青少年身體意象憂鬱情緒與幸福感之相關研究

學生：陳恩憫　　　　　　　　　　　　指導教授：李岳庭 博士

國立台南大學諮商與輔導學系碩士班

摘要

本研究旨在探討青少年身體意象、幸福感與憂鬱情緒之相關性，使用網路問卷調查法，研究參與者為 498 位 12-18 歲之青少年，研究工具為「基本資料表」、「青少年二維身體意象量表」、「青少年憂鬱情緒自我檢視表」、「中國人幸福感量表-極短版」，所蒐集到的數據以描述性統計、獨立樣本 T 檢定、單因子變異數分析、皮爾森基差相關、多元迴歸進行資料分析，研究結果陳述如下：

一、青少年身體意象、幸福感和憂鬱情緒均為中等程度

二、青少年的身體意象在生理性別上不具有差異性；在年齡上具差異性

三、青少年的憂鬱情緒在生理性別上不具有差異性；在年齡上具有差異性

四、青少年的幸福感在生理性別上不具有差異性；在年齡上具有差異性

五、青少年的身體意象和幸福感具有低度正相關

六、青少年的身體意象和憂鬱情緒具有低度負相關

七、青少年的身體意象和憂鬱情緒具有中度負相關

八、青少年的身體意象可以預測幸福感

九、青少年的幸福感可以預測憂鬱情緒

十、青少年的身體意象可以預測憂鬱情緒

十一、青少年幸福感對於身體意象和憂鬱情緒具有部分中介效果

根據以上研究結果，本研究提出具體建議提供予未來研究者以及中學教育人員參考。

關鍵字：身體意象、幸福感、憂鬱情緒、青少年

A Study of the Relationship among Body Image, Depression and Well-being of Adolescents.

Student : En-Min Chen   **Advisor : Yueh-Ting Lee**

Master's Program of Department of Counseling and Guidance, National University of Tainan

Abstract

The present study was designed to examine the relationship among body image, depression and well-being of Adolescents . The participants of this study are 498 teenagers. The instruments used in this research included Basic Information, Dualistic Body Image Scale for Adolescence, Adolescent Depression Self-Examination Scale, Ultrashort Chinese Happiness Inventory. The collected data were analyzed by descriptive statistics, independent sample t-test, one-way ANOVA, Pearson product-moment correlation coefficient and multiple stepwise regression analysis. The results are as follows:

1. Body-image, depression and well-being among adolescents are all at a moderate level.

2. There is no significant difference in body-image amongadolescents of different genders；There is no significant difference in body-image among adolescents of different ages.

3. There is no significant difference in depression among adolescents of different genders；There is significant difference in depression among adolescents of different ages.

4. There is no significant difference in well-being among adolescents of different genders；There is significant difference in well-being among adolescents of different ages.

5. There is a significant positive correlation between body-image and well-being of adolescents .

6. There is a significant negative correlation between body-image and depression of adolescents

7. There is a significant negative correlation between well-being and depression of adolescents

8. Body-image of adolescents can significantly predict their well-being.

9. The well-being of adolescents can significantly predict their depression.

10. Body-image of adolescents can significantly predict their depression.

11. well-being has the mediating effect between body-image and depression .

Keywords：body image、 depression、well-being、Adolescents