【參考文獻】

一、中文部份:

- 王文豐(民89): 台北市國小學童生活壓力與其身體活動量及健康體適能相關研 **究**。台灣師範大學體育研究所碩士論文。
- 王以仁(民78):學習與生活滿意度與大學生寂寞問題之相關研究。**嘉義師院學報**,5,1-44。
- 王光甫(民70):一種提昇生命境界的方法—獨處的探討。教育學刊,3,97-112。 王保進(民91): 視窗版 SPSS 與行為科學研究(第二版)。台北:心理出版社。 包黛瑩等譯(民82):情緒管理手冊(一): 做心理上的強者。台北:月旦出版。 吳美真譯(民88): Auster, P. (1982). The invention of solitude. 孤獨及其所創見的。台北:遠見。
- 李玉嬋(民85):孤獨現象初探及其輔導。諮商與輔導,124期11-16頁。
- 李明濱(民86):醫學人性面:情緒與疾病。台北:國立台灣大學醫學院。
- 李欣瑩(民90): 桃園市國中生主觀生活壓力、社會支持、因應行為與身心健康 之相關研究。台灣師範大學衛生教育研究所碩士論文。
- 林杏真(民91):**自傷青少年生活壓力、社會支持與自我強度的發展及其相關研究**。台灣師範大學教育心理與輔導研究所碩士論文。
- 林翠湄等譯(民91): Shaffer, D.R. (1999). Developmental Psychology. **發展心理學**。台北:學富。
- 林青山(民63):心理與教育統計。東華書局。
- 孟祥森譯(民 58): E. Fromm (1956). The Art of Loving. **愛的藝術**。台北:志文出版。
- 晏涵文(民80):做個剛柔並濟的人—學習新的性別角色。台北:張老師。
- 崔珮玲(民93):**青少年生活壓力、人格特質對其身心健康影響之研究**。中國文 化大學生活應用科學研究所碩士論文。
- 陳淑芬(民92):國中生獨處能力與主觀生活壓力、身心健康之關係研究。國立 台灣師範大學教育心理與輔導研究所碩士論文。
- 梁永安譯(民 86): Koch, P (1994). Solitude: A Philosophical Encounter. 孤獨:

 一個哲學的交會。台北:立緒文化。
- 張旺 (民76): 大專聯考壓力症候群之探討。公共衛生,6(3),43-53。

- 張春興 (民80):現代心理學。台北:東華書局。
- 張嚶嚶譯(民 84): Storr, A. (1988). Solitude: A return to the self. 孤獨:回歸自我。台北:知英文化。
- 彭寶瑩(民81):**青少年疏離感與犯罪傾向關係之研究**。國立彰化師範大學輔導研究所碩士論文。
- 楊景程譯(民 89): Myers, D.G. (2000). Psychology. **心理學(第六版)**。台北:台灣西書。
- 傳振焜譯(民 88): Buchholz, E.S. (1997). The call of solitude. 孤獨的呼喚。台北:平安文化。
- 廖榮利(民75):心理衛生。台北:千華出版。
- 厲瑞珍(民91): 南部地區大學應屆畢業生自我統合危機與生涯自我效能之相關 研究。國立高雄師範大學教育學系研究所碩士論文。
- 賴倩瑜等著(民89):心理衛生。台北:揚智文化。
- 蘇建文等(民81):發展心理學。台北:心理出版社。

二、西文部份:

