

欺凌預防方案對兒童社交技巧與自尊之影響

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摘要

本研究旨在設計一套適合國小低年級兒童之欺凌預防課程，並了解該課程對國小兒童社交技巧與自尊之影響。研究者以彰化縣天人菊(化名)國小二年級學生為研究對象，一班為實驗組，進行為期10週，每週2節課(80分鐘)的實驗教學；另一班為控制組，未接受任何實驗課程處理，進行原有的班級活動。使用的研究工具包括「社交技巧量表」、「自尊量表」，同時並分析「課程回饋表」作為輔佐資料，資料分析則採用「單因子共變數分析」進行統計檢定。根據研究結果，本研究發現：一、實驗組兒童在社交技巧上的表現顯著優於控制組。二、實驗組兒童在自尊上的表現顯著優於控制組。三、歸納研究結果並提出未來在教育、輔導及研究上的建議。

關鍵詞：欺凌預防方案；社交技巧；自尊

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