

國中生外表焦慮與手機依賴之相關研究

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摘要

本研究為了解目前國中生外表焦慮及手機依賴的現況與相關性，以 112 學年度就讀全國公私立國中之在學學生為研究對象，採用問卷調查法，按北、中、南、東各區學生人數比例抽樣，抽取 12 所國中之七、八、九年級各一班，共得有效問卷 839 份。

研究者以自編「外表焦慮感量表」(9 題)及「智慧型手機整體使用成癮評估量表」(26 題)為工具，分別測量國中生對其外表焦慮及手機依賴的程度。研究資料採用之統計方法包含：描述性統計、獨立樣本 t 檢定、單因子變異數分析、皮爾森相關分析，所得結果如下：

一、國中生外表焦慮與手機依賴均呈現為中低的程度。

二、不同背景變項的國中生在外表焦慮與手機依賴之差異情形：

(1)外表焦慮部分—女生在外表焦慮程度顯著高於男生；單親家庭學生在外表焦慮的程度亦顯著高於雙親家庭學生，其餘變項無顯著差異。

(2)手機依賴部分—不同性別、不同主要照顧者的工作型態的國中生在手機依賴的程度未達顯著差異；九年級學生在手機依賴的程度也顯著高於七年級學生；單親家庭學生在手機依賴的程度亦顯著高於雙親家庭學生；知覺主要照顧者寬鬆放任的教養態度之國中生手機依賴的程度則顯著高於知覺開明權威教養態度者。

三、外表焦慮與手機依賴有顯著中度正相關。再分別以智慧型手機整體使用成癮評估量表之四大面向來看，外表焦慮除了與耐受性總分之相關係數為顯著低度正相關之外，與其他強迫症狀、功能障礙、戒斷三個面向皆達顯著中度正相關。

最後，依據研究結果提出建議，以供實務工作者、家長及未來研究者參考。

關鍵字：國中生、外表焦慮、手機依賴

A Study on the Correlation Between Appearance Anxiety and Mobile Phone
Dependence Among Junior High School Students

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Abstract

In order to understand the current status and correlation of appearance anxiety and mobile phone dependence among junior high school students, this study took students studying in public and private junior high schools across the country in the 112th academic year as the research objects. It used a questionnaire survey method and divided the data into northern, central, southern and eastern districts. Proportional sampling was conducted based on the student population, and one class each of seventh, eighth, and ninth grade from 12 junior high schools was selected, and a total of 839 valid questionnaires were obtained.

The researchers used the self-compiled "Appearance Anxiety Scale" (9 questions) and the "Smartphone Overall Addiction Assessment Scale" (26 questions) as tools to measure junior high school students' level of appearance anxiety and mobile phone dependence respectively. . The statistical methods used in the research data include: descriptive statistics, independent sample t-test, single-factor variance analysis, and Pearson correlation analysis. The results are as follows:

1. Junior high school students' appearance anxiety and mobile phone dependence are both at medium to low levels.
2. Differences in appearance anxiety and mobile phone dependence among junior high school students with different background variables:
 - (1). Appearance anxiety part - Girls have a significantly higher level of appearance anxiety than boys; students from single-parent families also have a significantly higher level of appearance anxiety than students from two-parent families. There is no significant difference in the other variables.
 - (2). Mobile phone dependence - There is no significant difference in the degree of mobile phone dependence among junior high school students of different genders and different main caregivers' work types; the degree of mobile phone dependence among ninth-grade students is also significantly higher than that of seventh-grade students; students from single-parent families The degree of dependence on mobile phones is also significantly

higher than that of students from two-parent families; the degree of dependence on mobile phones among junior high school students who perceive their primary caregivers to have a relaxed and laissez-faire upbringing attitude is significantly higher than that of students who perceive an open and authoritative upbringing attitude.

3. There is a significant moderate positive correlation between appearance anxiety and mobile phone dependence. Looking at the four aspects of the overall smartphone use addiction assessment scale respectively, in addition to the significant low positive correlation between appearance anxiety and the total score of tolerance, it is also closely related to other obsessive-compulsive symptoms, functional impairment, and withdrawal symptoms. All three aspects have a significant moderate positive correlation.

Finally, recommendations are made based on the research results for reference by practitioners, parents and future researchers.

Keywords: junior high school students, appearance anxiety, mobile phone dependence