

青少年依附關係與心盛之相關研究

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摘

要

本研究主要在探討青少年依附關係與心盛的現況，了解在不同背景變項之下，依附關係與心盛的差異情形，並進一步分析依附關係與心盛之相關情形。本研究採用問卷調查法，以全國 460 位青少年為研究對象，研究工具包含「關係結構問卷中文版」與「心盛量表」，資料結果以描述性統計、t 考驗、單因子變異數分析、皮爾森積差相關，研究結果如下：

- 一、青少年依附關係中，「父親依附逃避」為「中等」程度，其餘分層面：母親依附逃避、母親依附焦慮、父親依附焦慮、朋友依附逃避與朋友依附焦慮，均為中低程度。
- 二、青少年心盛整體層面為中高程度；就分層面而言，「正向情緒」、「正向關係」、「生命意義」、「自我實現/成就感」屬於中高程度，而「全心投入」則為中等程度。
- 三、青少年依附關係中，女生在「父親依附逃避」與「朋友依附焦慮」層面高於男生，男生在「朋友依附逃避」層面高於女生；九年級生在「母親依附逃避」與「父親依附逃避」層面高於七年級生。
- 四、就青少年整體心盛與分層面而言，男生於「整體心盛」及「正向情緒」、「自我實現/成就感」分層面高於女生，而在「正向關係」、「全心全意」、「生命意義」分層面，在性別上無明顯差異；各年級於整體心盛及其各分層面皆無明顯差異。
- 五、「母親依附逃避」和「父親依附逃避」與「整體心盛」呈現顯著中度負相關，「母親依附逃避」和「父親依附逃避」與「正向情緒」、「正向關係」、「生命意義」、「自我實現/成就感」之心盛分層面皆呈現顯著中度負相關。
- 六、青少年依附關係中的「母親依附逃避」、「父親依附逃避」、「朋友依附逃避」三分層面對整體心盛有預測力。

關鍵字：青少年、依附關係、心盛

A study of the Relationship between Attachments and Flourishing in Adolescents

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ABSTRACT

This study primarily investigates the current status of adolescent attachment relationships and flourishing, examining the differences in attachment relationships and flourishing across various demographic variables, and further analyzes the correlation between attachment relationships and flourishing. The research employed a questionnaire survey method, targeting 460 adolescents nationwide. The research instruments included the "Chinese version of the Relationship Structures Questionnaire" and the "Flourishing Scale." Data were analyzed using descriptive statistics, t-tests, one-way ANOVA, and Pearson product-moment correlation. The research findings are as follows:

1. In terms of adolescent attachment relationships, "father attachment avoidance" is at a "moderate" level, while other dimensions are at low to moderate levels.
2. The overall level of adolescent flourishing is moderately high. In terms of sub-dimensions, "positive emotion," "positive relationships," "meaning in life," and "self-actualization/achievement" are at moderately high levels, while "engagement" is at a moderate level.
3. In terms of adolescent attachment relationships, females score higher than males in "father attachment avoidance" and "friend attachment anxiety," while males score higher in "friend attachment avoidance." Ninth graders score higher than seventh graders in "mother attachment avoidance" and "father attachment avoidance."
4. Regarding overall flourishing and its sub-dimensions, males score higher than females in "overall flourishing" and the dimensions of "positive emotions" and "self-realization/accomplishment." However, there are no significant gender differences in the sub-dimensions of "positive relationships," "engagement," and "meaning in life." There

- are no significant differences across grades in overall flourishing and its sub-dimensions.
5. "Mother attachment avoidance" and "father attachment avoidance" showed a significant moderate negative correlation with "overall flourishing." These dimensions also exhibit a significant moderate negative correlation with the sub-dimensions of "positive emotion," "positive relationships," "meaning in life," and "self-actualization/achievement."
 6. The avoidance dimensions in adolescent attachment relationships have predictive power for overall flourishing.

Keywords: adolescent, attachments, flourishing