

青少年的父母管教、情緒調節與學習成就之研究

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摘要

本研究旨在探討青少年的父母管教、情緒調節與學習成就之研究，並分析青少年的父母管教對學習成就之效果是否受到情緒調節之中介。本研究採用問卷調查法，以彰化地區552位(男生289人，女生263人)國中三年級為研究對象。研究工具包括父母管力量表、情緒調節量表及基測總分，以皮爾遜積差相關、簡單線性迴歸及階層迴歸分析進行考驗。研究結果顯示：(1)青少年的父母管教與其情緒調節有顯著相關；父母管教與學習成就有顯著相關；青少年的情緒調節與其學習成就有顯著相關；(2)青少年的父母管教可顯著預測其情緒調節；(3)青少年的父母管教可顯著預測其學習成就；(4)青少年情緒調節可顯著預測學習成就(5)青少年的父母管教與學習成就關係受到其情緒調節的中介。本研究根據研究結果進行討論，並提出未來研究上之建議。

關鍵詞：父母管教；情緒調節；學習成就

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