

# 青少年的依附、同儕關係、愛情關係與認同之關係研究

張麗玲、謝智玲

E-mail: 9605051@mail.dyu.edu.tw

## 摘要

本研究的研究目的為：了解青少年之父母依附類型、同儕依附類型、同儕關係、愛情關係與認同之現況；了解個人背景變項不同的青少年，其同儕關係、愛情關係與認同之差異情形；探討青少年之父母依附、同儕依附、同儕關係、愛情關係與認同之相關、預測情形。本研究採方便取樣，抽取台灣地區高中、高職、國中各3所，共835人為研究樣本。研究工具包括親密關係經驗量表、關係網絡量表、認同量表。研究結果如下：1.在父母依附類型、同儕依附類型分佈的情形方面，有性別、年齡組的差異存在。2.同儕關係、愛情關係與認同會因個人背景變項不同而不同。3.父母依附、同儕依附之「逃避」與同儕關係、愛情關係、認同有顯著負相關；父母依附、同儕依附之「焦慮」與同儕關係、愛情關係之「負面互動」有顯著負相關，與同儕關係、愛情關係之「社會支持」和認同有顯著正相關；同儕關係、愛情關係、認同彼此間有顯著正相關。4.青少年之父母依附、同儕依附、同儕關係、愛情關係能預測認同。

關鍵詞：依附；同儕關係；愛情關係；認同

## 目錄

中文摘要.....	iii	英文摘要.....	iv	致謝辭.....	vi	內容目錄.....	vii	表目錄.....	ix	圖目錄.....	xi
第一章 緒論.....	1	第一節 研究動機.....	1	第二節 研究目的.....	2	第三節 研究問題.....	3	第四節 研究假設.....	4	第五節 名詞釋義.....	6
第二章 文獻探討.....	8	第一節 依附的內涵與相關研究.....	8	第二節 同儕關係的內涵與相關研究.....	15	第三節 愛情關係的內涵與相關研究.....	18	第三節 認同的內涵與相關研究.....	21		
第三章 研究方法.....	26	第一節 研究架構.....	26	第二節 研究對象.....	27	第三節 研究工具.....	27	第四節 實施程序.....	42	第五節 資料分析.....	43
第四章 研究結果.....	47	第一節 樣本基本資料分析.....	47	第二節 在不同背景變項下，青少年的依附、同儕關係、愛情關係與認同的差異情形.....	52	第三節 在不同依附類型下，青少年的同儕關係、愛情關係與認同的差異情形.....	59	第四節 青少年的依附、同儕關係、愛情關係與認同的相關情形.....	66	第五節 青少年的依附、同儕關係、愛情關係與認同的預測情形.....	70
第五章 結論、討論與建議.....	78	第一節 結論與討論.....	78	第二節 建議.....	89	參考文獻.....	92	附錄 問卷.....	105		

## 參考文獻

- 王慶福(1995)。大學生愛情關係徑路模式之分析研究。國立彰化師範大學輔導研究所未出版之博士論文。李孟智(1985)。青少年身體及心理的社會發展。社教資料雜誌, 237, 1-5。吳明隆、涂金堂(2005)。SPSS與統計應用分析。台北:五南。吳昭儀、吳麗娟(2005)。大學生的共依附與愛情態度之相關研究。教育心理學報, 36(3), 241-263。沈利君(2002)。台北縣市國中學生愛情態度研究。台灣師範大學人類發展與家庭教育學系未出版之碩士論文。Shaffer, D. R.(2002)。發展心理學(林翠媚、黃俊豪、王雪貞、連廷嘉譯)。台北:學富, (原文於1999出版)。黃惠鈴(2004)。青少年人格特質、生活管理策略與幸福感之研究。彰化師範大學教育研究所未出版之碩士論文。黃德祥、李介至(2002)。青少年同儕衝突、因應策略及其相關因素之探討。彰化師大輔導學報, 23期, 163-195。陳坤虎、雷庚玲、吳英璋(2005)。不同階段青少年之自我認同內容及危機探索之發展差異。中華心理學刊, 47(3), 249-268。晏涵文、張利中、林燕卿(1998)。青少年約會行為關係探討。國立教育資料館。歐陽儀、吳麗娟、林世華(2006)。青少年依附關係、知覺父母言語管教、情緒穩定之相關研究。教育心理學報, 37(4), 319-344。戴蕙珊(2003)。大學生父親依附、母親依附、同儕依附與自我認同風格之關係研究。彰化師大教育學報, 5, 253-280。管貴貞、劉台雲(2003)。技專院校學生的依附類型與其性態度之研究。學生輔導, 87, 120-129。Ainsworth, M. D. S. (1989). Attachments beyond infancy. *American Psychologist*, 44, 709-716. Adams, G. R., & Fitch, S. A. (1982). Ego stage and identity status development: A cross-sequential analysis. *Journal of Personality and Social Psychology*, 43, 574-583. Allen, J., & Land, D. (1999). Attachment in adolescence. In J. Cassidy, and P. Shaver (Eds), *Handbook of attachment: Re-search, theory, and clinical applications* (pp. 319-335). New York: The Guilford Press. Anderson, S., & Fleming, W. (1996). Late adolescents' home-leaving predicting ego identity and college adjustment. *Adolescence*, 21, 453-459. 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. Baldwin, M. W., Keelan, J. P. R., Fehr, B., Enns, V., &

