

# The Relations among Parenting Style, Attachment, and Depression in Adolescence

施瑞傑、謝智玲

E-mail: 386701@mail.dyu.edu.tw

## ABSTRACT

The first purpose of this study was to examine the relations among parenting style, attachment and depression. The second purpose of this study was to examine how the parenting style and attachment predicted depression. Four hundred six students participated in this study. A self-report measure perception of parenting style, attachment, and depression was administered. The descriptive statistic, Pearson correlations, and multiple regression were conducted to test each research question. Results: 1. Parenting style, attachment, and depression were associated. 2. Parenting style and attachment could be used to predict depression.

Keywords : Parenting Style、 Attachment、 Depression

## Table of Contents

內容目錄 標題頁 審核頁 中文摘要.....	iii	英文摘要.....	iii
.....iv 誌謝辭.....	iv	.....v 內容目錄.....	v
.....vi 表目錄.....	vi	.....viii 圖目錄.....	viii
.....ix 第一章 緒論.....	ix	.....1 第一節 研究動機.....	1
.....1 第二節 研究目的.....	1	.....3 第三節 研究問題.....	3
.....3 第四節 名詞釋義.....	3	.....4 第五節 研究範圍與限制.....	4
.....5 第二章 文獻探討.....	5	.....7 第一節 青少年的父母管教.....	7
.....7 第二節 依附的定義及類型.....	7	.....14 第三節 憂鬱的定義及特徵.....	14
.....17 第四節 青少年的父母管教、依附與憂鬱之關係.....	17	.....21 第三章 研究方法.....	21
.....27 第一節 研究設計與實施.....	27	.....27 第二節 研究對象.....	27
.....29 第三節 研究工具.....	29	.....44 第四節 實施程序.....	44
.....45 第五節 資料處理與分析.....	45	.....47 第五節 資料處理與分析.....	47
.....47 第四章 研究結果.....	47	.....47 第一節 調查樣本的結構分析.....	47
.....47 第二節 描述性統計分析.....	47	.....49 第三節 青少年的父母管教、依附與憂鬱之相關情形.....	49
.....51 第四節 青少年的父母管教、依附與憂鬱之預測情形.....	51	.....54 第五章 討論、結論與建議.....	54
.....59 第一節 討論與結論.....	59	.....59 第二節 建議.....	59
.....64 參考文獻.....	64	.....67 中文部分.....	67
.....67 英文部分.....	67	.....68 附錄 附錄一 父母管教量表.....	68
.....82 附錄二 依附量表.....	82	.....83 附錄三 憂鬱量表.....	83
.....84 表目錄 表3-1 父母管教量表之項目分析摘要表.....	84	.....31 表3-2 父母管教量表之因素分析摘要表.....	31
.....33 表3-3 依附量表之項目分析摘要表.....	33	.....36 表3-4 依附量表之因素分析摘要表.....	36
.....38 表3-5 憂鬱量表之項目分析摘要表.....	38	.....41 表3-6 憂鬱量表之因素分析摘要表.....	41
.....43 表4-1 樣本人數分配及百分比分析表.....	43	.....48 表4-2 父母管教之描述性統計分析.....	48
.....49 表4-3 依附之描述性統計分析.....	49	.....50 表4-4 憂鬱之描述性統計分析.....	50
.....54 表4-5 父母管教、依附、憂鬱之相關情形.....	54	.....54 表4-6 父母管教、依附對憂鬱焦慮之迴歸分析摘要表.....	54
.....55 表4-7 父母管教、依附對憂鬱自殘之迴歸分析摘要表.....	55	.....56 表4-8 父母管教、依附對憂鬱自我厭惡之迴歸分析摘要表.....	56
.....56 表4-9 父母管教、依附對憂鬱社交退縮之迴歸分析摘要表.....	56	.....57 表4-10 父母管教、依附對憂鬱疲勞之迴歸分析摘要表.....	57
.....58 表5-1 各項假設可考驗主要結果摘要.....	58	.....64 圖目錄 圖2-1 四類型依附風格.....	64
.....16 圖3-1 研究架構圖.....	16	.....28	28

