

大學生社交自我效能、非理性信念與寂寞感之相關研究

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摘要

本研究旨在了解大學生社交自我效能、非理性信念與寂寞感之現況、相關與預測情形，以問卷調查法收集研究資料，研究工具分別為個人基本資料、社交自我效能量表、非理性信念量表與寂寞感量表，依全國北區、中區、南區以及東區與離島四個地區進行分層隨機抽樣，共計 411 名大學生為研究對象。研究結果以描述性統計方法、t 檢定、單因子變異數分析、皮爾森積差相關與多元逐步迴歸進行統計分析，結果如下：

- 一、大學生整體社交自我效能、整體非理性信念與寂寞感現況皆為中等程度。
 - 二、有交往對象之大學生在社交自我效能上顯著高於沒有交往對象者。
 - 三、有參與校內外團體或組織之大學生在社交自我效能上顯著高於沒有參與者。
 - 四、與家人同住之大學生在非理性信念上顯著高於與朋友(含交往對象)在外租屋者。
 - 五、與家人同住之大學生在寂寞感上顯著高於與朋友(含交往對象)在外租屋者。
 - 六、沒有交往對象之大學生在寂寞感上顯著高於有交往對象者。
 - 七、大學生社交自我效能與寂寞感具有顯著中度負相關；大學生非理性信念與寂寞感具有顯著低度至中度正相關；大學生社交自我效能與非理性信念具有顯著低度負相關，但與「過分要求」層面具有顯著低度正相關。
 - 八、大學生社交自我效能、非理性信念對寂寞感有預測力。
- 最後，依據研究結果，對大學生、專業助人者與未來研究提供進一步的建議。

關鍵字：社交自我效能、非理性信念、寂寞感

The Study of Relationships among Social self-efficacy, Irrational Beliefs and Loneliness in College Students

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ABSTRACT

The purpose of the study is to investigate the relationship among Social self-efficacy, Irrational Beliefs and Loneliness in College Students. The study is targeted at undergraduates of 2023 school years, and by the proportional stratified sampling method from four different areas include north, central, south and eastern (including outlying islands) Taiwan. The participants of study are 411 college students. Instruments are used in this study include Social Self-efficacy Scale, Adolescent Irrational Beliefs Scale and Loneliness Scale. The collected data is analyzed by descriptive statistics, t-test, one-way ANOVA, Pearson correlation, and multiple stepwise regression analysis. The main findings of the study are as follows:

1. The overall social self-efficacy, irrational beliefs and loneliness of college students are all moderate.
2. The scores of social self-efficacy of college students who are in love are significantly higher than those who are not in love.
3. The scores of social self-efficacy of college students who participate in clubs, students' associations or after school clubs are significantly higher than those who do not participate in any club.
4. The scores of irrational beliefs of college students who live with family members are significantly higher than those who live with friends (including their partners) in rented accommodation.
5. The score of loneliness of college students who live with family members is significantly higher than those who live with friends (including their partners) in rented accommodation.
6. The score of loneliness of college students who are not in love is significantly higher than those who are in love.
7. There is a moderate negative correlation between the social self-efficacy scores of college students and the loneliness score of college students; there is a low positive correlation between the irrational beliefs scores and the loneliness score. There is a low negative correlation between the social self-efficacy scores and the the irrational beliefs scores. However, there is a low positive correlation between the scores of social self-efficacy and the score of "demands" of college students.
8. The social self-efficacy and irrational beliefs can effectively predict loneliness of college students.

Finally, further suggestions for college students, professional helpers and future researchers are based on the result of this study.

Keywords: social self-efficacy, irrational beliefs, loneliness