

# The Relationship among Life Experience, School Life Adjustment and Well-Being on Junior High School Students

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## ABSTRACT

The purpose of this study is to understand the life experience of junior high school students, the difference between their live experiences, their school life adjustment, their well-being, the relationships between these, and how these effect the well-being prediction. A questionnaire survey is used, targeting eighth graders in Taiwan, and by stratified sampling, 792 students are selected. The study conducts three surveys with questionnaires that include, " Experience of Life Feeling Scale ", " School Life Adjustment Scale ", and " Sense of Well-being Scale ". Descriptive statistics, t-test, Pearson's correlation and hierarchical multiple regression are used for the data analysis. Through SPSS12.0 statistical analysis, suggestions for schools, teachers and future researches were proposed and the following conclusions were drawn: (1) Students are mostly happy about real life. However, discrepancies do exist. (2) Life experience discrepancies include school learning discrepancies, health discrepancies and allowance use discrepancies. (3) Most students feel OK with school adjustment and well-being. (4) School life adjustment is an intervening variable, and the well-being can be predicted by students' adjustment. This explains about 35% discrepancies. According to the conclusion of this study, the study provides suggestions for teenager education and counseling.

Keywords : life experience ; school life adjustment ; well-being

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