## REFERENCES

一、中文部份 洪錦益(2006)。憂鬱、身體症狀與頭痛。台灣憂鬱症防治協會。吳美玲(2000)。國小學童父母管教方式、教師期望與習得無助感相關之研究(未出版之碩士論文)。國立高雄師範大學，高雄市。施玉鵬(2002)。出生序、父母管教方式對國小高年級學生自我概念、同儕關係、社會興趣之關係研究(未出版之碩士論文)。國立台南師範學院，台南市。財團法人董事基金會(2002)。青少年主觀生活壓力

與憂鬱傾向之相關性調查。取自 <http://www.jtf.org.tw/psyche/examine/survey>。黃光雄(2000)。教學理論。高雄:復文圖書出版社。郭芳君(2003)。父母教養方式、自我韌性與內在性自我控制、少年偏差行為之關係研究, 國立成功大學, 台南。陳易甫(2000)。父母教養行為與子女教育抱負之關連性研究。東吳社會學報, 9, 31-76。張春興(2004)。教育心理學-三化取向的理論與實踐。東華書局, 125-126。劉淑媛(2004)。父母教養方式與青少年行為困擾之調查與訪談研究。國立成功大學教育研究所, 台南。劉明松(1998)。家庭結構、父母教養方式與學業成就關係之研究。教育資料文摘, 248, 123-140。

