

成人伴侶情緒勒索者自我評估多向度量表發展 與應用研究

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摘要

本研究旨在編製一份具信、效度之「成人伴侶情緒勒索者自我評估多向度量表」，以使助人工作者在進行伴侶諮商實務工作時，面對情緒勒索者能更有依據。研究統整情緒勒索者之「焦慮不安」情緒、「過度要求」認知、「施壓控制」行為，並以此三向度進行量表編製。本研究以 18 歲至 64 歲之 602 位成人為研究對象，並採以項目分析、因素分析、獨立樣本 t 檢定、變異數分析等方式進行統計分析。研究結果如下：

- (一) 「成人伴侶情緒勒索者自我評估多向度量表」量表共 18 題，「焦慮不安」向度 5 題、「過度要求」8 題、「施壓控制」5 題。
- (二) 信度考驗：本研究正式量表之總量表內部一致性 α 係數為.898，「焦慮不安」為.831、「過度要求」為.892、「施壓控制」為.808，具良好之信度。
- (三) 效度考驗：以探索性因素分析考驗本量表之因素結構，量表可解釋之變異量為 58.91%，具有良好之建構效度。
- (四) 現況分析：成人伴侶關係中情緒勒索程度為中等程度，不同向度中，除「施壓控制」處於中低程度外，「焦慮不安」與「過度要求」屬於中等程度。
- (五) 差異分析：女性情緒勒索的總分顯著大於男性，「過度要求」及「施壓控制」方面，女性也是顯著高於男性，而焦慮不安則無顯著差異。年齡方面無顯著差異。
- (六) 常模建立：本研究依據研究結果，建立不同性別之情緒勒索者常模。

最後，本研究提出相關建議使實務工作者進行量表施測時能有所參考，並對未來研究提供可進一步研究的建議。

關鍵字：成人伴侶、情緒勒索、量表編製

Applicational Study on the Development of Multidimensional Self-Assessment Scale for Emotional Blackmailers in Adult Couple Relationships

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Abstract

The purpose of this study was to develop "Multidimensional Self-Assessment Scale for Emotional Blackmailers in Adult Couple Relationships", which could be used as a reference by couple therapists. This scale was based on three dimensions, including emotional blackmailers' emotion, "anxiety", cognition, "over demanding", and behavior, "pressure control". Data collection were distributed to 602 adults whose age is between 18 to 64. Data were analyzed by item analysis, factor analysis, independent sample t-test, and ANOVA.

The primary results from this research are listed as follows:

- (1) The "Multidimensional Self-Assessment Scale for Emotional Blackmailers in Adult Couple Relationships" consisted of 18 items, including 5 items of "Anxiety", 8 items of "Over Demanding", and 5 items of "Pressure Control".
- (2) Reliability test: The Cronbach's coefficients of the whole scale was .898, "Anxiety".831, "Over Demanding".892, "Pressure Control".808, which showed good Reliability.
- (3) Validity test: The factor structure of the scale was tested by exploratory factor analysis, and the amount of variation that could be explained by the scale was 58.91%, which showed good construct validity.
- (4) Analysis of current situation: The degree of emotional blackmail in adult couple relationships was at medium level. Among these dimensions, except for "pressure control", which degree was at medium to low level, the degree of "anxiety" and "over demanding" were at medium level.
- (5) Difference analysis: The total score of emotional blackmail of women was significantly higher than men, and women also showed significantly higher than men in terms of "excessive demand" and "pressure control", but there was no significant difference in anxiety. There was no significant difference in age.
- (6) Based on the research results, norms were set by gender.

Finally, according to the results of this study, few suggestions were put in relation to counseling when testing, and provided suggestions for future research.

Keywords: Adult Couple relationship, Emotional Blackmail, Scale Development