- Allen, R.D. (1982). Occupational stress level and stress type. *Personal Psychology*, *35*, 359-360.
- Altman, I.(1975). The environment and social behavior. Monterey, CA. Brooks/Cole.
- Altman, I. (1977). Privacy regulation: Culturally universal or culturally specific? *Journal of social issues*, 33, 66-84.
- Amabile, T.M. (1983). *The social psychology of creativity*. New York: Springer-Verlag.
- Ammaniti, M., Ercolani, M.P., & Tambelli, R. (1989). Loneliness in the female adolescent. *Journal of Youth and Adolescence*, 18, 321-329.
- Aries, P. (1960). *Centuries of childhood*, (R. Baldick, trans.) New York: Vintage Books.
- Asher, S.R., Hymel, S., & Renshaw, P.D. (1984). Loneliness in children. *Child Development*, 55, 1456-1464.
- Bates, A.P. (1964) . Privacy—A useful concept? Social Forces, 42, 429-434.
- Baumeister, R.F., & Leary, M.R. (1995). The need to belong: Desire for interpersonal attachments as a fundamental human motivation. *Psychological Bulletin*, 117, 497-529.
- Berlin, L.J. (1990). *Infant-mother attachment, loneliness, and the ability to be alone in early childhood*. Pennsylvania State University Master Thesis.
- Bond, D.L. (1990) . Loneliness and solitude: Some influences of object relations on the experiences of being alone. Boston University Master Thesis.
- Bowlby, J. (1969) . *Attachment and loss. Vol.1: Attachment*. London: Hogarth Press.
- Bowlby, J. (1973). *Attachment and loss. Vol.2: Separation: Anxiety and Anger.* London: Hogarth Press.
- Buchholz, E.S. (1997). *The call of solitude: alonetime in a world of attachment*. N.Y.: Simon & Schuster.
- Buchholz, E.S. & Catton, R. (1999). Adolescents' perceptions of aloneness and loneliness. *Adolescence, Spring 1999, Vol. 34*, 203-213.
- Buchholz, E.S. & Chinlund, C. (1994). En route to harmony of being: Viewing

- aloneness as a need in development and child analytic work. *Psychoanalytic Psychology*, 4, 354-374.
- Buchholz, E.S. & Tomasi, S. (1994). *Differentiating aloneness from loneliness: The alone state in theory and research*. New York University manuscript.
- Buger, J.M. (1995). Individual differences in preference for solitude. *Journal of Research in Personality*, 29, 85-108.
- Buger, J.M. (1998). Solitude. In *Encyclopedia of mental health*, *Vol.3*, pp.563-569. San Diego, CA: Academic Press.
- Casey, K., & Vanceburg, M. (1985). *The Promise of a New Day: A book of daily meditations*. N.Y.: Harper/Hazelden.
- Chandler, M. (1975). Relativism and the problem of epistemological loneliness. *Human Development, 18*, 171-180.
- Cohen, S., & Wills, T.A. (1985) .Stress, social support, and the buffering hypothesis. *Psychological Bulletin*, *98*, 310-357.
- Coleman, J. (1974). Relationships in adolescence. London: Routledge & Kegan Paul.
- Costanzo, P. (1970). Conformity development as a function of self-blame. *Journal of Personality and Social Psychology, 14*, 366-374.
- Cramer, K.M., & Lake, R.P. (1998) . The preference for solitude scale: Psychometric properties and factor structure. *Personality and Individual Differences*, 24, 193-199.
- Crossen, C. (1996, March 8). Solitude is a casualty of the war with time. *Wall Street Journal*, p. R4.
- Csikszentmihalyi, M. (1996). *Creativity: Flow and the psychology of discovery and invention*. New York: Harper-Collins.
- Csikszentmihalyi, M. (1997). *Living well: The psychology of everyday life*. London: Phoenix.
- Csikszentmihalyi, M., & Graef, R. (1980). Self-awareness and aversive experience in everyday life. *Journal of Personality*, 50, 15-28.
- Csikszentmihalyi, M., & Larson, R. (1984). Being adolescent: Conflict and growth in the teenage years. New York: Basic.
- Csikszentmihalyi, M., & Larson, R. (1987). Validity and reliability of the experience

