

The relations among attachment, emotion regulation and problem behavior in adolescence /  
莊惇安 撰 .- 彰化縣大村鄉

莊惇安、謝智玲

E-mail: 354760@mail.dyu.edu.tw

ABSTRACT

The purpose of this study was to explore the relations among attachment (trust, communication, alienation), emotion regulation (reappraisal, suppression) and problem behavior ( internalizing, externalizing ) in adolescence. The second purpose of the study was to examine that if the relations between attachment and problem behavior were mediated by the emotion regulation in adolescence. There were nine hundred forty-eight (499 boys and 449 girls) fifth to eighth-grade students in Elementary and Junior High School. Materials were used including (a) Inventory of Parent and Peer Attachment, (b) Emotion Regulation Questionnaire (c) the Internalizing and Externalizing subscales of the Social Skills Improvement System -Student Form. The reliability and validity for the instruments of IPPA, ERQ and SSIS-S was checked and satisfactory. The data collected were analyzed by descriptive statistics, Pearson product-moment correlation, hierarchical regression analysis. The research results were summarized as follows: 1. The attachment, emotion regulation, and problem behavior were associated . 2. Attachment could positively predict both emotion regulation and problem behavior; emotion regulation could positively predict problem behavior in adolescence. 3. Emotion regulation could be a mediator between attachment and problem behavior.

Keywords : Attachment、Emotion Regulation、Problem Behavior

Table of Contents

目錄 封面內頁 簽名頁 中文摘要.....	iii	英文摘要.....	iii
.....iv 誌謝辭.....	iv	.....v	v
內容目錄.....	vi	圖目錄.....	vi
.....viii 表目錄.....	viii	.....x	x
第一章 緒論			
第一節 研究動機.....	1	第二節 研究目的.....	1
.....3	3	第三節 研究問題.....	3
.....4	4	第四節 研究假設.....	4
.....5	5	第五節 名詞釋義.....	5
.....7	7	第六章 文獻探討	7
.....17	17	第一節 依附之內涵.....	12
.....24	24	第二節 情緒調節之內涵.....	17
.....26	26	第三節 問題行為之內涵.....	20
.....52	52	第七章 研究方法	24
.....53	53	第一節 研究設計.....	24
.....55	55	第二節 研究對象.....	26
.....58	58	第三節 研究工具.....	28
.....62	62	第四節 實施程序.....	52
.....75	75	第五節 資料處理與分析.....	53
.....80	80	第八章 研究結果	55
.....85	85	第一節 調查樣本之結構分析.....	56
.....92	92	第二節 描述性統計分析.....	58
.....95	95	第三節 依附、情緒調節與問題行為之相關情形.....	62
		第四節 依附、情緒調節與問題行為之預測情形.....	67
		第五節 依附、情緒調節與問題行為之中介情形.....	75
		第九章 討論、結論與建議	80
		第一節 討論與結論.....	80
		第二節 建議.....	82
		參考文獻 中文部分.....	85
		.....85	85
		英文部分.....	92
		.....92	92
		附錄一 依附問卷.....	94
		.....94	94
		附錄二 情緒調節問卷.....	95
		.....95	95
		附錄三 問題行為問卷.....	95
		.....95	95

REFERENCES

參考文獻 一、中文部分 王玉梅 (2002)。高職生家庭功能、依附風格與憂鬱情緒之相關性研究(未出版之碩士論文)。慈濟大學，花蓮。  
王南詔(2001)。兒童之衝動性格與偏差行為之發展 - 質化的探討(未出版之碩士論文)。國立屏東教育大學，屏東。王春展(2004)。台灣地區大學生情緒智慧、憂鬱傾向與情緒調整策略之研究。嘉南學報，30，443-460。王淑卿 (2006)。青少年憂鬱、依附型態與負向情緒調節能力之相關研究(未出版之碩士論文)。國立花蓮教育大學，花蓮。王碧朗 (2001)。依附理論 - 探索人類情感的發展。教育研究

