

大學生勇氣、同儕關係與幸福感之相關研究

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摘要

本研究目的在於探討大學生勇氣、同儕關係與幸福感之相關，並分析比較不同背景變項之大學生勇氣、同儕關係與幸福感間差異情形，以及呈現出大學生勇氣、同儕關係對幸福感的預測力。

研究方法採取量化之問卷調查法，以臺灣南部地區（臺南、高雄、屏東）之大專校院在學學生為研究對象，並以「勇氣量表」、「同儕關係量表」、「心理幸福感量表簡式中文版」為研究工具實問卷調查，運用方便取樣，透過網路相關平台與管道發放問卷，回收有效問卷 288 份。資料回收完成後，以描述性統計及推論性統計加以探究，包含獨立樣本 T 檢定、單因子變異數分析、皮爾森積差相關、逐步多元迴歸分析等統計方法，本研究結果顯示如下：

- 一、大學生整體勇氣、正向同儕關係、幸福感現況皆為中上程度，負向同儕關係為中下程度。
- 二、大學生之勇氣的積極面對達顯著差異，男生高於女生。
- 三、大學生之勇氣的關懷他人達顯著差異，四年級含以上高於一年級。
- 四、大學生之正向同儕關係達顯著差異，女生高於男生。
- 五、大學生之負向同儕關係達顯著差異，男生高於女生，且二年級高於三年級。
- 六、不同年級的大學生之負向同儕關係的衝突達顯著差異。
- 七、大學生之負向同儕關係的支配達顯著差異，二年級高於三年級及四年級含以上。
- 八、大學生之幸福感的自主達顯著差異，男生高於女生。
- 九、大學生的勇氣、正向同儕關係及幸福感兩兩之間存在顯著正相關。
- 十、大學生勇氣與同儕關係對幸福感具有預測力。

關鍵字：大學生、勇氣、同儕關係、幸福感

A study of the relationship among Courage, Peer Relationship, and Well-Being of College Students

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ABSTRACT

This study explored the relationship between college students' courage and peer relationship and their well-being, and researched the differences that occur under various circumstances. Then, the study also analyzed the predictability of college students' courage and peer relationship to their well-being.

The research method adopts quantitative questionnaire survey, taking the students in colleges and universities in southern Taiwan Province (Tainan, Kaohsiung and Pingtung) as the research object, and base on “Courage Scale”, “Peer Relationship Scale”, “Chinese version of Psychological Well-Being Scale” to carry out questionnaires, using convenient sampling, distributing questionnaires through relevant platforms and channels on the Internet, and recovering 288 valid questionnaires. The outcome was analyzed by descriptive statistics and inferential statistics, include t-test, ANOVA, Pearson correlation analysis, and stepwise regression analysis. The results of this study were as follows:

1. The college students are placed is middle to upper in courage, positive peer relationship and well-being, while the adverse peer relationship is perceived as middle to low.
2. Among the college student's courage, males were better in facing the problems actively and positively.
3. Grade 4 and above students have more caring for others in courage than grade 1 students.
4. In the positive peer relationship, female were obviously higher male students in college.
5. In the adverse peer relationship, males were obviously higher female students in college, and grade 2 students more than grade 3 students.