Koh-Rangarajoo, E. (1996). Social-cognitive conceptualization of attachment working models: Availability and accessibility effects. *Journal of Personality and Social Psychology*, 71, 94-109.

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(2), 226-244.

Bartholomew, K. (1990). Avoidance of intimacy: an attachment perspective. *Journal of Personality and Social Psychology*, 7, 147-178.

Bartholomew, K., & Shaver, P. R. (1998). Methods of assessing adult attachment: do they converge? In Simpson, J.A., Rholes, W.S. (Eds): *Attachment theory and close relationships*, (pp. 25-45), New York: Guilford Press.

Berman, S. L., Weems, C. F., Rodriguez, E. T., & Zamora, I. J. (2006). The relation between identity status and romantic attachment style in middle and adolescence. *Journal of Adolescence*, 29, 737-748.

Berndt, T. J. (2004). Friendship and three A's (aggression, adjustment, and attachment). *Journal of Experimental Child Psychology*, 88, 1-4.

Boeree, C. G. (2006). Personality theories : Erik Erikson. Retrieved (2006/10/07) from <http://www.ship.edu/~cgboeree/erikson.html>

Bowlby, J. (1969/1997). *Attachment and loss: Attachment(Vol.1)*. London: Pimlico.

Bowlby, J. (1958). The nature of the child's tie to his mother. *International Journal of Psychoanalysis*, 39, 350-373.

Brennan, K. A., Clark, C. L., & Shaver, P. R. (1998). Self-report measurement of adult attachment: An intergrative overview. In J. A. Simpson, and W. S. Rholes (Eds), *Attachment theory and close relationships* (pp. 46-76). New York: Guilford Press.

Bukowski, W. M., Hoza, B., & Boivin, M. (1994). Measuring friendship quality during pre-and early adolescence: The development and psychometric properties of the friendship qualities scale. *Journal of Social and Personal Relationships*, 11, 471-484.

Burnette, J. B., Taylor, K. W., Worthington, E. L., & Forsyth, D. R.(2007). Attachment and trait forgivingness: The mediating role of angry rumination. *Personality and Individual Differences*, 42, 1585-1596.

Carlo, G., Fabes, R., Laible, D., & Kupanoff, K. (1999). Early adolescence and personal/moral behavior : The role of social and contextual influences. *Journal of Early Adolescence*, 19, 132-133.

Cassidy, J. (1999). The nature of the child's tie. In J. Cassidy & P. R. Shaver (Eds.), *Handbook of attachment: theory, research, and clinical applications* (pp. 3-20). New York: Guilford.

Cheek, J. M., & Briges, S. R. (1982). Self-consciousness and aspect of identity. *Journal of Research in Personality*, 16, 401-408.

Cheek, J. M. (1989). Identity orientations and self-interpretation. In D. M. Buss & N. Canter (Eds.), *Personality psychology: Recent trends and emerging directions* (pp. 275-285), New York: Springer-Verlag.

Cheek, J. M., & Tropp, L. R. (2002). The aspect of identity questionnaire: History and bibliography. Retrieved (2006/04/27) from <http://www.wellesley.edu/Psychology/Cheek/identity.html>.

Chotai, J., Jonasson, M., Hagglof, B., & Adolfsson, R. (2005). Adolescent attachment styles and their relation to the temperament and character traits of personality in a general population. *European Psychiatry*, 20, 251-259.

