

# 青少年依附、情緒調節與問題行為之研究 = The relations among attachment, emotion regulation and problem behavior in adoles

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## 摘要

本研究旨在探討青少年依附、情緒調節與問題行為之研究，並分析青少年的父母依附對問題行為之效果是否受到情緒調節之中介。本研究採問卷調查法，以中部地區948位（男生499人，女生449人）國小五、六年級及國中一、二年級學生為研究對象，研究工具包含青少年父母依附量表、情緒調節量表、問題行為量表，以描述性統計、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：一、青少年父母依附與其情緒調節有顯著相關；父母依附與問題行為有顯著相關；青少年的情緒調節與其問題行為有顯著相關。二、青少年的父母依附可顯著預測其情緒調節。三、青少年的父母依附可顯著預測問題行為。四、青少年情緒調節可顯著預測問題行為。五、青少年父母依附與問題行為受到其情緒調節的中介。本研究最後根據研究結果進行討論，並提出學生輔導及未來研究之參考。

關鍵詞：青少年、依附、情緒調節、問題行為

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