資訊, 9 (3), 68-85。江文慈 (1999)。情緒調整的發展軌跡與模式建構之研究(未出版之博士論文)。國立臺灣師範大學, 台北。何東輝(2003)。行為異常與情緒障礙者之教育。新特殊教育通論。臺北:五南圖書出版公司。吳明隆、塗金堂 (2008)。SPSS與統計應用分析。臺北市:五南。吳齊殷(2000)。家庭結構、教養實施與青少年的行為問題。《台灣社會學研究》, 4:51-95。李德治、童惠玲(2009)。多變量分析:專題及論文常用的統計方法。臺北:雙葉書廊。林心怡(2000)。兒童違犯行為、衝動性格與認知管制功能之相關研究(未出版之碩士論文)。國立屏東教育大學, 屏東。林清山(1992)。心理與教育統計學。台北市:東華書局 侯崇文(2001)。家庭結構、家庭關係與青少年偏差行為探討。青少年問題及防治117對策 - 應用心理研究, 25-43。臺北:五南出版公司。施顯焯 (1995)。嚴重行為問題處理。台北:五南。孫育智 (2003)。青少年的依附品質、情緒智力與適應之關係(未出版之碩士論文)。國立中山大學, 高雄。張春興 (1989)。張氏心理學辭典。臺北, 東華。張春興 (1999)。教育心理學。臺北, 東華。張春興(2007)。教育心理學, 三化取向的理論與實踐(修訂二版)。臺北:東華。曹慧、關梅林、張建新(2007)。青少年暴力犯的情緒調節方式。中國臨床心理學雜誌, 15(5), 539-542。陳金定、劉焜輝(2003)。青少年依附行為與情緒調節能力之因果模式初探。教育心理學報, 35(1), 39-58。陳佩君(2008)。青少年依附關係、自我認同、獨處能力與情緒調節之關係(未出版之碩士論文)。國立台北教育大學, 台北。陳龍弘、盧俊宏、陳淑珠(2005)。情緒調節(mood regulation)的概念與策略。諮商與輔導, 235, 13-15。黃惠玲(1993)。發展臺灣地區的多軸兒童行為衡鑑評量表。臺北:行政院國家科學委員會研究計畫。黃德祥(2002)。青少年發展與輔導。臺北:五南圖書出版公司。楊坤堂(2000)。情緒障礙與行為異常。臺北:五南圖書出版。蔡榮凱(2010)。青少年父母管教、情緒調節與學業成就之研究(未出版之碩士論文)。大葉大學:彰化縣。賴佳伶 (2002)。青少年親子依附關係及情緒因應方式、情緒因應能力之關係研究(未出版之碩士論文)。臺中教育大學, 台中。蘇建文、程小危、柯華葳 (1991)。發展心理學。臺北:心理出版社。二、英文部分 Achenbach, T. M., & Rescorla, L. A. (2001). Manual for the ASEBA School Age Forms and Profiles. Burlington, VT: University of Vermont, Research Centre for Children, Youth and Families. Ainsworth, M. D. S. (1989). Attachment beyond infancy. American Psychologist, 44, 709-716. Ainsworth, M. D. S., Blehar, M. C., Waters, E., & Wall, S. (1978). Patterns of attachment: A study of the strange situation. Hillsdale, NJ: Lawrence Erlbaum. Amstadter, A.(2008). Emotion regulation and anxiety disorders. Journal of Anxiety Disorders, 22(2), 211-221 Armsden, G. C. & Greenberg, M. T. (1987). The inventory of parent and peer attachment: Individual differences and their relationship to psychological well-being in adolescence. Journal of Youth and Adolescence, 16, 427-453. Barnes, G. M., & Farrell, M. E (1995). Parental support and control as predictors of adolescent drinking, delinquency, and related problem behaviors. In D. H. Demo & A. Ambert (Eds.), Parents and adolescents in changing families (pp. 255-266). Minneapolis, MN: National Council on Family Relations. Bashe, A. G. (2000). Association of attachment security with emotion regulation and depressive symptoms. Unpublished doctoral dissertation, State University of New York, Stony Brook. Biesecker, G. (2001). Attachment to parents and peers and emotion regulation in middle adolescence. Unpublished dissertation, Tufts University. Bowlby, J. (1969). Attachment and Loss :Vol.1, Attachment(2nd ed). New York: Basic. Bowlby, J. (1973). Attachment and Loss :Vol.2, Separation, anxiety, and anger. New York: Basic. Bowlby, J. (1979). The making and breaking of affectional bonds. London: Tavistock. Bowlby, J. (1980). Attachment and Loss :Vol.3, Loss, sadness and depression. New York: Basic. Bowlby, J. (1982). Attachment and loss: Retrospect and prospect. American Journal of Orthopsychiatry, 52(4), 664-678. Bowlby, J. (1988). A secure base: Parent-child attachment and healthy human development. New York: Basic Books. Bretherton, I. (1985). Attachment theory: Retrospect and prospect. Monographs of the Society for Research in Child Development, 50(1-2), 