# 大學生依附風格、愛情關係品質與寂寞感之相關研究

## 中文摘要

本研究旨在瞭解男女大學生依附風格、愛情關係品質與寂寞感之關係，採問卷調查法，研究工具包含「依附風格量表」、「愛情關係品質量表」與「寂寞感量表」，並以全國北中南地區503名有戀愛經驗之大學學生為研究樣本，將調查所得資料以描述統計、卡方考驗、t檢定、單因子變異數分析、二因子變異數分析、逐步多元迴歸等統計方法進行資料的分析。

本研究之研究主要發現如下：

一. 大學生在依附風格的分佈狀況為：安全依附型佔 46.3%、焦慮依附型佔 33.8%、逃避依附型佔 3%及防衛依附型佔 16.9%。

二. 大學生之愛情關係品質狀況「親密」、「照顧」最佳，以「缺乏知心朋友」寂寞感為最高。

三. 不同性別之大學生在依附風格類型分配比例上有顯著差異，在安全依附中，男性比例高於女性；在焦慮依附中，女性比例高於男性。

四. 不同性別及依附風格之大學生，在愛情關係品質量表整體得分上沒有交互作用；而在不同依附風格上則有顯著差異，安全依附型最高；在「衝突/矛盾」層面上有交互作用，在女性焦慮依附型會大於女性防衛依附型，而男性中，安全依附型大於逃避依附和防衛依附型；女性焦慮依附型高於男性焦慮依附者。

五. 不同性別及依附風格之大學生，在寂寞感量表整體得分上沒有交互作用，而性別和依附風格則分別有顯著差異，男性較女性寂寞，焦慮依附型比其他三類型有較高的寂寞感。

六. 大學生性別、依附風格與愛情關係品質能有效預測寂寞感。

最後，根據以上研究結果，本研究提出對學校相關諮商輔導人員及未來研究的建議，以供參考。

關鍵字：大學生、依附風格、愛情關係品質、寂寞感

A relational study of attachment style, love relationship quality and loneliness among university students

Abstract

The study is aimed at discussing the correlation among attachment styles, love relationship quality and loneliness of male and female university students. Questionnaire survey is conducted as the study method. The study then conducts statistic analysis on 503 valid samples from male and female university students, who are in a relationship now or ever, are invited to fill in three measurements: Attachment Style Measurement, Love Relationship quality Measurement, and Loneliness Measurement. The acquired data is then analyzed by descriptive statistics, t-test, chi-square test, one-way ANOVA, two-way ANOVA, and multiple stepwise regression analysis.

The major findings of this study were as follows:

1. The distribution of university students in attachment styles is as follows: 46.3% for secure attachment, 33.8% for preoccupied attachment style, 3% for fearful attachment style; and 16.9% for dismissing attachment style.
2. University students in love relationship quality are the best in the status of "intimacy" and "care"; loneliness of "the lack of intimate friends" is the highest.
3. The gender of university students showed significant differences in proportion of attachment style. The male is higher than the female in proportion of secure attachment but in preoccupied attachment, the female is higher than the male.
4. There is no interaction between different gender and attachment style in university students in the overall score of love relationship quality scale. However, different attachment styles show significant differences and secure attachment is the maximum. In conflict/ conflicting subscales, female preoccupied attachment is higher than female dismissing attachment, and secure attachment is higher than fearful and dismissing attachment types of male. The preoccupied attachment of female is higher than male.
5. There is no interaction between different gender and attachment style in university students in the overall score of loneliness scale; however, gender and

attachment style were significant differences in male and female in loneliness score. Loneliness scale of preoccupied attachment is higher than the other three types.

6. Gender, attachment style and love relationship quality of university students could effectively predict overall loneliness.

With abovementioned findings, the study would provide further concrete suggestions as a reference for counseling practice and further research.

Key words: University students, attachment style, love relationship quality, loneliness

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