- sampling method. Journal of Nervious and Mental Disease, 175, 526-536.
- Csikszentmihalyi, M., Rathunde, K., & Whalen, S. (1993). *Talented teenagers: The roots of success and failure*. New York: Cambridge University Press.
- Delle Fave, A., & Larson, R. (1986). Solitude, creativity and cultural evolution. In F. Massimini & P. Inghilleri (Eds.), *L'experienza quotidiana: Teoria e metodo di analisi*, Milan: Franco Angeli Editore.
- Derlega, V., & Chaikin, A. (1977). Privacy and self-disclosure in social relationships. *Journal of social issues*, 33, 102-115.
- Devries, M.W., Delespaul, P., & Dijkman-Case, C.I.M. (1987). Affect and anxiety in daily life. In G. Racagni & E. Smeraldi (Eds.), *Anxious depression assessment and treatment* (pp.21-31). New York: Raven Press.
- Erikson, E. (1968) . *Identity: Youth and Crisis*. New York: Norton.
- Fischer, C.S., & Phillips, S.L. (1982). Who is alone? Social characteristics of people with small networks. In L.A. Peplau, & D.Perlman (Eds.), *Loneliness: A Sourcebook of Current Theory, Research and Therapy*. New York: Wiley and Sons, pp.21-38.
- Foddy, W., & Finighan, W. (1980). The concept of privacy from a symbolic interaction perspective. *Journal of theory for social behavior, 10*, 1-17.
- France, P. (1996) . Hermits: The insights of solitude. New York: St. Martin's.
- Frankel, A., & Prentice-Dunn, S. (1990). Loneliness and the processing of self-relevant information. *Journal of Social and Clinical Psychology*, 9, 303-315.
- Freeman, M., Larson, R., & Csikszentmihalyi, M. (1986). Immediate experience and its recollection, *Merrill-Palmer Quarterly*, 32(2), 167-185.
- Fromm, E. (1956) . *The Art of Loving*. New York: Free Press.
- Fromm-Reichmann, F. (1959). On loneliness. *Psychiatry*, 2, 1-15.
- Galanaki, E.(2004). Are children able to distinguish among the concepts of aloneness, loneliness, and solitude? *International journal of behavior development*, 28, 435-443.
- Goffman, E. (1959). *The presentation of self in everyday life*. Garden City, NY: Doubleday.
- Goffman, E. (1963) . Behavior in public places. New York: Free Press.

- Goffman, E. (1971). *Relations in public: Microstudies of the public order.* New York: Harper & Row.
- Goswick, R.A., & Jones, W.H. (1982). Components of loneliness during adolescence. *Journal of Youth and Adolescence*, 11, 373-383.
- Gotesky, R. (1965). Aloneness, loneliness, isolation, solitude. In J.M. Edie (Eds.) *An invitation to phenomenology* (pp.211-239). Chicago: Quadrangleooks.
- Graef, R. (1979). Behavioral consistency: An analysis of the person by situation interaction through repeated measures. University of Chicago, Chicago, IL, doctoral dissertation.
- Hall, G.S. (1905) . *Adolescence*. New York: Appleton and Co.
- Halmos, P. (1952) . Solitude and privacy. London: Routledge & Kegan Paul.
- Hammitt, W.E. (1982). Cognitive dimensions of wilderness solitude. *Environment and Behavior*, 14, 478-493.
- Hammitt, W.E., & Madden, M.A.(1989). Cognitive dimensions of wilderness privacy: A field test and further explanation. *Leisure Sciences*, *11*, 293-301.
- Hansell, S., Mechanic, D., & Brondolo, E. (1986). Introspectiveness and adolescent development. *Journal of Youth and Adolscence*, 15, 115-132.
- House, J.S. (1980). Work stress and social support. Reading, MA: Addison-Wesley.
- Ittelson, W. (1974). *An introduction to environmental psychology*. New York: Holt, Rinehart and Winston.
- James, K. (2001). Teenager girls-attitude; bedroom; leisure. *Journal of Leisure Research*, 2001 1st Quarter, Vol. 33 Issue 1, 71-82.
- Johnson, C., & Larson, R. (1982). Bulimia: An analysis of moods and behavior. *Psychosomatic Medicine*, 44, 341-351.
- Jones, W.H., Freemon, J.E., & Goswick, R.A. (1981) . The persistence of loneliness: Self and other determinants. *Journal of Personality*, 49, 27-48.
- Jones, W.H., Hobbs, S.A., & Hockenbury, D. (1982). Loneliness and social skill deficits. *Journal of Personality and Social Psychology*, 42, 682-689.
- Klopfer, P.H., & Rubenstein, D.I.(1977). The concept privacy and its biological roots. *Journal of social issues*, 33, 52-65.
- Koch, P (1994) . Solitude: A Philosophical Encounter. Chicago: Open Court.