3-35. Bretherton, I. (1990). Open communication and internal working models: Their role in the development of attachment relationships. In R. A. Thompson (Ed.), Nebraska Symposium on Motivation, 1988: Socioemotional development (pp. 57-113). Lincoln, NE: University of Nebraska Press. Collins, N. L., & Read, S. J. (1990). Adult attachment, working models, and relationship quality in dating couples. Journal of Personality and Social Psychology, 58(4), pp. 644-663. Daniel Goleman (1995). Emotional Intelligence. New York: Brockman Inc. Darling, N., & Steinberg, L. (1993). Parenting style as context: An integrative model. Child Development, 113, 487-496. Demo, D. H. (1992). Parent-child relations : Assessing recent changes. Journal of Marriage and the Family. 54, 104-117. Dimod, L. M., & Aspinwall, L. G. (2003). Emotion regulation across the life span: An integrative perspective emphasizing self-regulation positive affect, and dyadic processes. Motivation and Emotion, 27 (2), 125-155. Dishion, T. J., & Patterson, G. R. (2006). The development and ecology of antisocial behavior in children and adolescents. Developmental psychopathology, 2 (3). New York: John Wiley & Sons. Elicker, J., Egeland, M., & Sroufe, L. A. (1992). Predicting peer competence in childhood from early parent-child relationships. In R. Parke & G. W. Ladd (Eds.), Family and peer relationships: Modes of linkage. Hillsdale, N. J.: Erlbaum. Engels, R. C. M. E., Finkenauer, C., Meeus, W., & Dekovic, M. (2001). Parental attachment and adolescents' emotional adjustment: The associations with social skills and relational competence. Journal of Counseling Psychology, 48, 428-439. Galinsky, E. (1986). The six stages of parenthood. New York: Addison-Wesley. Gresham, F.M., & Elliott, S.N. (2008). Social Skills Improvement System - Rating Scales. Bloomington, MN: Pearson Assessments. Gross, J. J.(2001). Emotion regulation in adulthood: Timing is everything. Current Directions in Psychological Science, 10 (6), 214-219. Gross, J. J., & John, O. P. (2003). Individual differences in two emotion regulation processes: Implications for affect, relationships, and well-being. Journal of Personality and Social Psychology, 85 (2), 348 – 362. Gross, J. J., & Thompson, R. (2007). Emotion regulation: Conceptual foundation. In J. J. Gross (Ed), Handbook of emotion regulation (pp. 3-24). New York: Guilford Press. Gumora, G., & Arsenio, W. F. (2002). Emotionality, emotion regulation, and school performance in middle school children. Journal of School Psychology, 40(5), 395-413. Hamilton, C. E. (2000). Continuity and discontinuity of attachment from infancy through adolescence. Child development, 71, 690-694. Hinde, R. A. (1982). Attachment: Some conceptual and biological issues. In C. M. Parkes, and J. Stevenson-Hinde,(Eds.), The Place of Attachment in Human Behavior. New York : Basic Books. Hiramura, H., U., M., Shikai, N., Chen, Z., Matsuoka, N., & Kitamura, T. (2010). Psychiatry research, 175(1-2), 142-7. Hirschi, T. (1969). Causes of Delinquency. Los Angeles: University of California Press. Jessor, R., & Jessor, S.L.(1977). Problem behavior and psychosocial development: A longitudinal study of youth. New