Clark-Lempers, D. S., Lempers, J. D., & Ho, C. (1991). Early, middle, and late adolescents' perceptions of their relationships with significant others. *Journal of Adolescent Research*, 6, 296-315.

Collins, W. A. (2003). More than myth: The developmental significance of romantic relationships during adolescence. *Journal of Research on Adolescence*, 13(1), 1-24.

Connolly, J. A., & Johnson, A. M. (1996). Adolescents' romantic relationships and the structure and quality of their close ties. *Personal Relationships*, 3, 185-195.

Craig-Bray, L., Adams, G. R., & Dobson, W. R. (1988). Identity formation and social relations during late adolescence. *Journal of Youth and Adolescence*, 17(2), 173-187.

Dekovic, M., & Meeus, W. (1997). Peer relations in adolescence: effects of parenting and adolescents' self-concept. *Journal of Adolescence*, 20, 163-176.

Erikson, E. H. (1980). *Identity and the life cycle*. New York: W. W. Norton and Company.

Ezell, C. E., Swenson, C. C., & Brondino, M. J. (2000). The relationships of social support to physically abused children's adjustment. *Child Abuse and Neglect*, 24(5), 641-651.

Feeney, J. A., & Noller, P. (1996). *Adult attachment*. Thousand Oakes, California: Sage.

Fraley, R. C. (2004). A brief overview of adult attachment theory and research. Retrieved (2006/09/28) from <http://www.psych.uiuc.edu/~rcfraley/attachment.htm>.

Furman, W., & Buhrmester, D. (1985). Children's perceptions of the personal relationships in their social networks. *Development Psychology*, 21(6), 1016-1024.

Furman, W., & Wehner, E. A. (1997). Adolescent romantic relationships: A developmental perspective. In S. Shulman, & W. A. Collins (Eds.), *Romantic relationships in adolescence: developmental perspectives* (pp. 21 – 36), San Francisco: Jossey-Bass.

Gifford-Smith, M. E., & Brownell, C. A. (2003). Childhood peer relationships: social acceptance, friendships, and peer networks. *Journal of School Psychology*, 41, 235-284.

Gillath, O. & Shaver, P. R. (2007). Effects of attachment style and relationship context on selection among relational strategies. *Journal of Research in Personality*, doi:10.1016/j.jrp.206.11.003

Hazan, C., & Zeifman, D. (1994). Sex and the psychological tether. In K. Bartholomew, & D. Perlman (Eds.), *Advances in personal relationships*, Vol. 5. (pp. 151 – 178). London: Jessica Kingsley.

Kenny, M. E., & Gallagher, L. A. (2002). Instrumental and social/relational correlates of perceived maternal and paternal attachment in adolescence. *Journal of Adolescence*, 25, 203-219.

Kiesner, J., Kerr, M., & Stattin, H. (2004). "Very Important Persons" in adolescence: going beyond in-school, single friendships in the study of peer homophily. *Journal of Adolescence*, 27, 545-560.

Kroger, J. (1985). Separation-individuation and ego identity status in New Zealand University students. *Journal of Youth and Adolescence*, 14, 133-147.

Kroger, J., & Haslett, S. J. (1988). Separation-individuation and ego identity status in late adolescence: a two-year longitudinal study. *Journal of Youth and Adolescence*, 17, 59-79.

Kuttler, A. F., & La Greca, A. M. (2004). Linkage among adolescent girls' romantic relationships, best friendships, and peer networks. *Journal of Adolescence*, 27, 395-414.

Laible, D., Carlo, G., & Raffaelli, M. (2000). The differential impact of parent and peer attachment on adolescent adjustment. *Journal of Youth and Adolescence*, 29, 45-59.

Laible, D. J., Carlo, G., & Roesch, S. C. (2004). Pathways to self-esteem in late adolescence: The role of parent and peer attachment, empathy, and social behaviors. *Journal of Adolescence*, 27, 701-716.

Laursen, B., & Williams, V. A. (1997). Perceptions of interdependence and closeness in family and peer relationships among adolescents with and without romantic partners. In S. Shulman, & W. A. Collins (Eds.), *Romantic relationships in adolescence: Developmental perspectives* (pp. 3 – 20). San Francisco: Jossey-Bass.