- Koukkou, M., & Lehmann, D. (1983). Dreaming: The functional state-shift hypothesis. A neuropsychophysiological model. *British Journal of Psychiatry*, 142, 221-231.
- Kroger, J. (1985). Relationhips during adolescence: A cross-national comparison of New Zealand and Unitd States teenagers. *Journal of Adolescence*, 8, 47-56.
- Kubey, R. (1986). Television use in everyday life: Coping with unstructured time. *Journal of Communication*, *36*(3), 108-123.
- Kubey, Robert, Larson, Reed, Csikszentmihalyi, & Mihaly (1996). Experience sampling method applications to communication research questions. *Journal of Communication*, 46, 99-120.
- Larson, R.W. (1979) . *The significance of solitude in adolescents' lives*. University of Chicago doctoral dissertation.
- Larson, R.W. (1986, April) . *The emotional environments of adolescents: Sources of stability and stress*. Paper presented at annual meetings of the American Orthopsychiatry Association, Chicago.
- Larson, R.W. (1989). Beeping children and adolescents: A method for studying time use and daily experience. *Journal of Youth and Adolescence*, 18, 511-530.
- Larson, R.W. (1990). The solitary side of life: An examination of the time people spend alone from children to old age. *Development Review, 10*, 155-183.
- Larson, R.W. (1997). The emergence of solitude as a constructive domain of experience in early adolescence. *Child Development*, 68, 80-93.
- Larson, R.W. (1999). The use of loneliness in adolescence. In K.Rotenberg, & S.Hymel, (Eds.), *Loneliness in childhood and Adolescence* (pp.244-262).
- Larson, R.W., & Csikszentmihalyi, M.(1978). Experiential correlates of time alone in adolescence. *Journal of Personality*, 46, 677-693.
- Larson, R.W., Csikszentmihalyi, M., & Craef, R. (1982). Time alone in daily experience: Loneliness or renewal? In L.A. Peplau, & D.Perlman (Eds.), *Loneliness: A Sourcebook of Current Theory, Research and Therapy*. New York: Wiley and Sons, pp.40-53.
- Larson, R.W., Csikszentmihalyi, M. (1983). The experiential Sampling Method. In H. Reis (Ed.), New directions for naturalistic methods in the behavior sciences

- (pp.41-56) . San Francisco: Jossey-Bass.
- Larson, R.W., & Johnson, C. (1981). Anorexia nervosa in the context of daily experience. *Journal of Youth and Adolescence*, 10, 455-471.
- Larson, R.W., & Lee, M. (1996). The capacity to be alone as a stress buffer. *Journal of Social Psychology*, 136, 5-16.
- Larson, R.W., & Richards, M.H. (1991). Daily companionship in late childhood and early adolescence: Changing developmental contexts. *Child Development*, 62, 284-300.
- Larson, R., Zuzanek, J., & Mannell, R. (1985). Being alone versus being with people: Disengagement in the daily experience of older adults. *Journal of Gerontology*, 40, 375-381.
- Leary, M.R. (1983a) . *Understanding social anxiety: Social, personality and clinical perspectives*. Berverly Hills, CA: Sage.
- Long, C.R. (2000). A comparison of positive and negative episodes of solitude. University of Massachusetts, Amherst Master's Thesis..
- Long, C.R., & Averill, J.R. (2003). Solitude: An exploration of benefits of being alone. *Journal for the theory of social behavior*, 33, 21-44.
- Long, C.R., Seburn, M., Averill, J.R., and More, T.A. (2003). Solitude experience: Varieties, settings, and individual differences. *Personality and Social Psychology Bulletin*, 29(5), 578-583.
- Louise, B.D. (1990). Loneliness and solitude: Some influences of object relations on experience of being alone. Ph.D., Boston University, 210 pages.
- Mahler, M. (1966). Notes on the development of basic moods: the depressive affect.
 In R.M. Lowenstein, L.M. Newman, A. Schur & A. Solurt (Eds.),
 Psychoanalysis: A general psychology (pp.152-168). New York: International Universities.
- Mahler, M. (1968). On human symbiosis and the vicissitudes of individuality. New York: International Universities.
- Malik, S. (1981). *Psychological modernity: A comparative study of some African and American graduate students*. University of Chicago doctoral dissertation.
- Marcoen, A., & Goossens, L. (1993) .Loneliness, attitude towards aloneness, and

