

青少年情緒調節與問題行為之關係 = The relations between emotion regulation and problem behavior in adolescence

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摘要

論文提要內容：本研究目的在探討青少年在性別、年級、不同家庭型態的情緒調節與問題行為的差異，並分析青少年情緒調節與問題行為之相關。採問卷調查法，以中部地區苗栗縣、台中市、彰化縣、南投縣等，409位國中小五～八年級之學生為施測對象，研究工具包含青少年情緒調節量表及問題行為量表，再篩選出單親家庭學生及等量之相似背景的一般家庭學生為研究樣本，以描述性統計、獨立樣本t檢定、變異數分析、皮爾遜積差相關及簡單線性迴歸分析。研究結果顯示：(1) 青少年的情緒調節與問題行為有部分相關。(2) 青少年的情緒調節與問題行為部分有顯著差異。(3) 青少年情緒調節能正向預測問題行為。最後，本研究根據研究結果進行討論，並提出未來研究之建議。

關鍵詞：青少年、情緒調節、問題行為

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