

大學生基本需求與網路成癮之相關研究

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中文摘要

本研究目的在了解大學生基本需求與網路成癮的相關。本研究以全國北、中、南、東四個區域,共 360 位大學生為研究對象進行問卷調查。研究工具包含「個人基本資料」、「大學生基本需求量表」、「網路成癮量表」。調查所得資料以描述性統計、獨立樣本 T 檢定、單因子變異數分析、Pearson 積差相關以及多元逐步迴歸進行統計分析,研究結果如下:

- 一、「大學生基本需求量表」具有良好的信效度。
- 二、大學生的基本需求,因不同性別有顯著差異。
- 三、大學生的網路成癮,因不同性別有顯著差異。
- 四、大學生的基本需求中「愛與歸屬需求」、「權力需求」、「自由需求」、「樂趣需求」與網路成癮均有顯著負相關。
- 五、大學生在基本需求中以「自由需求」最能預測網路成癮。

關鍵詞:基本需求、網路成癮

The Relationships of Basic Needs and Internet Addiction among College Students

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Abstract

The purposes of this study were exploring the relationships of basic needs and internet addiction of college students. The participants of the study were 360 college students in Taiwan. Questionnaire survey was used as the method of this study, and the instruments used in this research included subject basic information, Basic Needs Scales for college student, and Chen Internet Addiction Scales. The collected data were analyzed by descriptive statistics, t-test, one-way ANOVA, Pearson product-moment correlation, and multiple stepwise regression analysis. The main finding of study are as follows:

1. There existed evidences of reliability and concurrent validity of the Basic Needs Scales for college student.
2. Basic needs of college students have significant difference in genders.
3. Internet addiction of college students have significant difference in genders.
4. The basic needs " Love and belonging", " Power ", " Freedom ", " Fun "are negative correlations between internet addiction.
5. The " Freedom " can significantly predicate the internet addiction.

Keywords: basic needs, internet addiction