

成年早期者自我接納、知覺伴侶接納與愛情關係滿意度之相關研究

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中文摘要

本研究旨在探討成年早期者自我接納、知覺伴侶接納與愛情關係滿意度之相關情形。本研究使用問卷調查法以全台 18-35 歲之成年人，並且現在有伴侶或現在沒有伴侶但分手/離婚未滿一年者為研究對象，共回收 591 份有效問卷，研究工具為自我接納量表、知覺伴侶接納量表以及愛情關係滿意度量表。研究結果以描述性統計資料、獨立樣本 t 考驗、單因子變異數分析、Pearson 積差相關以及逐步多元迴歸分析進行統計分析，結果如下：

- 一、成年早期者呈現中等程度的自我接納。
- 二、成年早期者呈現中高程度的知覺伴侶接納。其中知覺伴侶溫暖與喜愛為中高程度、知覺伴侶冷漠與忽視為中低等程度，而知覺伴侶敵意與攻擊以及知覺伴侶無差別拒絕皆為低等程度。
- 三、成年早期者呈現中高程度的愛情關係滿意度。
- 四、不同年齡、婚姻狀態與交往時長之成年早期者，在自我接納上具有顯著差異，不同性別與性傾向者則未出現顯著差異。
- 五、不同性別、性傾向與交往時長之成年早期者，在知覺伴侶接納上具有顯著差異，不同年齡與婚姻狀態者則未出現顯著差異。
- 六、不同婚姻狀態與交往時長之成年早期者，在愛情關係滿意度上具有顯著差異，不同性別、性傾向與年齡者則未出現顯著差異。
- 七、成年早期者之自我接納、知覺伴侶接納與愛情關係滿意度三者之間皆具有顯著正相關。

八、成年早期者的背景變項、自我接納與知覺伴侶接納皆能有效預測其愛情關係滿意度。

最後根據本研究之結果對成年早期者、專業助人者以及後續研究者提出可供參考之建議。

關鍵字：成年早期者、自我接納、知覺伴侶接納、關係滿意度

A Study on the Relationships among Self-Acceptance, Perceived Partner
Acceptance, and Love Relationship Satisfaction in Young Adults

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Abstract

The purpose of this study was to investigate the relationship between self-acceptance, perceived partner acceptance, and love relationship satisfaction among young adults. A questionnaire survey was used to collect data from 591 participants aged 18-35 who were currently in a relationship or had ended a relationship less than a year ago. The research instruments used included the self-acceptance scale, perceived partner acceptance scale, and relationship satisfaction scale. Descriptive statistics, independent samples t-tests, one-way ANOVA, Pearson correlation, and stepwise multiple regression analysis were used for data analysis. The results indicated that:

1. Young adults had a moderate level of self-acceptance.
2. Young adults had a moderate to high level of perceived partner acceptance, with Warmth/Affection being at a moderate to high level, Indifference/Neglect being at a moderate to low level, Hostility/Aggression being at a low level, and Undifferentiated rejection being at a low level.
3. Young adults had a moderate to high level of relationship satisfaction.
4. Young adults with different ages, marital status, and duration of relationships have significant differences in self-acceptance, but there were no significant differences in individuals with different genders and sexual orientations.
5. Young adults with different genders, sexual orientations, and duration of relationships have significant differences in their perception of partner acceptance, but there were no significant differences in individuals with different ages and marital status.

6. Young adults with different marital status and duration of relationships have significant differences in their satisfaction with romantic relationships, but there were no significant differences in individuals with different genders, sexual orientations, and ages.
7. There was a significant positive correlation among self-acceptance, perceived partner acceptance, and love relationship satisfaction.
8. Background variables, self-acceptance, and perceived partner acceptance could effectively predict love relationship satisfaction.

Based on the study findings, recommendations for young adults, professional helping workers, and future researchers are provided.

Keywords: young adults, self-acceptance, perceived partner acceptance, relationship satisfaction.