

# 青少年的父母管教、自我效能與生活滿意度之研究

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## 摘要

本研究旨在探討青少年的父母管教、自我效能與生活滿意度之研究，並分析青少年的父母管教對生活滿意度是否受到自我效能之中介。本研究採用問卷調查法，以台灣中部六縣市483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力量表、自我效能量表及生活滿意度量表，以皮爾遜積差相關、多元迴歸分析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自我效能有顯著相關；青少年的父母管教與其生活滿意度有顯著相關；青少年的自我效能與其生活滿意度有顯著相關；(2)青少年的父母管教可顯著預測其自我效能；(3)青少年的父母管教可顯著預測其生活滿意度；(4)青少年的自我效能可顯著預測其生活滿意度(5)青少年的父母管教與生活滿意度關係受到其自我效能的中介。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、自我效能、生活滿意度

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