

大學生非暴力溝通、人際關係與心理適應之關係研究

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摘要

本研究旨在探討大學生非暴力溝通、人際關係與心理適應之關係。研究採取量化形式，邀請 562 位大學在學生，填寫網路問卷，分別為自編大學生非暴力溝通量表、大學生人際關係量表，以及大學生問題衡鑑量表，並以 spss 統計軟體分析三者間的關係及檢驗自編大學生非暴力溝通量表之信效度。研究結果：1.自編大學生非暴力溝通量表內部一致性分別為 .82，分量表同理自己 .83，同理他人 .79，效標關聯效度均達顯著。2.大學生在非暴力溝通、人際關係，以及心理適應問題均落在中、中低程度。3.大學生非暴力溝通能顯著其預測人際關係。4.大學生非暴力溝通之同理自己與同理他人能顯著預測心理適應問題。5.大學生人際關係能部分中介同理自己對心理適應之影響；人際關係能完全中介同理他人對心理適應之影響。研究結論：本研究提供大專院校初級預防之非暴力溝通量表，並發現大學生非暴力溝通有助於人際關係及對心理適應問題具影響力，期待未來非暴力溝通能應用於大學輔導工作，並提供臺灣非暴力溝通發展研究之方向。

關鍵字：人際關係、大學生、心理適應、非暴力溝通

The Study of Relationships among Nonviolent Communication, Interpersonal Relationships, and Psychological Adaptation of College Students

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ABSTRACT

The purpose of this study is to explore the relationship between nonviolent communication, interpersonal relationships, and psychological adjustment among college students. The study adopts a quantitative approach and invites 562 college students to complete an online questionnaire, which includes a self-developed scale for nonviolent communication among college students, a scale for interpersonal relationships among college students, and a problem-solving scale for college students. The relationships between these variables and the validity and reliability of the self-developed scale for nonviolent communication among college students are analyzed using SPSS statistical software.

The research findings are as follows:

1. The internal consistency of the self-developed scale for nonviolent communication among college students is .82, with subscales for self-empathy at .83 and empathy for others at .79. The criterion-related validity is significant.
2. College students exhibit moderate to low levels of nonviolent communication, interpersonal relationships, and psychological adjustment problems.
3. Nonviolent communication among college students significantly predicts interpersonal relationships.
4. Self-empathy and empathy for others in nonviolent communication among college students significantly predict psychological adjustment problems.
5. Interpersonal relationships among college students partially mediate the impact of self-empathy on psychological adjustment, while they fully mediate the impact of empathy for others on psychological adjustment.

In conclusion, this study provides a nonviolent communication scale for primary prevention in colleges and identifies the influence of nonviolent communication on interpersonal relationships and psychological adjustment among college students. It is expected that nonviolent communication will be applied in university counseling work and contribute to the development of nonviolent communication research in Taiwan.

Keywords: College students, Interpersonal relationships, Nonviolent communication, Psychological adaptation.