

育有國小子女父母親職效能、親職壓力與婚姻幸福感之相關研究

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摘要

本研究之目的為了解育有國小子女父母親職效能、親職壓力與婚姻幸福感的關係。研究採問卷調查法，研究對象為子女是就讀臺南市國民小學者，回收有效樣本為 272 人。以「個人基本資料」、「親職效能感量表」、「親職壓力量表」、「婚姻幸福量表」為研究工具。所得資料所使用分析方法包含：描述性統計、獨立樣本 t 檢定、單因子變異數、Pearson 積差相關、逐步多元迴歸，研究結果如下：

- 一、育有國小子女父母親職效能為中等程度、親職壓力為中下而婚姻幸福感為中上程度。
- 二、育有國小子女父母之親職壓力會因家長性別不同，部分存在差異。
- 三、育有國小子女父母之親職壓力會因家庭平均月收入不同，部分存在差異。
- 四、育有國小子女父母之婚姻幸福感因家庭平均月收入不同而有顯著差異。
- 五、育有國小子女父母親職效能與親職壓力呈現顯著中度負相關。
- 六、育有國小子女父母親職效能與婚姻幸福感呈現顯著低度正相關。
- 七、育有國小子女父母親職壓力與婚姻幸福感呈現顯著中度負相關。
- 八、育有國小子女父母親職效能、親職壓力對婚姻幸福感具有預測力。

關鍵字：育有國小子女父母、親職效能、親職壓力、婚姻幸福感

A study of the relationship among Parental Efficacy, Parenting Stress and Marital Happiness of Parents with Elementary School Children

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Abstract

The purpose of this study is to understand the A study of the relationship among Parental Efficacy, Parenting Stress and Marital Happiness of Parents with Elementary School Children. The research adopts the questionnaire survey method, and the research object is Parents with Elementary School Children, and 272 valid samples are recovered. Using "basic personal information", "Parental Efficacy Scale", Parenting Stress Scale " and "Marital Happiness Scale" as research tools. The analysis methods used for the obtained data include descriptive statistics, independent sample t test, ANOVA, Pearson product-moment correlation, and multiple stepwise regression analysis. The research results are as follows:

1. Parents with Elementary School Children have a medium level of parental efficacy, a low-middle level of parenting stress, and an upper-middle level of marital happiness
2. The parental pressure of Parents with Elementary School Children will vary according to the gender of the parents, produce partial differences
3. The parenting stress of parents with elementary school children will vary according to the average monthly income of the family, produce partial differences

4. The marital happiness of parents with elementary school children is significantly different according to the average monthly income of the family
5. There is a significant moderate negative correlation between parental efficacy and parenting stress of parents with elementary school children
6. There is a significantly low positive correlation between parental efficacy and marital happiness of parents with elementary school children
7. There is a significant moderate negative correlation between parenting stress and marital happiness of parents with elementary school children
8. Parental efficacy and parenting stress of parents with elementary school children are predictive of marital happiness

Keywords: Parents with elementary school children 、 Parental Efficacy 、 Parenting Stress 、 Marital Happiness