

# The Relations among Emotion Regulation, Social Anxiety, and Life Satisfaction in Adolescence

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## ABSTRACT

The purposes of the study were to: (1) investigate the differences among emotion regulation, social anxiety, and life satisfaction in adolescents with different genders and grades (2) explore the relations among emotion regulation, social anxiety, and life satisfaction in adolescents (3) examine whether emotion regulation and social anxiety could be the predictors of life satisfaction in adolescents (4) provide some suggestions for further research in the future. Eight hundred and forty-four students were selected from five junior high schools and five elementary schools by convenience sampling in Taiwan. The subjects were administered by Emotion Regulation Questionnaire (ERQ), Social Anxiety Scale for Adolescents (SAS-A) and Multidimensional Students' Life Satisfaction Scale (MSLSS). Descriptive Statistics, Two-way ANOVA, Pearson Product-moment Correlation, and Stepwise Multiple Regression Analysis were used for the data analyses. The followings were our main findings of the study: 1. There was no significant gender difference in emotion regulation, but there were significant gender differences in social anxiety and life satisfaction. 2. There were significant grade differences in emotion regulation, social anxiety and life satisfaction in adolescents. 3. Social anxiety was negatively related to emotion regulation and life satisfaction, but emotion regulation was positively related to life satisfaction. 4. Emotion regulation and social anxiety could be the predictors of life satisfaction, respectively. Based on our findings, some related suggestions were provided for parents, teachers, education authorities as well as the future researchers in the relative field. Key Words: emotion regulation, social anxiety, life satisfaction

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## Table of Contents

內容目錄 中文摘要	iii	英文摘要	iii
iv 誌謝辭		vi 內容目錄	
vii 表目錄		ix 圖目錄	
xii 第一章 緒論	1	第一節 研究動機	
1 第二節 研究目的	4	第三節 研究問題	
5 第四節 研究假設	5	第五節 名詞釋義	
7 第二章 文獻探討	12	第一節 情緒調節的理論基礎	
12 第二節 社交焦慮的理論基礎	20	第三節 生活滿意度的理論基礎	
25 第四節 情緒調節、社交焦慮與生活滿意度之相關研究			
32 第三章 研究設計與實施	39	第一節 研究架構	
39 第二節 研究對象	41	第三節 研究工具	
43 第四節 實施程序	64	第五節 資料處理與分析	
65 第四章 研究結果	67	第一節 描述性統計分析	
67 第二節 不同背景變項(性別、年級)青少年之情緒調節、社交焦慮與生活滿意度之差異情形			
69 第三節 青少年情緒調節、社交焦慮與生活滿意度之關係	81	第四節 青少年情緒調節、社交焦慮與生活滿意度之預測分析	
84 第五章 討論、結論與建議			
99 第一節 討論	99	第二節 結論	
122 第三節 建議	127	參考文獻	
131 附錄A 預試問卷	142	附錄B 正式問卷	
147 附錄C 問卷指導語	151		

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