

青少年幸福感與飲食態度之相關研究

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摘要

本研究之目的在探討高中生之幸福感與飲食態度之相關性，本研究以全國北、中、南、東四個地區高一至高三的學生為研究對象進行問卷調查，共回收683份有效樣本。研究工具包含「個人基本資料」、「幸福感量表」、「飲食態度量表」。問卷資料以描述性統計、t考驗、單因子變異數分析、皮爾森積差相關進行統計分析，研究結果如下：

- 一、高中生整體幸福感為中高程度。
- 二、高中生整體飲食異常情況為中低程度。
- 三、不同性別、不同年級之高中生在幸福感並無顯著差異。
- 四、不同性別之高中生在整體的飲食態度量表並無顯著差異，但節食、暴食及食物偏見分量表，女生高於男生。
- 五、不同年級之高中生整體的飲食態度量表及各分量表皆無顯著差異。
- 六、幸福感與整體的飲食態度、節食、暴食及食物偏見分量表呈現負相關。

關鍵詞：幸福感、飲食態度

Relationships between the Well-being and Eating attitude of high school Students

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Abstract

The purpose of this study was to explore the relevance among well-being and eating attitude of high school students. The research conducted questionnaires survey among grades 10-12 high school students in four regions: North, Central, South, and East across the country, 683 valid responses were collected in this research. The research tools include "Personal Demographic Information," "Well-being Scale," and "Eating Attitude Scale." The questionnaire data were analyzed using descriptive statistics, t-tests, one-way ANOVA, Pearson correlations and linear regression analysis. The results are as below:

1. High school students experience well-being of high level.
2. High school students of eating attitude are low level.
3. There is no significant difference in well-beings among high school students of different genders and grades.
4. There is no significant difference in eating attitude among high school students of different genders. However, in the subscales of dieting, binge eating, and food preoccupation, females score higher than males.
5. There is no significant difference in the overall eating attitudes scale or its individual subscales among high school students of different grades.
6. There is a negative correlation between well-being and the overall eating attitudes scale, as well as the subscales for dieting, binge eating, and food preoccupation.

Keywords: Well-being, Eating attitude