二、英文部份 Adam, P., & Keller, T., & West, L. (1995). Interpersonal vulnerability to depression in high-risk children: The role of insecure attachment and reassurance seeking. *Journal of Clinical Child and Adolescent Psychology*, 34, 182 – 192. Ainsworth, M. D., (1985). Attachments across the life span. *Bull New York:Acad. Med.* 61:792-812. Anna M. L.(2006). A Multifactorial Model for the Etiology of Anxiety in Non-Clinical Adolescents: Main and Interactive Effects of Behavioral Inhibition, Attachment and Parental Rearing. *Journal of Child and Family Studies*, 15, 569 – 579. Armsden, G. C., & McCauley, E., & Greenberg, M. T., & Burke, P. M., & Mitchell, J. R. (1990). Parent and peer attachment in early adolescent depression. *Journal of Abnormal Child Psychology*, 18, 683 – 697. Avidan, M., & Melissa, S., & Sarah, N., & Danielle, K. (2007). Maternal and Paternal Parenting Styles in Adolescents: Associations with Self-Esteem, Depression and Life- Satisfaction. *Journal of Abnormal Child Psychology*, 16, 39 – 47. Baldwin, A. L. (1948). Patterns of parent behavior. *Psychological Monographs*, 58(3). Barry, R., & Lakey, B., & Orehek, E., (2007). Links among attachment dimensions, affect and the self for broadly- generalized attachment styles and relationship-specific bonds. *Personality & Social Psychology Bulletin*, 33, 240 – 253. Baumrind, D. (1991). The influence of parenting style on adolescent competence and substance use. *Journal of Early Adolescence*, 11(1), 56-95. Baumrind, D. (1971). “ Current Patterns of parental authority ” *Developmental Psychology*, vol 4(1, Pt.2), 1-103. Barber, B. (1996). Parental psychological control: Revisiting a neglected construct. *Child Development*, 67, 3296 – 3319. Bartholomew, K., & Horowitz, L. M. (1991). Attachment styles among young adults: A test of a four-category model. *Journal of Personality and Social Psychology*, 61, 226 – 244. Beck, A. T. (2011). *Cognitive therapy and the emotional disorders*. New York:International Universities Press. San Francisco: Jossey-Bass. Benjamin, L. (2009). Insecure Attachment, Dysfunctional Attitudes, and Low Self-Esteem Predicting Prospective Symptoms of Depression and Anxiety During Adolescence. *Journal of Clinical Child & Adolescent Psychology*, 38(2), 219 – 231. Becker, W. C. (1964). Consequences of different kinds of parental discipline. (pp. 169-208), in L. M. Hoffman & L. W. Hoffman(Eds), *Review of Child Development Research*. New York:Russell Sage. Brennan, K. A., & Clark, C. L., & Shaver, P. R., (1998). Self-report measurement of adult attachment: An integrative overview. *Attachment theory and close relationships*. In J. Simpson & W. S. Rholes (Eds.), *Attachment Theory and Close Relationships* (pp. 46-76). New York: Guilford Press. Borkovec, T. D., & Ray, W. J., & Stober, J. (1998). Worry: A cognitive phenomenon intimately linked to affective, physiological, and interpersonal behavioral processes. *Cognitive Therapy and Research*, 22, 561-576. Berman, W. H., & Sperling, M. B. (1994). The structure and function of adult attachment. In Sperling, M. B. & Berman, W. H. (Eds.), *Attachment in Adults* (pp. 3-28). New York: The Guilford Press. Beck, A. T. (1976). *Cognitive therapy and emotional disorders*. New York: International University Press. Beck, A. T., & Epstein, N., & Harrison, R. (1983). Cognition, attitudes, and personality dimensions in depression. *British Journal of Cognitive Psychotherapy*, 1, 1 – 16. Behrman, A. (2011). Types of Depression. Updated December 09. Bowlby, J. (1982). *Attachment and loss: Vol. 1. Attachment* (2nd ed.). New York: Basic Books. (Original work published 1969). Bowlby, J. (1973). *Attachment and loss: Vol. 2. Separation: Anxiety and anger*. New York: Basic Books. Bowlby, J. (1973). *Attachment and loss. Vol. 1. Attachment*. New York: Basic Books. Bowlby, J. (1988). *A Secure Base*. New York: Basic Book. Bowlby, J. (1969). *Attachment and loss. Vol. 1: Attachment*. Hogarth Press, London; Basic Books. Cassidy, J. (1995). *Attachment and generalized anxiety disorder*. Rochester symposium on developmental psychopathology: Emotion, cognition, and representation (pp. 343-370). Rochester, New York: University of Rochester Press. Catharine, A. (2008). Parenting style. <http://www.mightystudents.com/essay/Parenting.style.essay>. Carver, C. S. (2004). Negative affects deriving from the behavioral approach system. *Emotion*, 4, 3 – 22. Chu, Y. F. (1996). Factors that influence adolescent depression tendency. The relationship among sex, age, family structure, and help-seeking behaviors. Unpublished Masters thesis. National Chan-Chii University (in Chinese). Chen, X., & Liu, M., & Li, D. (2000). Parental warmth, control, And indulgence and their relations to adjustment in Chinese children: A longitudinal study. *Journal of Family Psychology*, 14, 401 – 419. Coolahan, K., & McWayne, C., & Fantuzzo, J., & Grim, S. (2002). Validation of a multidimensional assessment of parenting styles for low-income African-American families with preschool children. *Early Childhood Research Quarterly*, 17 (3), 356-373. Conger, R. D., & Conger, K. J., & Elder, G. H., & Lorenz, F. O. (1992). A family process model of economic hardship and adjustment of early adolescent boys. *Child Development*, 63, 526 – 541. David R. Cross, Ph. D. (2009). *Parenting Style*. Danielle Keehn, (2007). Maternal and Paternal Parenting Styles in Adolescents: Associations with Self-Esteem, Depression and Life-Satisfaction. *Journa of Personality and Social Psychology*,16:39 – 47. D'Arcy Lyness, (2011). [http://kidshealth.org/teen/your\\_mind/mental\\_health/depression.html](http://kidshealth.org/teen/your_mind/mental_health/depression.html) Darling, N., & Steinberg, L. (1993). Parenting style as context: An integrative model. *Psychol. Bull.* 113, 487 – 496. Darling, N. (1999). Parenting Style and Its Correlates. ERIC Digest. Publication Date: 1999-03-00. De Wolff, M., & van Ijzendoorn, M. (1997). Sensitivity and attachment: A meta-analysis on parental antecedents of infant attachment. *Child Development*, 68 (4), 571-591. Dodge, K. A., & Pettit, G. S., & Bates, J. E. (1994). Socialization mediators of the relation between socioeconomic status and child conduct problems. *Child Development*, 65, 649 – 665. Doyle, A. B., (2005).Parenting, marital conflict and adjustment from early- to mid- adolescence: Mediated by adolescent attachment style? *Youth Adolesc.* 34, 97 – 110. Ellen, H. O., & Donnell A Melissa Moreau A Esteban V. Cardemil A Alisha Pollastri(2010). Interparental Conflict, Parenting, and Childhood Depression in a Diverse Urban Population: The Role of General Cognitive Style Youth Adolescence. 39, 12 – 22. Eldad, R. (2003). Attachment Theory and Group Processes: The Association Between Attachment Style and Group-Related Representations, Goals, Memories, and Functioning. *Journal of Personality and Social Psychology*.84,6, 1220 – 1235. Freud, S.

