

青少年的父母管教、認同與情緒適應之研究

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摘要

本研究旨在探討青少年的父母管教、認同與情緒適應之研究，並分析青少年的父母管教對情緒適應是否受到認同之中介。本研究採用問卷調查法，以台灣中部六縣市 518位國小五年級至國中三年級學生為研究對象。研究工具包括父母管教量表、認同量表、情緒適應量表，以皮爾遜積差相關、簡單線性迴歸及階層迴歸分析進行考驗。研究結果顯示：(1)青少年的父母管教與其認同呈現顯著相關；青少年的父母管教與其情緒適應呈現顯著相關；青少年的認同與其情緒適應呈現顯著相關；(2)青少年的父母管教可顯著預測其認同；(3)青少年的父母管教可顯著預測其情緒適應；(4)青少年的認同可顯著預測其情緒適應；(5)青少年的父母管教與情緒適應關係受到其認同的中介。本研究根據研究結果進行討論，並提出未來研究上之建議。

關鍵詞：父母管教、認同、情緒適應

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