- solitude: Age differences and developmental significance during adolescence. In S. Jackson, & H. Rodriguez-Tome (Eds.), *Adolescence and its world* (pp.197-227). Hillsdale, NJ: Erlbaum.
- Marcoen, A., Goossens, L., & Caes, P. (1987). Loneliness in pre-through late adolescence: Exploring the contributions of a multidimensional approach. *Journal of Youth and Adolescence*, 16, 561-577.
- Maslow, A.H.(1970). *Motivation and personality*(2nd ed). New York: Harper & Row.
- McCutcheon, L.E., Aruguete, M., & Scott Jr., V.B. (2004). Preference for solitude and Attitude Toward One's Favorite Celebrity. *Journal of Psychology*, *Vol.6*, 499-505.
- McCutcheon, L.E., Ashe, D.D., Houran, J., & Maltby, J. (2003). A cognitive profile of individuals who tend to worship celebrities. *The Journal of Psychology*, 137, 309-322.
- McReynolds, P. (1960). Anxiety, Perception, and schizophrenia. In D.

 Jackson (Eds.), *The etiology of schizophrenia*. New York: Basic Books. pp.248-292.
- Memling, M., & Buchholz, E.S. (1994) . *Psychoanalytic reflections on the need for aloneness in children's literature*. New York University manuscript.
- Merrick, W.A. (1989). *Dysphoric moods in normal and depressed adolescents*. University of Chicago doctoral dissertation.
- Modell, A. (1993) . The private self. Cambridge, MA: Harvard UP.
- Moustakas, C.E. (1972) . Loneliness and love. Engelwood Cliffs, N.J.: Prentice Hall.
- Moustakas, C.E. (1989) . Loneliness. New York: Prentice Hall.
- Neisser, U. (1976). Television addiction: Theories and data behind the ubiquitous metaphor. *American Behavioral Scientist*, *35*, 104-121.
- Nisenbaum, S. (1984). Ways of being alone in the world. *American Behavioral Scientist*, 27, 785-800.
- Ogden, T. (1994) . Subjects of analysis. Northvale, NJ: Prentice Hall.
- Oliver, D.(1991). Psychological effects of isolation and confinement of a winter-over group at McMurdo Station, Antarctica. In A.A. Harrison, Y.A. Clearwater, and C.P. McKay (Eds.), From Antarctica to outer space: Life in isolation and

- confinement. New York: Springer-Verlag, pp.217-227.
- Olsen, D., & Zubek, J. (1970). Effect of one day sensory deprivation on a battery of open-ended cognitive tests. *Perceptual & Motor Skills*, *31*, 919-923.
- Palombo, S. (1978) . Dreaming and Memory. New York
- Pedersen, D.M. (1997). Psychological functions of privacy. *Journal of Environmental Psychology*, 17, 147-156.
- Pedersen, D.M. (1999) . Model for types of privacy by privacy functions. *Journal of Environmental Psychology*, 19, 397-405.
- Peplau, L.A., & Perlman, D. (1982). *Loneliness: A Sourcebook of Current Theory, Research and Therapy*. New York: Wiley and Sons, Inc.
- Peplau, L.A., & Perlman, D. (1982) .Perspective on loneliness. In L.A. Peplau, & D.Perlman (Eds.) , *Loneliness: A Sourcebook of Current Theory, Research and Therapy*. New York: Wiley and Sons, pp.13-14.
- Repetti, R.L. (1989). Effects of daily workload on subsequent behavior during marital interaction: The roles of social withdrawal and spouse support. *Journal of Personality and Social Psychology*, 57, 651-659.
- Reynolds, D. (1980). *The quiet therapies: Japanese pathways to personal growth.*Honolulu: The University Press of Hawaii.
- Robinson, J.P.(1977). *Romantic relations in early adolescence*. Paper presented at the Fifth International Conference on Personal Relations, Oxford, England.
- Rogers, C.R. (1961) . On becoming a person. Boston: Houghton Mifflin.
- Rook, K.S. (1984) . The negative side of social interaction: Impact on psychological well-being. *Journal of Personality and Social Psychology*, 46, 1097-1108.
- Rubenstein, C., & Shaver, P. (1982). The experience of loneliness. In L.A. Peplau & D. Perlman (Eds.), *Loneliness: A sourcebook of current theory, research, and therapy* (pp.255-268). New York: Wiley-Interscience.
- Russell, D., Peplau, L.A., & Cutrona, C.E. (1980) . The Revised UCLA Loneliness Scale: Concurrent and discriminant validity evidence. *Journal of Personality and Social Psychology*, *39*, 472-480.
- Schwartz, B. (1968). The social psychology of privacy. *American Journal of Sociology*, 73, 741-752.

