

# 正負向童年經驗對大學生主觀幸福感之影響——以早期不適應基模為

## 中介變項

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## 摘要

「童年逆境經驗研究」顯示負向童年經驗對個體身心健康具有持續性的負面影響，然而，國內較少有研究針對成人的多種童年經驗進行調查並探討其影響。因此，本研究以大學生為研究對象，旨在了解大學生經歷正負向童年經驗之情形，並探討正負向童年經驗對其主觀幸福感之影響，以及早期不適應基模之中介效果與正向童年經驗之調節效果。本研究採用問卷調查法，以 110 學年度具有學籍之大學生為研究對象，透過便利取樣取得 476 位有效樣本，其中多數為女性（84.9%）與日間部學生（96.2%），使用「童年逆境經驗問卷」、「正向童年經驗問卷」、「中文版 Young's 基模量表—短版第三修訂版」以及「簡式主觀幸福感量表」作為研究工具，並以描述性統計、階層迴歸分析與調節中介效果分析進行資料分析。研究結果顯示：（一）整體而言，大學生負向童年經驗分數不高，而正向童年經驗分數接近中間值。（二）單獨考慮正負向童年經驗的情況下，兩者對主觀幸福感皆具有顯著影響力；然而，若同時考量兩者，負向童年經驗對主觀幸福感的影響力變得不顯著。（三）早期不適應基模在負向童年經驗與主觀幸福感之間的中介效果顯著，主要透過「失連結與拒絕」之基模領域來中介。（四）正向童年經驗在負向童年經驗、早期不適應基模與主觀幸福感之間的調節效果不顯著。根據研究結果，針對實務工作與未來研究提出建議，在實務工作方面，協助大學生探索負向童年經驗的影響及早期介入有其重要性，另外，未來研究可致力於發展本土化之研究工具並以質性研究進行深入探討。

關鍵字：負向童年經驗、正向童年經驗、早期不適應基模、主觀幸福感

Effects of Positive and Negative Childhood Experiences on Subjective  
Well-Being in College Students—Early Maladaptive Schemas as  
Mediator

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ABSTRACT

The Adverse Childhood Experiences Study has demonstrated the lasting effects of negative childhood experiences on physical and mental health, yet few domestic studies have explored the impact of multiple childhood experiences on adults. This study aims to investigate the positive and negative childhood experiences of college students and their influence on subjective well-being, as well as the mediating effect of early maladaptive schemas and the moderating effect of positive childhood experiences. The study focused on college students in the 110th academic year, and 476 valid samples were obtained through convenience sampling, with a majority of women (84.9%) and day students (96.2%). The "Adverse Childhood Experience Questionnaire," "Positive Childhood Experience Questionnaire," "Chinese Version of Young Schema Questionnaire - Short Form 3," and "Short Subjective Well-Being Scale" were used as research tools. Data analysis included descriptive statistics, hierarchical regression analysis, and mediation effect analysis. The findings indicate that (1) the negative childhood experience scores of college students are generally low, while the positive childhood experience scores are near the median value; (2) when considering positive and negative childhood experiences separately, both have a significant impact on subjective well-being; however, the influence of negative childhood experiences becomes insignificant when both are considered at the same time; (3) early maladaptive schemas plays a significant mediating role between

negative childhood experience and subjective well-being, mainly in the schema domain of "Disconnection and Rejection"; and (4) the moderating effect of positive childhood experience on negative childhood experience, early maladaptive schemas and subjective well-being is not significant. The study suggests the importance of helping college students explore the impact of negative childhood experiences and early intervention in practical work. Additionally, future research can focus on the development of localized research tools and in-depth qualitative research.

Keywords: adverse childhood experiences, positive childhood experiences, early maladaptive schemas, subjective well-being