

# 不當教養與青少年的憂鬱向度和問題行爲

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## 摘要

近十多年來，臺灣正處於急速的社會變遷狀態中，處於此不確定情境下的青少年，其身心的發展面臨了巨大的挑戰，因而其調適行爲出現問題的機曾自然大增。本研究的主要目的即在於瞭解目前國中學生之身心調適行爲，包括憂鬱、偏差行爲和藥物濫用等問題，以及這些問題行爲與父母不當教養之間的相關情形。本研究以國一學生爲研究對象，採問卷調查法以蒐集資料，每個樣本均有來自學生、家長與老師三方面的資料。此舉將可藉由多元指標的測量方式使各變項的測量更客觀，避免單一測量的誤差。分析的結果顯示在青少年身上所顯現之各式各樣有問題的調適行爲，特別是憂鬱向度和偏差行爲，基本上彼此是相關的，並且可能來自同一病因。即是不適當的教養實施，而這些問題在不同性別的青少年身上也以不同的調適模式出現。本研究建議當我們要幫助青少年面對在成長的過程中所產生有問題的調適行爲，最主要的還是必須回到家庭這個原點上，深入理解青少年們在家庭中所遭遇的發展困境，是幫助他們的關鍵點。

## Abstract

Taiwan is on the edge of rapid social change in the recent decades. Adolescents who stand on this changing society are facing even great challenge from their families, schools, and communities. Thus, the risk of showing maladjustment behavior is even higher than ever before. Although empirical studies have shown evidences of some problematic adjustment behaviors, it is still not clear that why and how these qualitatively different adjustment behaviors occur. As a step toward redressing the lack of understanding in this research domain, the purpose of present study is to provide some perspectives to reinvestigate the adolescent depressive symptoms and deviant behaviors and their determinants. Using a sample of 1109 families, this study found that the maladjustment behaviors which adolescents might involve with, especially depression and deviant behavior, were inter-correlated, and were affected by inept parenting practices. In addition, boys and girls showed different types of maladjustment behaviors in this study. However, the problem of drug abuse was found not so serious for these adolescents. Further studies of the drug abuse issue in the near future are highly recommended. The findings also suggested that helping adolescents with maladjustment behaviors must focus on their family and understand their parents' parenting practices.