- Sherif, M., & Sherif, C. (1961) . Reference groups. Chicago: Regnery.
- Sloan, W.W., & Solano, C.H. (1984). The conversational styles of lonely males with strangers and roommates. *Personality and Social Psychology Bulletin, 10*, 293-301.
- Smith, T.E. (1997) . Adolescent gender differences in time alone and time devoted to conversation. *Adolescence*, 32, 483-495.
- Stierlin, H. (1965). The dialectic of related loneliness. *Psychoanalytic Review*, 52, 367-380.
- Storr, A. (1988) . Solitude: A return to the self. New York: Free Press.
- Suedfeld, P. (1974). Social isolation interdisciplinary research. *Canadian Psychologist*, 15, 1-15.
- Suedfeld, P. (1980). Restricted environmental stimulation: Research and clinical applications. New York: Wiley.
- Suedfeld, P. (1982). Aloneness as a healing experience. In L.A. Peplau, & D.Perlman (Eds.), *Loneliness: A Sourcebook of Current Theory, Research and Therapy*. New York: Wiley and Sons, pp.54-67.
- Suedfeld, P., Grissom, R., & Vernon, J. (1964). The effects of sensory deprivation and social isolation on the performance of an unstructured cognitive task. *American Journal of Psychology*, 77, 111-115.
- Suedfeld, P., Ramierez, C.E., Deaton, J., & Baker-Brown, G. (1982). Reactions and attributes of prisoners in solitary confinement. *Criminal Justice and Behavior*, 9, 303-340.
- Sullivan, H.S. (1953). The interpersonal theory of psychiatry. New York: Norton.
- Szalai, A. (1972). Reflections on the intensive measurement of stress, coping, and mood, with an emphasis on daily measures. *Psychology and Health*, 7, 115-129.
- Terrell-Deutsch, B. (1999). The conceptualization and measurement of childhood loneliness. In K.Rotenberg, & S.Hymel, (Eds.), *Loneliness in Childhood and Adolescence*. (pp.11-14)
- Westin, A. (1967) . Privacy and freedom. New York: Atheneum.
- Winnicott, D.W. (1957) . *The capacity to be alone. In The maturational process and the facilitating environment*. New York: International Universities Press.

- Winnicott, D.W. (1958). The capacity to be alone. *International Journal of Psychoanalysis*, 39, 416-420.
- Wolfe, M., & Laufer, R. (1974). The concept of privacy in childhood and adolescence.

 In D. Carson (Eds.), *Man-environment interactions: Evaluations and applications* (Part II). Stroudsburg, Penn.: Halsted Press.
- Wong, M., & Csikszentmihalyi, M. (1991a). Affiliation motivation and daily experience: Some issues on gender differences. *Journal of Personality and Social Psychology*, 60(1), 154-164.
- Youngblade, L.M., Berlin, L.J., & Belsky, J. (1999). Connections among loneliness, the ability to be alone, and peer relationship in young children. In K. Rotenberg, & S. Hymel (Eds.), *Loneliness in childhood and Adolescence* (pp.135-152).
- Zilboorg, C. (1938). Loneliness. Atlantic Monthly, January, 45-54.