

# 謝佳諺、謝妃涵

從認知到行動：提升台灣花蓮縣偏鄉  
地區居民永續生活品質之研究

*From Perception to Action: A Study on  
Enhancing Sustainable Quality of Life  
among Rural Residents in Hualien  
County, Taiwan*

國立屏東大學民生校區

精進×特色×師培USR  
師資培育的關鍵驅動力

Key Drivers of Teacher Education:  
Enhancement x Distinctiveness x Teacher Education USR

專題演講－圓桌論壇  
EIT TALK－工作坊

The 12<sup>th</sup> International  
Conference on Teacher Education

10.18<sup>FRI</sup>-19<sup>SAT</sup>

口頭論文發表

## **From Perception to Action: A Study on Enhancing Sustainable Quality of Life among Rural Residents in Hualien County, Taiwan**

**Keywords :**

Rural Residents, Sustainable Quality of Life, Sustainable Development Goals (SDGs)

**Abstract :**

The administrative districts of Taiwan are very interesting. There are only three administrative districts in the eastern part of Taiwan, but there are 19 in the western part. The total area of the three eastern administrative regions accounts for approximately one-third of Taiwan's total area, but the population comprises only 4% of the total population of Taiwan. This implies that most of the eastern regions of Taiwan are rural areas with a relatively aging population structure. The core issue addressed in this study is how to achieve a more sustainable quality of life in the eastern regions of Taiwan. Qualitative interviews were conducted in Hualien County, situated in the eastern region, to delve into residents' perceptions of high-quality living and sustainability. Nineteen rural residents participated in these interviews, providing insights into factors contributing to sustainable quality of life. The interview data underwent thorough coding and analysis. Participants highlighted the significance of attitudinal and value changes as catalysts for advancing sustainable quality of life. They emphasized the role of social and legal norms in guiding individual and economic behaviors, while also underscoring the importance of infrastructure development in facilitating ecological practices. Furthermore, there was consensus among participants that the economy should serve the collective interest. Based on these findings, four recommendations are proposed to the Taiwanese government to support Hualien residents in achieving a more sustainable quality of life: enhancing education to promote environmentally friendly behaviors, ensuring equal access to renewable energy sources, fostering local employment opportunities in production and services, and improving infrastructure development.