(1933). Some psychical consequences of the anatomical distinctions between the sexes. London: Hogarth.

Geert Jan J. M., & Stams, Susan M. B. (2010). Parenting Behaviour as a Mediator between Young Children's Negative Emotionality and their Anxiety/Depression. *Infant and Child Development*, 19, 354 – 365.

G. Smetana. (2006). Disclosure and Secrecy in Adolescent – Parent Relationships. *77* (1), 201 – 217.

Ge, X., & Best, K. M., & Conger, R. D., & Simons, R. L. (1996). Parenting behaviors and the occurrence and co-occurrence of adolescent depressive symptoms and conduct problems. *Developmental Psychology*, 32, 717 – 731.

Harris, J. R. (1995). Where is the child's environment? A group Socialization theory of delinquency. *Psychological Bulletin*, 102, 458-489.

Hazan, C., & Shaver, P. (1987). Romantic love conceptualised as an attachment process. *Journal of Personality and Social Psychology*, 52, 511 – 524.

Hankin, B. L. (2009). Cognitive vulnerability – Stress model of Depression during adolescence: Investigating depressive symptom specificity in a multi-wave prospective study. *Journal of Abnormal Child Psychology*, 36, 999 – 1014.

Isabelle, A. Gisela Trommsdorff & Ramesh Mishra. (2000). Parenting and Adolescent Attachment in India and Germany. *James*. (1999). Why is “ bad ” Parenting Criminogenic? A Test of Rival Theories. James D. Unnever, Department of Sociology, Radford University, Radford, VA 24142.

Joiner, T. (2001). Negative attributional style, hopelessness depression and endogenous depression. *Behaviour Research and Therapy*, 39, 139 – 149.

Kaltiala-Heino R, R., (1999). M, Rantanen P, Laippala P. Finnish modification of the 13-item Beck Depression Inventory in screening an adolescent population for depressiveness and positive mood. *Nord J Psychiatry* ;53:451 – 457.

Kathryn. (2011). The Role of Mothers' Authoritative Parenting in Adolescent Attachment and Social Relationships. Karavasilis, L., & Doyle, A. B., & Markiewicz, D. (2003). Associations between parenting style and attachment to mother in middle childhood and adolescence. *Int. J. Behav. Dev.* 27:153 – 164.

Keller & Nesse. (2006). The Evolutionary Significance of Depressive Symptoms: Different Adverse Situations Lead to Different Depressive Symptom Patterns. *Journal of Personality and Social Psychology*, 91 (2), 316 – 330.

Kruttschnitt, C. (1996). Contributions of quantitative methods to the study of gender and crime, or bootstrapping our way into the theoretical thicket. *Journal of Quantitative Criminology*, 12, 135 – 161.

Krantz, S. E., (1984). Effects of success and failure on depressive cognitions. *Journal of Abnormal Psychology*, 85, 577-586.

Lefebvre, J. E. (2004). Parenting the preschooler: What's your parenting style? Minnesota Extension Service and University of Wisconsin Extension. <http://www.uwex.edu/ces/flp/pp/pdf/style.Pdf>.

Lessard, M. A. (1998). Suicidal ideation in an adolescent clinical sample: attachment patterns and clinical implications. *Journal of Adolescence*, 21, 383 – 395.

Lewinsohn, P. M., & Clarke, G. N., & Seeley, J. R., & Rohde, P., (1985). Major depression in community adolescents: age at onset, episode duration, and time to recurrence. *Journal of the American Academy of Child & Adolescent Psychiatry*, Volume 33, 6, 809-818.

Li, T. G. & Kato, K. (2006). Measuring Adult Attachment: Chinese Adaptation of the ECR Scale. *Acta Psychologica Sinica*, 38 (3), 399-406.

