國小專任輔導教師品味策略、自我慈悲與慢性疲勞症候群之相關研究

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摘要

　　本研究旨在探究國小專任輔導教師的品味策略、自我慈悲及慢性疲勞症候群之現況，不同背景變項對品味策略、自我慈悲與慢性疲勞症候群所造成之差異，品味策略、自我慈悲與慢性疲勞症候群之相關，品味策略與自我慈悲對慢性疲勞症候群之預測力，以及自我慈悲是否作為品味策略與慢性疲勞症候群之中介變項。本研究以 192 名國小專任輔導教師為研究對象，研究問卷包含「品味策略量表」、「自我悲愍量表」以及「慢性疲勞症候群量表」，並以描述性統計分析、相依樣本 t 檢定、獨立樣本 t 檢定、單因子相依樣本變異數分析、單因子獨立樣本變異數分析、Pearson 積差相關分析、逐步迴歸以及階層迴歸分析等方法來分析資料。研究結果分述如下：

一、國小專任輔導教師的品味策略屬於中高程度；自我慈悲屬中等程度，其中又以正念層面程度最高，為中高程度；慢性疲勞症候群則屬中等程度，其中以疲勞症狀的程度最高，為中等程度。

二、不同年齡層的國小專任輔導教師在自我慈悲中有顯著影響，其中以「41 歲以上」的國小專任輔導教師其自我慈悲最高。

三、國小專任輔導教師的品味策略與慢性疲勞症候群呈現顯著微弱負相關，自我慈悲與慢性疲勞症候群呈現顯著高度負相關，而品味策略與自我慈悲呈現顯著中度正相關。

四、國小專任輔導教師的自我慈悲可以解釋慢性疲勞症候群的 41.2%變異量，而自我慈悲中的孤立經驗可以解釋國小專任輔導教師的慢性疲勞症候群 39.4%的變異量，過度認同則可再增加解釋8.3%的變異量，兩者能夠共同解釋慢性疲勞症候群的 47.7%變異量。

五、自我慈悲為品味策略與慢性疲勞症候群之完全中介變項。

關鍵字：國小專任輔導教師、品味策略、自我慈悲、慢性疲勞症候群

The Relationship among Savoring Strategy, Self-Compassion and Chronic Fatigue Syndrome for Counseling Teachers in Elementary Schools

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ABSTRACT

The aim of this study was to explore the current status of savoring strategy, self-compassion, and chronic fatigue syndrome among counseling teachers in elementary schools. Also, it examined the differences in savoring strategy, self-compassion, and chronic fatigue syndrome based on different background variables; the correlations among savoring strategy, self-compassion, and chronic fatigue syndrome; the predictive power of savoring strategy and self-compassion on chronic fatigue syndrome; furthermore, whether self-compassion acted as a mediation between savoring strategy and chronic fatigue syndrome. The study involved 192 counseling teachers in elementary schools as participants. The research questionnaire included the "Savoring Strategy Scale," the "Self-Compassion Scale," and the "Chronic Fatigue Syndrome Scale." The data was analyzed by descriptive statistics, paired-sample t-tests, independent sample t-tests, one-way repeated measures ANOVA, one-way independent samples ANOVA, Pearson's correlation analysis, stepwise regression analysis, and hierarchical regression analysis. The results of the study are summarized as follows:

1.The savoring strategy of counseling teachers was at a moderatly high level, self-compassion was at a moderate level, and chronic fatigue syndrome was at a moderate level.
2.There was a significant influence of age on self-compassion among counseling teachers, with those aged 41 and above having the highest level of self-compassion.
3.There was a significant weak negative correlation between savoring strategy and chronic fatigue syndrome; a significant high negative correlation between self-compassion and chronic fatigue syndrome; and a significant moderate positive correlation between savoring strategy and self-compassion.
4.Self-compassion among counseling teachers could explain 41.2% of variance in chronic fatigue syndrome. The isolation within self-compassion could explain 39.4% of the variance in chronic fatigue syndrome and over-identification could increase the explanation by 8.3% of the variance. With isolation and over-identification, these factors could explain 47.7% of the variance in chronic fatigue syndrome.

5.Self-compassion served as a complete mediation between savoring strategy and chronic fatigue syndrome among counseling teachers.