘要：**

The main purpose of this study is to explore the effect of aroma essential oil conditioning combined with the operation intervention mode of head, shoulder and neck massage on the improvement of subjects' perceived sleep quality and the adjustment of autonomic nerve function. The method is to first find out the tester's favorite smell, and consult with experts to prepare compound essential oils suitable for the purpose of this experiment. 3 weeks, 1 time of professional massage in the third week, 90 minutes of aroma conditioning each time combined with intervention of head, shoulder and neck operation. Before and after the intervention of aroma conditioning combined with massage operation, the subjects were tested through the semi-structural sleep quality scale and home sleep healthy side analysis. Results: After the intervention of aromatic essential oil conditioning combined with deep massage operation, the testers scored better in perceived sleep quality, resting heart rate (HR), standard deviation (SD) between heartbeats, sympathetic and parasympathetic nerve activity (LF), and parasympathetic nerve activity. Indicators such as activity (HF) were significantly improved and were significantly better than those before use ( $p < .05$ ). Conclusion: The compound essential oil formulated through this project can significantly improve the overactive sympathetic nerve and insufficient parasympathetic nerve activity of the autonomic nervous system by applying aromatherapy combined with the unique massage technique of the head, shoulder and neck. In a relatively relaxed state, improve the state of sleep disorders.

Key words: sleep disorder, essential oil, head massage

中文摘要：

電腦輔助設計已成為設計過程中不可或缺的工具之一，並提供更多創意的展現，目前虛擬實境技術在各個領域的應用已經是非常普遍，在彩妝設計中應用的也逐漸有越來越多的趨勢，本研究的著眼點是，在彩妝整體造型設計領域的過程中，讓設計者運用簡單的編輯器導入擴充現實的技術，帶給造型設計一種新的視覺呈現方式，可提供便利性給設計者對彩妝造型與結構的掌握，以更直覺的操作方式與他人進行溝通，提升彼此間的互動性，提高彩妝設計客製化開發的速度。

本研究主要在於應用擴充現實的技術於彩妝設計活動中的唇色配置設計階段，使用工具主要是由華盛頓大學人因介面技術實驗室(University of Washington Human Interface Technology Laboratory)所研發出的一套擴充現實工具軟體 ARToolKit，本研究利用 ARToolKit 建立一個擴充現實環境，來支援使用者進行配置設計的活動，並搭配使用由 Unity Technologies 研發的跨平台 2D/3D 引擎作為建構虛擬擴增實境的編輯器，透過此編輯器所產出的應用程式亦可良好的支援手機、平板電腦、個人電腦與各式虛擬現實設備，提供使用者一更為直覺的操作環境。

關鍵字：虛擬實境、擴增實境、整體造型設計、ARToolKit、Unity。

---

## 英文摘要：

Computer-aided design has become one of the indispensable tools in the design process and provides more creative displays. At present, the application of virtual reality technology in various fields is very common, and the application in makeup design is gradually increasing. The more the trend, the focus of this research is to allow designers to use a simple editor to import augmented reality technology in the field of makeup design, bringing a new presentation to makeup design, which can provide convenience to gives designers about the overall structure of makeup design, communicates with others in a more intuitive manner, enhances mutual interaction, and speeds up the customization progress of makeup design.

This research mainly use the application of augmented reality technology in the lip color makeup design. The tools we use are the extensions developed by the University of Washington Human Interface Technology Laboratory (University of Washington Human Interface Technology Laboratory) , a Augmented Reality tool software named ARToolKit. This research uses ARToolKit to create an augmented reality environment to develope and custunize the makeup design , and uses the cross-platform 2D/3D engine developed by Unity Technologies as an editor for constructing virtual augmented reality environments. The applications produced by this editor can also support mobile phones, tablets, personal computers and various virtual reality devices, providing users with a more intuitive operating environment.

Key words: virtual reality, augmented reality, makeup design, ARToolKit, Unity

中文摘要：

傳統孤魂信仰被認知為厲鬼、有應公或大眾爺，因此也被一般民眾避而遠之。然而台灣部分地區卻因為其特殊歷史記憶、文化傳統與社會型態，對於無祀孤魂產生了不同的信仰觀，並透過不同時代的民間故事流傳至今。八里大眾爺廟結合當地的開發歷史、生態環境、產業發展、祖籍風俗…等不同的傳統因素，在透過民間故事的述說過程中，產生了大眾爺信仰的集體意識。大眾爺信仰在面對周邊環境的壓力下，如淡水開港取代八里港的重要性，屬於海港的媽祖信仰隨之沒落；以及日治時期對於淫祀的取締與信仰的改正。此外，還有北部大型信仰圈中心的關渡媽靈力的展現與競合關係，與鄰近新莊地區大眾爺信仰體系的正統之辯，因此產生了變化。然而，八里的大眾爺信仰卻仍屹立於當地兩百多年的時間，是有賴於其民間故事的不斷顯現與流傳，逐漸穩固其區域祭祀圈中心與集體心靈信仰寄託的位置。在近幾年來強調地方性知識與地方學的氛圍下，各地紛紛成立讀書會或社區大學研究在地文化與歷史的在地詮釋意義。本文希望能透過地方孤魂信仰爺民間傳說的角度，來思考中心(大眾爺廟)與外邊(孤魂)的關係，了解文本與情境之間的交互作用，並詮釋大眾爺成神的原因。