Lin, E. C. (2009). <http://heartware.wordpress.com/2009/09/14/nimh>.

Lisa, J., & Merlo, L. J., & Lakey, B., (2007). Trait and Social Influences in the Links Among Adolescent Attachment, Depressive Symptoms, and Coping. *Journal of Clinical Child and Adolescent Psychology*, 36 (2), 195 – 206.

Liu, Y. (2006). Paternal/Maternal Attachment, Peer Support Social Expectations of Peer Interaction, and Depressive Symptoms. *Adolescence*, Vol. 41(164).

Lotte Bamelis, M. Sc., (2006). On the Links Between Attachment Style, Parental Rearing Behaviors, and Internalizing and Externalizing Problems in Non-Clinical Children.

Lyness, J. M. (2011). Older age and the underreporting of depressive symptoms. *J Am Geriatr Soc.* 43 ; 216-221.

Maccoby, E. E., & Martin, J.A. (1983). Socialization in the context of the family: Parent – child interaction. In P Mussen and EM Hetherington, editors, *Handbook of Child Psychology*, volume IV: Socialization, personality, and social development, chapter 1, pages 1 – 101.

Maccoby, E. E. (1992). The role of parents in the socialization of children: An historical review. *Developmental Psychology*, 28, 1006 – 1017.

McLeod, B., & Weisz, J., & Wood, J. (2007). Examining the Association between parenting and childhood depression: A meta-analysis. *Clinical Psychology Review*, 27(8), 986 – 1003.

Merlo, L. J., & Lakey, B., (2007). Trait and Social Influences in the Links Among Adolescent Attachment, Depressive Symptoms, and Coping. *Journal of Clinical Child and Adolescent Psychology*, Vol. 36, No. 2, 195 – 206.

Milevsky, A., & Schlechter, M., & Netter, S., & Keehn, D. (2007). Maternal and paternal parenting styles in adolescents: Associations with self-esteem, depression, and life satisfaction. *Journal of Child and Family Studies*, 16, 39-47.

Moretti, M. M., & Brendgen, M., & Bukowski, W. (2004). Parent – child relationships and adjustment in adolescence. Retrieved December 12, 2005, from <http://www.phac-aspc.gc.ca/dca-dea/publications/pcr-rpe/index.html>

Musson, R. E., & Alloy L. B. (1988). Depression and self-directed attention. In L. B. Alloy (Ed.), *Cognitive processes in depression* (pp. 193-220). New York: Guilford Press.

Muris, P. (2003). Normal and abnormal fear and anxiety in children and adolescents. Oxford: Elsevier.

National Institute of Mental Health Science Writing. (2011). Depression. NIH Publication No. 11-3561.

Natale, M., & Hamas, M. (1982). Effect of temporary mood states on selective memory about the self. *Journal of Personality and Social Psychology*, 42, 927-934.

Nolen-Hoeksema, S., & Girgus, J. S., & Seligman, M. E. (1986). Learned helplessness in children: A longitudinal study of depression, achievement, and explanatory style. *Journal of Personality and Social Psychology*, 51(2), 435 – 442.

Parker, G. (1990). The Parental Bonding Instrument: A decade of research. *Social Psychiatry and Psychiatric Epidemiology*, 25, 281-282.

Patterson, G. (1982). A social learning approach, vol. 3, Coercive family process. Eugene: Castalia.

Patterson, G., & De Baryshe, B., & Ramsey, E. (1989). A developmental perspective on antisocial behavior. *American Psychologist*, 44, 329 – 335.

Parker, L. E., (1981). Ruminative coping with depressed mood following loss. *Journal of Personality and Social Psychology*, 67, 91-104.

Perris, C., & Andersson, P. (2000). Experiences of Parental Rearing and Patterns of Attachment in Adulthood. *Clinical Psychology and Psychotherapy*, 7, 279 – 288.

Peterson, C., & Maier, S. F., & Seligman, M. E., (1985). *Learned Helplessness*. New York: Oxford University Press.

Rollins & Thomas. (1979). Parental Support, Power and Control Techniques in the Socialization of Children. *Contemporary Theories about the Family* 1, 317-364.

