

成年前期者自我分化、自我價值與親密關係滿意度之相關研究

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中文摘要

本研究旨在了解成年前期者自我分化、自我價值、親密關係滿意度之現況、相關性與預測情形，以問卷調查法收集研究資料，研究工具分別為個人背景資料、自我分化量表、自我價值感量表、親密關係滿意度量表。以台灣本島地區 18~35 歲之成人且正擁有親密關係者(含已婚、未婚)為研究對象，總共回收有效問卷 436 份。以描述性統計、T 檢定、單因子變異數分析、皮爾森積差相關分析與多元迴歸分析等方法進行統計分析，研究結果如下：

1. 成年前期者整體自我分化呈現中等程度、整體自我價值程度偏高和親密關係滿意度偏高。
2. 成年前期男性在自我分化上顯著高於女性自我分化程度、男性比女性較不會出現情緒化反應的情形、男性比女性較不會出現與他人融合的情形、男性比女性有較多堅定的我立場。
3. 已婚者的我立場程度較未婚者高、已婚者的情緒截斷程度較未婚者低。
4. 已婚者在自我價值程度上顯著高於未婚者自我價值。
5. 已婚者之親密關係滿意度均顯著高於未婚者、已婚者之充實感均顯著高於未婚者、已婚者之後悔感均顯著低於未婚者。
6. 教育程度為高中(職)含以下之成年前期者在親密關係中的後悔感較其他教育程度之成年前期者高。
7. 自我分化與自我價值具有顯著中度正相關；自我分化與親密關係滿意度具有顯著低度正相關；自我價值與親密關係滿意度具有顯著低度正相關。
8. 自我分化與自我價值對親密關係滿意度總分可解釋的變異量為 11.3%。

關鍵字：成年前期者、自我分化、自我價值、親密關係滿意度

The Relationship of Self-Differentiation, Self-Worth and Intimacy Satisfaction in Early
Adulthood

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Abstract

This research aims to understand the current situation, correlation and prediction of self-differentiation, self-worth, and satisfaction with intimate relationships in pre-adults. The research data is collected by questionnaire survey. The research tools are personal background information, self-differentiation scale, and self-worth. Feeling Scale, Intimate Relationship Satisfaction Scale. Taking adults aged 18-35 in the main island of Taiwan who are in intimate relationships (including married and unmarried) as the research object, and a total of 436 valid questionnaires were recovered. Statistical analysis is carried out by descriptive analysis, T-test, One-Way ANOVA, Pearson's Product-Moment Correlation and Multiple regression analysis. The research results are as follows:

1. The overall self-differentiation of pre-adults is moderate; the overall self-worth of pre-adults is relatively high; the satisfaction of intimate relationships is relatively high in pre-adults.
2. The self-differentiation degree of males in early adulthood is significantly higher than that of females. Males are less emotional reactivity than females. Males are less fuse with others than females. Males have more I-position degree than females.
3. Married people have more I-position degree than unmarried, and married people are less emotional reactivity than unmarried .
4. The degree of self-worth of married people is significantly higher than that of unmarried people.
5. Married people's intimacy Satisfaction is significantly higher than that of unmarried people, their sense of fulfillment is significantly higher than that of unmarried people, and married people's sense of regret is significantly lower than that of unmarried people.
6. People in Early adulthood with an education level of high school (vocational) or below have a higher sense of regret in intimate relationships than other education levels.
7. Self-differentiation has a significantly moderate positive correlation with self-worth; self-differentiation has a significantly low positive correlation with intimacy satisfaction; self-worth has a significantly low positive correlation with intimacy satisfaction.

8. Self-differentiation and self-worth can explain 11.3% of the variation in the total score of intimacy satisfaction.

Keywords: Early Adulthood, Self-Differentiation, Self-Worth, Intimacy Satisfaction