Murray, S. L., Holmes, J. G., & Griffin, D. W. (2000). Self-esteem and the quest for felt security: How perceived regard regulates attachment processes. *Journal of Personality and Social Psychology*, 78, 478 – 498.

Martin, K.A. (1996). *Puberty, sexuality, and the self*. New York: Routledge.

Meeus, W., Oosterwegel, A., & Vollebergh, W. (2002). Parental and peer

attachment and identity development in adolescence. *Journal of Adolescence*, 25, 93-106. Miller, D. R. (1963). The study of social relationships: situation, identity, and social interaction. In S. Koch (Eds.), *Psychology: A study of a science*, vol. 3. New York: McGraw-Hill. Miller, J. B., & Hoicowitz, T. (2004). Attachment context of adolescent friendship and romance. *Journal of Adolescence*, 27, 191-206. Raja, S. N., McGee, R., & Stanton, W. R. (1992). Perceived attachment to parents and peers and psychological well-being in adolescence. *Journal of Youth and Adolescence*, 21, 471-485. Regnerus, M. D. (2002). Friends' influence on adolescent theft and minor delinquency: A developmental test of peer-reported effects. *Social Science Research*, 31, 681-705. Rholes, W. S., Simpson, J. A., & Stevens, J. G. (1998). Attachment orientations, social support, and conflict resolution. In J. A. Simpson, & W. S. Rholes (Eds.), *Attachment theory and close relationships* (pp. 166 – 188). New York: Guilford Press. Rice, K. G., Cunningham, T. J., & Young, M. B. (1997). Attachment to parents, social competence, and emotional well-being: A comparison of Black and White late adolescents. *Journal of Counseling Psychology*, 44, 89-101. Sampson, E. E. (1978). Personality and the location of identity. *Journal of Personality*, 46, 552-568. Shulman, S., & Kipnis, O. (2001). Adolescent romantic relationships: a look from the future. *Journal of Adolescence*, 24, 337-351. Shulman, S., & Scharf, M. (2000). Adolescent romantic behaviors and perceptions: age-related differences and links with family and peer relationships. *Journal of Research on Adolescence*, 10, 99-118. Shulman, S., & Seiffge-Krenke, I. (2001). Adolescent romance: between experience and relationships. *Journal of Adolescence*, 24, 417-428. Trinke, S. J., & Bartholomew, K. (1997). Hierarchies of attachment relationships in young adulthood. *Journal of Social and Personal Relationships*, 14, 603 – 625. Van Gorp, J. (2005 September 9-12). Youth, Identity and Consumption: A Research Model. Paper presented at the 7th Conference of the European Sociological Association " Rethinking Inequalities ", Torun-Poland. Waterman, A. S. (1993). Developmental perspectives on identity formation: from adolescence to adulthood. In J. Marcia, A. Waterman, D. Matteson, S. Archer and J. Orlofsky (Eds), *Ego identity*, (pp. 42-68), New York, Springer Verlag. Waters, E., Corcoran, D., & Anafarta, M. (2005). Attachment, other relationships, and the theory that all good things go together. *Human Development*, 48, 80-84. Weimer, B. L., Kerns, K. A., & Oldenburg, C. M. (2004). Adolescents' interactions with a best friend: Associations with attachment style. *Journal of Experimental Child Psychology*, 88(1), 102-120. Wilkinson, R. B., & Walford, W. A. (2001). Attachment and personality in the psychological health of adolescents. *Personality and Individual Differences*, 31, 473-484. Wilkinson, R. B., & Sarandrea, A. M. (2005). Age and sex differences in the influence of attachment relationships on adolescent psychological health: An attachment functions approach. Paper presented at the 40th Annual Conference of the Australian Psychological Society, Melbourne. Wilkinson, R. B. (2004). The role of parental and peer attachment in the psychological health and self-esteem of adolescents. *Journal of Youth and Adolescence*, 33, 479-493. Zimmer-Gembeck, M. J. (2002). The development of romantic relationships and adaptations in the system of peer relationships. *Journal of Adolescent Health*, 31, 216-225. Zimmer-Gembeck, M. J. (1999). Stability, change and individual differences in involvement with friends and romantic partners among adolescent females. *Journal of Youth and Adolescence*, 28, 419-438. Zimmermann, P. (2004). Attachment representations and characteristics of friendship relations during adolescence. *Journal of Experimental Child Psychology*, 88, 83-101.