York: Academic Press. Kobak, R. R., & Sceery, A. (1988). Attachment in late adolescence: Working models, affect regulation, and representations of self and others. *Child Development*, 59, 135-146. Magai, C., & McFadden, S. H. (1995). The role of emotions in social and personality development: History, theory, and research. New York, NY, US: Plenum. Paterson, R. J., & Moran, G. (1988). Attachment theory, personality development, and their infants. *Child Development*, 67, 541-555. Peterson, C., & Park, N. (2007). Explanatory style and emotion regulation. In J. J. Gross (Ed.), *Handbook of Emotion regulation*. (pp.159-179). New York: Guilford Press. *Psychotherapy. Clinical Psychology Review*, 8, 611-636. Reitz, E., Dekovic, M., & Meijer, A. M. (2005). The structure and stability of externalising and internalising problem behavior during early adolescence. *Journal of Youth and Adolescence*, 34, 577 – 588. Roberts, R. E. L., & Bengtson, V. L. (1996). Affective ties to parents in early adulthood and self-esteem across 20 years. *Social Psychology Quarterly*, 59 (1), 96-106. Saarni, C. (1997). Emotional competence and self-regulation in childhood. In P. Salovey, & D. Sluyter (Eds.), *Emotional development and emotional intelligence: Implication foreducators* (pp. 35-66). New York: Basic Books. Steele, H., Steele, M., & Fonagy, P. (1996). Associations among attachment classifications of mothers, fathers, and their infants. *Child Development*, 67, 541-555. Steinberg, L., & Morris, A. S. (2001). Adolescent development. *Annual Review Psychology*, 52, 83 – 110. Supplee, L. H., Shaw, D. S., Hailstones, K., & Hartman, K. (2004). Family and child influences on early academic and emotion regulatory behaviors. *Journal of School Psychology*, 42, 221-242. Tam, K. K., Chan, Y. C., & Wong, C. M. (1994). Validation of the parenting stress index among Chinese mothers in Hong Kong. *Journal of Community Psychology*, 22(3), 211-223. Thompson, R. A. (1994). Emotion regulation: A theme in search of definition. In N. A. Fox (Ed.), *The development of emotion regulation and dysregulation: Biological and behavioral aspects*. Monographs of the Society for Research in Child Development, 59 (2-3), 25-52 (Serial no. 240). Thompson, R. A. (1991). Emotional regulation and emotional development. *Educational Psychology Review*, 3(4), 269-307. (1), 75-91. Underwood, M. K. (1997). Top ten Pressing questions about the development of emotion regulation. *Motivation and Emotion*, 21(1), 127-146. White, F. A. (2000). Relationship of family socialization processes to adolescent moral thought. *Journal of Social Psychology*, 140(Bartle-Haring, S. & Sabatelli, R. M. (1997). Emotional reactivity toward parents and interpersonal competence: Differences across gender and type of relationship. *Journal of Youth and Adolescence*, 26, 4, 399-413. Zimmer-Gembeck, M. J., & Locke, E. M. (2007). The socialization of adolescent coping behaviours: Relationships with families and teachers. *Journal of Adolescence*, 30, 1 – 16. Zimmermann, P., & Becker-Stoll, F. (2002). Stability of attachment representations during adolescence: The influence of ego-identity status. *Journal of Adolescence*, 25, 107-124.