關鍵字：八里大眾爺、孤魂信仰、民間故事。

---

### 英文摘要：

Traditional belief in lonely spirits is often associated with malevolent ghosts, You-ying-gong (a type of deity who dispels evil), or Da-zhong-ye (a popular deity). As a result, many people tend to avoid them. However, due to Taiwan's unique historical memories, cultural traditions, and social structures, some areas have developed different religious beliefs towards unsanctified lonely spirits, which have been passed down through various folk stories over time. By combining local development history, ecological environment, industrial development, ancestral customs, and other traditional factors, the Da-zhong-ye Temple in Bali has created a collective consciousness of Da-zhong-ye religious belief through the process of folklore storytelling.

Under the pressure of the surrounding environment, such as the importance of Bali Harbor being replaced by Danshui Harbor, the decline of the sea goddess Mazu belief, and the crackdown on immoral worship during the Japanese colonial period, the Da-zhong-ye belief has undergone changes. Additionally, there has been religious competition from the Guandu Mazu spiritual power, a large-scale religious center in the northern Taiwan, and also the orthodox debate of the nearby Xinzhuang Da-zhong-ye belief system. Despite these changes, the Da-zhong-ye belief in Bali has stood firm for over 200 years, relying on the continuous manifestation and transmission of its folklore stories, gradually solidifying its position as the center of regional worship and collective spiritual belief.

In recent years, with the emphasis on local knowledge and regional studies, many reading clubs and community colleges have been established to interpret the local culture and history. This research hopes to explore the relationship between the center (Da-zhong-ye Temple) and the outside (lonely spirits) from the perspective of local folklores about lonely spirits, to contemplate the interaction between text and context, and to understand the reasons why Da-zhong-ye became a god.

Key words: Bali Da-zhong-ye, lonely spirits, folklore

中文摘要：

於高齡社會來臨，長照需求漸增，家庭對長者的照養責任日益繁重。本案主要由最高法院 98 年台上字第 270 號刑事判決案例探討刑法、民法、老人福利法遺棄罪責間之競合，以利瞭解現行之法規制度對長者照養遺棄之法令規範、法益概念、遺棄構成罪責等，期由法律層面強化對長者受扶養權益的維護。

(一)遺棄罪與保護法益解析

瞭解法益的概念與功能，並由個人法益層面、超個人法益層面進行保護法益的討論。

(二)遺棄罪構成要件分析

由行為主體由探討依法令或契約、扶助、養育或保護義務面向進行討論；於行為客體部分則由無自救行為能力之人及判斷依據之實務與學說見解進行分析。

(三)遺棄樣態的闡述

由法規及實務案例中，探討長者遭遺棄案例的樣態、法定權益受保護情形、政府職責分析。

(四)刑法、民法、老人福利法遺棄罪之競合

探討遺棄與不為扶助、養育或保護之概念，刑法中阻卻遺棄之事由，及刑法、民法及老人福利法之競合、對長者生存權之維護與保護。

關鍵字：遺棄罪、老人保護、保護法益。

---

## 英文摘要：

As the aged society approaches, the demand for long-term care has been gradually increasing, and the families' responsibility to care the elderly becomes increasingly heavy. This case explored the competition of offenses of desertion under the Criminal Code, the Civil Code, and the Senior Citizens Welfare Act, through analyzing the Supreme Court Comments on Judgment Tai-Shan-Zi No.270 of 2009 in Taiwan.

This research facilitates to understand the legal regulation, concepts regarding the legal interests and the offense of abandoning the elderly, and to strengthen the protection of the rights and interests of the elderly with a legal perspective.

### I. Analysis of offenses of desertion and protection of legal interests

Understand the concept and function of legal interests, and discuss the protection of legal interests from both individual aspect and hyper-individual aspect.

### II. Analysis of the constitutive elements of the offenses of desertion.

The discussion focuses on the behavioral agent from the perspective of legal or contractual obligations to assist, nurture, or protect, while analyzing the behavioral object who is without self-rescue ability and its criteria for judgment on both practical view and academic view.

### III. Expatiate of the pattern of Desertion

The patterns of abandonment cases of the elderly, the protection of their legal rights and the government's responsibilities are explored in the cases with legal and practical analysis.

### IV. The competition of offenses of desertion under the Criminal Code, the Civil Code, and the Senior Citizens Welfare Act

The concept of desertion and failure to provide assistance, nurturing, or protection, the reasons for ground of legal justification (erlaubnistatbestand) in Criminal Code, and the competition among Criminal Code, the Civil Code, and the Senior Citizens Welfare Act in safeguarding the survival rights of the elderly are discussed in this research.

