

青少年社會支持、自我效能與生活滿意度之研究

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摘要

本研究在探討青少年社會支持、自我效能與生活滿意度的關係，並分析青少年的自我效能與生活滿意度之間是否有中介效果。本研究採用調查研究法，以分層隨機取樣的方式，抽取中部六縣市，包括苗栗縣、台中市、台中縣、彰化縣、南投縣和雲林縣，國小五、六年級和國中一、二、三年級學生共588位為研究對象。研究工具包括社會支持量表、自我效能量表及生活滿意度量表。並以描述性統計、皮爾森積差相關、簡單線性迴歸與多元迴歸分析方法進行考驗。研究結果如下：一、青少年的社會支持、自我效能和生活滿意度呈現顯著正相關。二、青少年的社會支持對其自我效能具顯著預測力。三、青少年的社會支持對其生活滿意度具顯著預測力。四、青少年的自我效能對其生活滿意度具顯著預測力。五、青少年的自我效能與生活滿意度之間具有中介效果。根據以上結果，本研究對父母、老師、相關教育單位及未來研究者提出建議以供參考。

關鍵詞：社會支持、自我效能、生活滿意度

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