

神經質、憂鬱情緒與網路成癮之研究—以宜蘭縣某高職為例

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摘要

本研究旨在檢視神經質、憂鬱情緒與高職生網路成癮之關聯性；主要探究神經質和憂鬱情緒對高職生網路成癮的預測情形，並進一步釐清神經質與憂鬱情緒對高職生網路成癮預測中之關係。本研究採用便利抽樣方式，並以宜蘭縣某高職、共 577 位學生為研究對象，當天在班同意接受問卷施測的總人數為 539 人，最後有效問卷數為 537 份；故問卷回收率為 93.41%、問卷反應率為 99.63%，以及有效樣本回收率為 93.07%。研究工具包括「五大性格因素量表簡版」、「柯氏憂鬱量表」，以及「陳氏網路成癮量表」。本研究採用描述統計分析、皮爾森相關分析，以及結構方程模式等統計方法進行資料分析。研究結果發現：(1) 高職生平均每週上網時間為 22.53 小時（標準差為 21.36 小時），其中，平均每週花在非課業相關的上網時間為 19.54 小時（標準差為 20.97 小時）；(2) 神經質顯著正向預測網路成癮；(3) 憂鬱情緒顯著正向預測網路成癮；(4) 神經質顯著正向預測憂鬱情緒；(5) 神經質對網路成癮的預測力會因憂鬱情緒的加入而顯著降低（ $\beta = .475$ 下降為 $\beta = .282$ ； $z = 3.251$ ， $p < .01$ ），意即憂鬱情緒在神經質對網路成癮的預測關係中，具有部分中介效果，因此憂鬱情緒能中介神經質對網路成癮之正向預測關係，且該模式具有良好之模式適配度（ $\chi^2_{(df=41)} = 141.166$ 、 $CFI = .971$ 、 $NFI = .960$ 、 $NNFI = .953$ 、 $RMSEA = .068$ ）、整體模式總解釋量為 27.0%。本研究檢驗了高職生的神經質（性格因素）和憂鬱情緒（情緒因素）對網路成癮之預測模式，並依此發現提出後續研究與諮商輔導實務應用上之建議，以供後續研究者及諮商輔導實務工作者參考。

關鍵字：高職學生、神經質、憂鬱情緒、網路成癮、中介模式

**The relationship of neuroticism, depression and Internet addiction
among vocational high school students in Yilan county**

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Abstract

The present study aimed to understand the relationship of neuroticism, depression and Internet addiction among the vocational high school students in Yilan County. Additionally, we examined the mediating role of depression in the relationship between neuroticism and Internet addiction. This study recruited 577 vocational high school students through the convenience sampling. Administered questionnaires included the Shortened Chinese Version of the Five-Factor Inventory, and Ko's Depressive Inventory, and Chen Internet Addiction Scale. All valid data were analyzed with descriptive statistics, Pearson correlation analysis, and Structural Equation Modeling analysis. Findings showed the following: (1) the average Internet usage time per week was 22.53 hours (*SD* 21.36 hours), including an average of 19.54 hours (*SD* 20.97 hours) for non-academic purposes; (2) Neuroticism significantly and positively predicted Internet addiction; (3) Depression significantly and positively predicted Internet addiction; (4) Neuroticism significantly and positively predicted Depression; and (5) The appropriate predictive model showed that depression partially mediated the relationship between Neuroticism and Internet addiction ($\chi^2_{(df=41)} = 141.166$, CFI = 0.971, NFI = 0.960, NNFI = 0.953, RMSEA = 0.068). Findings from this study provide the suggestions and a reference for schools and guidance counselors, as well as for

future research.

Key words: Vocational High School Students, Neuroticism, Depression, Internet Addiction, Mediation