Rom & Mario. (2003). Attachment Theory and Group Processes: The Association Between Attachment Style and Group- Related Representations, Goals, Memories, and Functioning. Roelofs, J., Meesters, C., Muris, p., Bamelis, L. (2006). On the Links Between Attachment Style, Parental Rearing Behaviors, and Internalizing and

Externalizing Problems in Non-Clinical Children. *Journal of Child and Family Studies*, 15 (3), 331 – 344. Rosenstein, D. S., & Horowitz, H. A. (1996). Adolescent attachment and psychopathology. *Journal of Consulting & Clinical Psychology*, 64, 244 – 253. Rohner, R. P. (2005). Glossary of Significant Concepts in Parental Acceptance-Rejection Theory (PAR Theory). Electronic document, <http://vm.uconn.edu/rohner>, accessed April 1. Ruijten, T., & Roelofs, J., & Rood, L., (2011). The Mediating Role of Rumination in the Relation Between Quality of Attachment Relations and Depressive Symptoms in Non-Clinical Adolescents. Published online, 31. Schumacher, J., & St?bel-Richter, Y., & Strauss, B., & Br?hler, E. (2004). Perceived parental rearing behaviour and adult attachment patterns in intimate relationships. *Psychotherapie, Psychosomatik, Medizinische Psychologie*, 54 (3-4), 148-154. Schaefer, H. R. (1959). Early interactive development, in H. R. Schaefer (Ed.), *Studies in mother-infant interaction*. New York:Academic Press. Schwarz, J. C., & Clore, L., (1988). The relationship between parenting types and older adolescents ' personality, adjustment, academic achievement, and substance abuse. *Child Development*, 67, 2101 – 2114. Selye, H. (1952). *The Story of the Adaptation Syndrome*. Montreal, Quebec, Canada: Acta Inc. Sears, R. R. (1961). Relation of early socialization experiences to aggression in middle childhood. *Journal of Abnormal and Social Psychology*. 63, 466-492. Shahla Alizadeh. (2011). Relationship between Parenting Style and Children ' s Behavior Problems. Vol. 7(12). Shaver, P. R., & Brennan, K. A. (1992). Attachment styles and the "big five" personality traits: Their connections with each other and with romantic relationship outcomes. *Personality and Social Psychology Bulletin*, 18, 536-545. Smetana, J. G. (2006). Social domain theory: Consistencies and variations in children ' s moral and social judgments. In M. Killen & J. G. Smetana (Eds.), *Handbook of moral development* (pp. 119 – 153). Mahwah, NJ: Erlbaum. Spera, C.(2005).A Review of the Relationship Among Parenting Practices, Parenting Styles, and Adolescent School Achievement. *Educational Psychology Review*, Vol. 17 (2).267-277. Spera, N. (2005) .A Review of the Relationship Among Parenting Practices, Parenting Styles, and Adolescent School Achievement. *Educational Psychology Review*, Vol. 17, No. 2. Steinberg, L., & Silverberg, S. (1993). The vicissitudes of autonomy in early adolescence. *Child Development*, 57,841 – 851. Susan, N. (1991). Responses to Depression and Their Effects on the Duration of Depressive Episodes. *Journal of Abnormal Psychology*, Vol. 100, (4), 569-582. Symonds, P. M. (1939). *The Psychology of Parent-Child Relationships*, Appleton-Century-Crofts, New York. Teasdale, J. D., (1983). Negative thinking in depression: Cause, effect or reciprocal relationship? *Advances in Behavior Research and Therapy*, S, 3-26. Teasdale, J. D., (1982). Negative thinking in depression: cause, effect, or reciprocal relationship? *Adv Behav Res Ther*. Thomas, A. M., (1979). The relationship between paternal depressive mood and early adolescent functioning. *Journal of Family Psychology*, 4, 260 – 271. Whaley, S. E., & Pinto, A., & Sigman, M. (1999). Characterizing interactions between anxious mothers and their children. *Journal of Consulting and Clinical Psychology*. 67, 826 – 836. Wood, J. (2003). Parenting and childhood anxiety: theory,empirical ndings and future directions. 44, 1, 134-151.