

青少年生活壓力事件與憂鬱及其相關因素之研究

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摘要

本研究主要目的在瞭解不同背景變項間的青少年之生活壓力事件、社會支持與憂鬱的差異情形，其次探討生活壓力事件、社會支持與憂鬱的相關，再次分析生活壓力事件與社會支持對憂鬱的預測作用。

本研究採問卷調查法，以台灣北、中、南三區的公立國、高中860位青少年學生為研究對象，並以SPSS 12.0統計軟體進行描述統計、t考驗、Pearson積差相關、多元迴歸分析，並用AMOS 5.0分析整體結構模型之適配與驗證潛在變項與觀察變項之線性結構關係。

本研究有下列主要發現：

一、學校生活與生涯發展是青少年主要壓力來源。

二、不同背景之青少年的生活壓力事件與憂鬱有顯著差異。

三、青少年生活壓力事件與憂鬱有顯著正相關；社會支持與憂鬱有顯著負相關。

四、青少年的生活壓力事件與社會支持對憂鬱具有顯著預測力。

五、本研究所建構的模型其整體模式適配良好，且生活壓力事件對憂鬱有正向且直接的影響，而社會支持對憂鬱則有負向且直接的影響。

本研究根據文獻分析與研究結論，對父母、教師、教育行政機關和未來研究者分別提出建議。

關鍵詞：憂鬱、青少年、研究者、青少年、事件、學生、對象、生活壓力事件、社會支持

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