



大學生害羞與憂鬱之關係研究：以 歸因型態為中介變項

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摘要

本研究試圖建立一個包含害羞、歸因型態和憂鬱的結構模式，以歸因型態為中介變項，去瞭解害羞與憂鬱之關係。本研究以 599 位大學生為研究對象，以「害羞量表簡版」、「歸因型態量表」與「貝克憂鬱量表」為研究工具，採用結構方程模式進行統計分析。本研究之主要結果如下：一、害羞對大學生的憂鬱有直接效果存在，但害羞只對部分層面的歸因型態有直接效果；二、正向事件的「內在性」和「不可控制性」歸因、負向事件的「穩定性」及「不可控制性」歸因，以及負向人際事件的「概括性」歸因型態，對大學生的憂鬱有直接效果；三、「正向人際事件的內在性歸因」和「負向人際事件的概括性歸因」會部分中介害羞與憂鬱的關係。本研究針對研究結果，對教育與輔導及未來的研究方向提出建議。

關鍵詞：害羞、結構方程模式、憂鬱、歸因型態

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A Study on the Relationships between Undergraduates' Shyness and Depression: Using Attribution Style as the Mediator Variable

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Abstract

The purpose of this study was to build a structural model including shyness, attribution style and depression. This study explored the mediating effect of attribution style between shyness and depression. The subjects were 599 undergraduates in Taiwan. The data was statistically analyzed by Structural Equation Modeling, and the results were as follows: 1. Shyness had direct effects on undergraduates' depression, but it only directly effected certain subscales of attribution style. 2. The attribution style of "internality" and "uncontrollability" for positive events and "stability" and "uncontrollability" for negative events, as well as "globality" for negative affiliation events had direct effects on undergraduates' depression. 3. The

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attribution style of “internality” for positive affiliation events and “globality” for negative affiliation events partially mediated the relationships between shyness and depression. The suggestions for education, and counseling were discussed, as were implications for future researches.

Key words: shyness, structural equation modeling, depression, attribution style