

総説

# Health Locus of Control 尺度の開発と研究の動向

田邊恵子

川崎医療福祉大学 医療福祉学部 保健看護学科

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## Development Process of the Health Locus of Control Scales

Keiko TANABE

*Department of Nursing Faculty of Medical Welfare Kurashiki, 701-01, Japan*

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### Abstract

This article describes the development process of the Health Locus of Control scales. First, Rotter's social learning theory, which is the theoretical background of the Health Locus of Control construct, is outlined. The scale and research trends of the Locus of Control concept and those of the Health Locus of Control concept, which are based on Locus of Control, are then reviewed. Finally, the Health Locus of Control is discussed with regard to implications for health education.

### 要約

健康教育の方法を探る基礎として保健行動、セルフケア行動に Health Locus of Control の適用が有効とされている。ここでは、Health Locus of Control 尺度の開発過程について概説した。まず、理論的基盤となる Rotter の社会的学習理論について述べ、ついで、Locus of Control と Health Locus of Control の尺度と研究の動向と健康教育における適用について述べた。

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