低情緒穩定度的大學生之人格性質、生活困擾
與其因應行為之研究

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摘要

對正處於後青春期階段的學生而言，低情緒穩定度之學生是我們積極關注的一群，因此本研究旨在探討低情緒穩定度學生之人格特質、生活困擾、以及因應行為之情形。本研究先針對一所大學大一學生進行賴氏人格測驗施測，從中篩選出低情緒穩定度之學生 44 位，之後以接受邀請符合條件的 31 位學生為研究對象進行深入訪談。接著從人格特質狀況、家庭關係情形、在校適應、以及生活困擾及因應行為等方面進行結果討論。最後依據研究結果，對低情緒穩定度的學生提出未來輔導與研究之建議。

關鍵字：大學生、低情緒穩定度、人格特質、生活困擾、因應行為
The research of personality trait, life disturbance and behavior response from college students of low emotional stability

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Abstract

The emotions of students at the end of adolescence can be fluctuated a lot. We are very concerned about students with emotional instability. Therefore, we have deep interviews with 31 participants selected by Lai’s test. Through interviews, we understand student’s inner worlds. Then, we discuss the results from personality analysis, family relationship, school adaptability of students of low emotional stability, and life disturbance and their responses. Based on this study, the researcher also brings up recommendations for future study and counseling methods.

Key words: personality trait, life disturbance, behavior response, low emotional stability, college students