

成年初期者求助自我汙名、微笑憂鬱情緒與求助態度之相關研究

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摘要

本研究旨在探討成年初期者求助自我汙名、微笑憂鬱情緒與求助態度之相關情形，以問卷調查法收集資料，研究工具為：求助自我汙名量表、自編微笑憂鬱情緒問卷、求助態度量表-短式，並以全台各地區成年初期者為研究對象，共回收 331 份有效問卷。研究結果以描述性統計、獨立樣本 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、成年初期者具中低度程度求助自我汙名感與求助態度及中度微笑憂鬱情緒傾向。
 - 二、在求助自我汙名程度中僅教育程度變項存在差異；微笑憂鬱情緒在不同背景變項中皆存在差異；求助態度僅在諮商經驗變項中存在差異。
 - 三、成年初期者之求助自我汙名與微笑憂鬱情緒具中度正相關；求助自我汙名與求助態度具中度負相關；微笑憂鬱情緒與求助態度具低度負相關。
 - 四、成年初期者「維持自我信心」、「降低自我感」對微笑憂鬱情緒具有預測力。
 - 五、成年初期者之「求助自我汙名」、「微笑憂鬱情緒」對求助態度具有預測力。
- 最後依據研究結果，提供助人工作者及未來研究者提供參考建議。

關鍵字：成年初期者、求助自我汙名、微笑憂鬱、求助態度

A Study on Self-Stigma of Seeking Help, Smiling Depression, and Help-Seeking Attitudes among Emerging Adulthood

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Abstract

The research aims to investigate the relationships among self-stigma of seeking help, smiling depression, and help-seeking attitudes in emerging adulthood. Data was collected using a questionnaire survey. The research instruments included the Self-Stigma of Seeking Help, Smiling Depression Questionnaire, and Attitudes Toward Seeking Professional Psychological Help Shortened Form. Participants were emerging adulthood from various regions across Taiwan, and a total of 331 valid responses were collected. Statistical analyses conducted included descriptive statistics, independent samples t-tests, one-way ANOVA, Pearson correlation analysis, and multiple stepwise regression. The results are as follows:

1. Emerging Adulthood exhibited moderate to low levels of self-stigma of seeking help and help-seeking attitudes, with a tendency towards moderate levels of smiling depression.
2. Significant differences in self-stigma of seeking help were found only in the educational level variable. Smiling depression showed differences across various background variables. Help-seeking attitudes differed significantly only in the counseling experience variable.
3. There was a moderate positive correlation between self-stigma of seeking help and smiling depression among emerging adulthood. Self-stigma of seeking help was moderately negatively correlated with help-seeking attitudes, while smiling depression showed a low negative correlation with help-seeking attitudes.

4. Self-stigma of seeking help predicted smiling depression among emerging adulthood.
5. Self-stigma of seeking help and smiling depression predicted help-seeking attitudes among emerging adulthood.

Finally, based on the research results, reference suggestions are provided for helping professionals and future researchers.

Keywords: Emerging Adulthood, Self-Stigma of Seeking Help, Smiling Depression, Help-Seeking Attitudes