

# 社交技巧方案對同儕關係與欺凌行為之研究 = The effect of social skill project on peer relationship and bullying behavior

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## 摘要

本研究的目的是在於設計一套適用於國小五年級兒童之「社交技巧方案」，並探討其對於國小五年級兒童在同儕關係與欺凌行為的影響，以作為國小實施欺凌課程之教師，實施課程及研究之參考。本研究採準實驗研究法，研究對象為五年級學生，以方便取樣選取二個班共58位學生，其中一班為實驗組，另一班為對照組。實驗組接受為期8週，共16節課的社交技巧方案課程教學；控制組則未接受實驗處理。二組在實驗處理前、後，分別實施前測、後測及延宕測驗，以瞭解實驗處理之差異。研究工具包括「同儕關係量表」及「欺凌行為量表」，所得資料採用次數分配表、共變數分析、獨立樣本t考驗等統計方法考驗各項研究假設，研究者並自行檢討課程實施過程，以瞭解本研究方案實施之優缺點及效果。主要發現如下：一、接受「社交技巧方案」的學生在同儕關係「交談程度」、「互動程度」表現優於對照組學生。二、接受「社交技巧方案」的學生在同儕關係「親密程度」表現和對照組學生無顯著差異。三、接受「社交技巧方案」的學生在同儕關係「交談程度」、「互動程度」之保留效果優於對照組。四、接受「社交技巧方案」的學生在欺凌行為「主動欺凌」、「煽動欺凌」、「協助欺凌」、「保護受害」、「局外」及「受害」表現和對照組學生有顯著改善差異。五、接受「社交技巧方案」的學生在欺凌行為「主動欺凌」、「煽動欺凌」、「協助欺凌」、「保護受害」、「局外」及「受害」之保留效果優於對照組。六、學生對「社交技巧方案」給予正面肯定。

關鍵詞：社交技巧、同儕關係、欺凌行為

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