Key words: Offenses of Desertion; Elder Protection; Protection of Legal Interests

中文摘要：

臺灣網球運動發展，在戰後初期受限於網球器材費用高昂，不論是球拍或是球的價格，均非受薪階級能負擔，因此，網球是少數菁英階層才能從事的運動，在運動競技成績上也不突出，遠落後於日本。這個現象一直到 1990 年代天才少女王思婷出現，臺灣的網球運動才有機會在亞洲嶄露鋒芒。從戰後一直到王思婷的出現有將近 45 年的時間，臺灣網球在國際甚至僅在亞洲均落後於各國。研究者從事網球運動 30 餘年，近 10 餘年來則致力於研究臺灣網球與軟式網球運動的發展，發展臺灣網球運動技術演進的過程，從未有人加以探討，因而興起了進行研究的動機。

本研究以歷史研究法以訪談法，去分析戰後臺灣網球運動技術發展的過程，就某種意義而言，通過本篇論文的學術研究資源，除了可瞭解戰後到 1990 年這 45 年間，臺灣網球運動技術的發展過程，也可透過臺灣網球運動技術的進程，反應出此一時期在臺灣這片土地上，接受外來運動文化洗禮的歷史影像，這是本研究的主要動機與目的。

研究得知：網球運動技術在戰後以高登科為最佳，其在日治時期就讀嘉義高等學校時學會軟式網球，後來到日本早稻田大學求學時，改打網球並練就一身好球技，1946 年高登科打敗所有對手成為第一代網球球王。1955 年林永源崛起入選國軍克難球隊接受正式網球訓練，逐漸站穩球王的位置。1969 年孫必勝擔任中華網球隊教練，在技術方面，加強攻擊能力，一改我國球員採守勢的打法。孫必勝要求球員採取強力發球以及上網的積極打法，其中以唐福順執行的最徹底，唐福順也以強力打法登上第三代球王，並稱霸 10 餘年。1977 年打軟網出身的許晃榮以智慧形的打法擊敗唐福順，成為第四代球王。後續的巫長榮也是軟網出身，以穩定的底線打法，成為第五代球王，並稱霸 10 餘年。1990 年代起光榮國小一批以網球正規訓練的球員，循著正拍、反拍、截擊、扣殺，以及強力發球等全面發展的技術，逐漸打出成績，也開啟了臺灣網球運動的新局面。

關鍵字：高登科、孫必勝、許晃榮、網球教材、技術史。

---

## 英文摘要：

After World War Two, the development of tennis in Taiwan was limited by the high expense of equipment, such as tennis balls and rackets. Thus, tennis is exclusive to wealthy people. The performance in competitions is not extraordinary as well, far behind the performance of Japanese players.

The tennis sport performance in Taiwan is far behind other countries for almost 45 years since World War Two. The situation did not become better until the 1990s when the genius player Wang Shi-Ting came into the picture.

Researcher engaged in tennis for more than 30 years, nearly 10 years dedicated to the development of tennis and soft tennis in Taiwan, found that the evolution of tennis technology in Taiwan, has never been discussed, and thus the emergence of research motivation.

This research will apply the interview approach and is discussed by historical research to analyze the development of the tennis sport after World War Two. By this research, we can begin to understand the development of the tennis sport in the last 45 years. Moreover, by examining the evolution, we can also learn about the history of how a foreign sport affects Taiwan. This is the main purpose of the research.

Later, when he was studying at Waseda University in Japan, he switched to playing tennis and developed good skills. In 1946, Gao Dengke defeated all his opponents and became the first best tennis player. In 1955, Lin Yongyuan rose to be selected into the national army's sports team to receive formal tennis training, and gradually established himself as the king of the ball. In 1969, Sun Bisheng served as the coach of the China Tennis Team. In terms of technology, he strengthened his offensive ability and changed the defensive style of players in our country. Sun Bisheng requires players to adopt a style that has a strong serve and get to the net aggressively. Which Tang Fushun implements the most thoroughly. Tang Fushun also became the third-generation champion with a strong style of play and dominated for more than 10 years. In 1977, Xu Huangrong, who originally played soft tennis, defeated Tang Fushun with a smart style of play and became the fourth-generation champion. The follow-up Wu Changrong also originally played soft tennis. With a stable bottom-line style of play, he became the fifth-generation champion and dominated for more than 10 years. Since the 1990s, a group of players from Guangrong Elementary School was trained in a formalized training program. Following the comprehensive development of techniques such as forehand, backhand, volley, smash, and powerful serve, they gradually achieved some results and opened up a new situation in Taiwan's tennis.

Key words: Gao Dengke, Sun Bisheng, Xu Huangrong, Tennis tutorial, Tennis skill history