

摘要

本研究旨在瞭解青少年子女壓力因應行為的成因，除了以 Maccoby & Martin(1983)的父母教養方式為獨變項之外，還引入 Block & Block(1980)提出的自我控制與自我韌性再加上自尊做為中介變項，以探討父母教養方式與青少年子女壓力因應方式的關連影響，以及自我控制、自我韌性、自尊的中介效果。

研究對象為台北縣市之日間部高中學生，共計 8 所高中 653 位學生，施以父母教養方式量表、自我控制量表、自我韌性量表、自尊量表、壓力因應策略量表，並將調查所得資料以描述統計、推論統計、結構方程模式等統計方法進行分析。

研究結果顯示：(1)受試者知覺到父母親在反應向度和要求向度上都偏高，其中父母要求又多於父母反應，若父母要求高反應卻低時可能對自尊有不利影響。(2)受試者使用最多的因應策略是情緒取向積極因應，次之為問題取向積極因應，再次之為問題取向消極因應，最少使用的是情緒取向消極因應。高反應高要求的父母教養方式有助於讓子女使用較多的積極因應、較少的消極因應。(3)父母反應對子女的積極因應有直接影響，也會透過自我控制、自我韌性、自尊為中介歷程而間接影響，父母反應對子女的消極因應則是完全透過自我控制、自我韌性、自尊為中介歷程來間接影響。(4)父母要求對子女的積極因應有直接影響，但對子女的消極因應則沒有直接影響，也都無法透過自我控制、自我韌性、自尊為中介歷程而間接影響子女的積極因應或消極因應。(5)模式的契合度指標大部份都在可接受的範圍內，但模型不夠簡約無法完美描述觀察資料，且父母教養的要求向度在模式中並非一個理想的預測變項，將來需要更進一步修改模式，使模式更精簡更能契合資料。

最後，本研究依據研究結果進行討論並提出建議，做為未來研究與親職教育、學校教育之參考。

關鍵字：父母教養、自我控制、自我韌性、自尊、壓力因應

A Study of the Influence of Parenting, Ego-Control, Ego-Resiliency and Self-Esteem on Adolescents' Stress Coping

Abstract

The purpose of this study was to understand the causality of adolescent's stress coping. Besides parenting as an independent variable, this study also introduced ego-control and ego-resiliency which proposed by Block & Block(1980) with self-esteem to be mediators.

Study subjects consisted of 653 students from 8 senior high schools in Taipei City and Taipei County. The obtained data was analyzed by descriptive statistics, inferential statistics and structural equation modeling.

The major findings were as follows: (1) Subjects cognized a high level on parent response and parent demand, and parent demand was higher than parent response. If parent demand was high but parent response was low, it could be harmful to self-esteem. (2) Subjects' scores on emotion-focused positive coping strategy were highest, and scores on emotion-focused negative coping strategy were lowest. Parenting with high response and high demand was helpful to children use more positive coping strategies and less negative coping strategies. (3) Parent response had direct effect on children's positive coping, and mediating effect through ego-control, ego-resiliency and self-esteem. Parent response had no direct effect on children's negative coping, but complete mediating effect through ego-control, ego-resiliency and self-esteem. (4) Parent demand had direct effect on children's positive coping but no direct effect on children's negative coping. Parent demand had neither mediating effect on children's positive coping nor mediating effect on children's negative coping through ego-control, ego-resiliency and self-esteem. (5) The goodness-of-fit indexes of this model were largely acceptable, but the model could not perfectly describe data, especially parent demand was not a good anticipation variable, so the model still needs further modification.

Finally, based on research findings, relevant suggestions were proposed for further research, parenting education, and school education.

Keywords: parenting, ego-control, ego-resiliency, self-esteem, adolescent's stress coping