

## 參考文獻

### 中文部分

- 于文正(民 79)。壓力知覺、因應策略與個人憂鬱程度的關係。國立台灣大學心理研究所碩士論文。未出版。
- 毛國楠(民 84)。國中教師的樂觀信念、自我效能、對壓力的認知評估、因應方式與工作調適及身心健康的關係。教育心理學報，28，177-197。
- 王保進(民 88)。視窗版 SPSS 與行為科學研究。台北：心理。
- 王蓁蓁(民 89)。台北縣國中生之壓力源 因應方式與生活適應之相關研究。國立台灣師範大學教育研究所碩士論文。未出版。
- 王齡慶(民 81)。少數族群青少年學校生活適應之相關因素探討。國立政治大學教育研究所碩士論文。未出版。
- 江承曉(民 80)。青少年的生活壓力、因應行為與其身心健康之相關研究。國立台灣師範大學衛生教育研究所碩士論文。未出版。
- 何家齊(民 87)。大學生的樂觀傾向、壓力因應方式與生活適應的相關研究。國立彰化師範大學輔導學系碩士論文。未出版。
- 呂敏昌(民 82)。國中學生的生活壓力、因應方式與心理社會幸福感的關係。中國文化大學兒童福利研究所碩士論文。未出版。
- 李坤崇、歐慧敏(民 85)。青少年因應策略量表編製報告。測驗年刊，43，241-262
- 林家屏(民 90)。青少年自我概念與行為困擾之相關研究。國立成功大學教育研究所碩士論文。未出版。
- 林銘宗(民 87)。國小六年級學童的課業壓力、因應方式及社會支持之研究。國立嘉義師範學院國民教育研究所碩士論文。未出版。
- 洪冬桂(民 75)。我國大學生適應問題、因應行為、求助偏好及其相關因素

- 之研究。國立台灣師範大學教育研究所集刊，29，91-102。
- 張春興(民 78)。張氏心理學辭典。台北：東華。
- 張春興(民 80)。現代心理學。台北：東華書局。
- 張春興(民 83)。教育心理學。台北：東華書局。
- 莫麗珍(民 91)。國中學生情緒智力與生活適應關係之研究—以台灣中部地區為例。國立彰化師範大學教育研究所碩士論文。未出版。
- 莊明貞(民 73)。國中學生學校生活素質與學校適應行為的關係。國立台灣師範大學教育研究所碩士論文。未出版。
- 郭生玉(民 87)。心理與教育研究法。台北：精華書局。
- 陳正昌、程炳林(民 90)。SPSS、SAS、BMDP 統計軟體在多變量統計上的應用(二版)。台北：五南。
- 傅瓊儀(民 89)。以結構方程模式探討制握信念及社會支持在國中生壓力知覺的作用。國立成功大學教育研究所碩士論文。未出版。
- 曾肇文(民 84)。國小學童學校壓力、因應方式、社會支持與學校適應之相關研究。國立新竹師範學院初等教育學系碩士論文。未出版。
- 黃保勝(民 86)。台中市國民小學轉學生學校生活適應之研究。國立台中師範學院國民教育研究所碩士論文。未出版。
- 黃淑珍(民 83)。問題解決策略訓練對大學生解決問題能力、因應方式及心理健康的影響效果之研究。國立彰化師範大學輔導研究所碩士論文。未出版。
- 黃淑馨(民 81)。台北市參加「國中畢業生自願就學輔導方案」學生升學壓力、因應行為、身心健康與班級氣氛之研究。國立政治大學教育研究所碩士論文。未出版。
- 蔣桂嫚(民 81)。高中學生生活壓力、因應方式與身心健康關係之研究。國立高雄師範大學教育研究所碩士論文。未出版。
- 蔡婉莉(民 90)。生活壓力、因應方式與身心健康之相關研究—以高中多元

入學方案為背景。國立高雄師範大學教育研究所碩士論文。未出版。

簡茂發(民 75)。大學生適應問題及其相關因素之研究。國立台灣師範大學  
教育研究所集刊，28，1-90。

羅婉麗(民 89)。國中小學生生活適應之訪談、評量與調查研究。國立成功  
大學教育研究所碩士論文。未出版。

蘇彙珺(民 86)。社會支持、自我效能與國中學生壓力因應歷程中認知評估  
及因應策略。國立師範大學教育心理與輔導學系碩士論文。未出版。

## 英文部分

- Abramson, L. Y., Metalsky, G. I., & Alloy, L. B. (1989). Hopelessness depression: A theory-based subtype of depression. *Psychological Review*, 96, 358-372.
- Aldwin, C. M., & Revenson, T. A. (1987). Does coping help? A reexamination of the relation between coping and mental health. *Journal of Personality and Social Psychology*, 53, 337-348.
- Aspinwall, I. G., & Taylor, S. E. (1992). Modeling cognitive adaptation : A longitudinal investigation of the impact of individual difference. *Journal of Personality and Social Psychology*, 63, 989-1003.
- Bandura, A. (1986). *Social foundations of thought and action : A social cognitive theory*. Englewood Cliffs. NJ: Prentce-Hall.
- Bandura, A. (1996). Failure in self-regulation: Energy depletion or selective disengagement? *Psychological Inquiry*, 7, 20-28.
- Beck, A. (1987). Cognitive models of depression. *Journal of Cognitive Psychotherapy: International Quarterly*, 1, 5-37.
- Billings, A. G., & Moos, R. H. (1984). Coping, stress, and social resources among adults with unipolar depression. *Journal of Personality and Social*

*Psychology, 46*, 877-891.

- Billingsley, K. D., Waehler, C. A., & Hardin, S. I. (1993). Stability of optimism and choice of coping strategy. *Perceptual and Motor Skills, 76*, 91-97.
- Bolger, N. (1990). Coping as a personality process: A prospective study. *Journal of Personality and Social Psychology, 59*, 525-537.
- Bruder-Mattson, S. F., & Hovanitz, C. A. (1990). Coping and attributional styles as predictors of depression. *Journal of Clinical Psychology, 46*, 557-565.
- Cantor, N., & Norem, J. K. (1989). Defensive pessimism and stress and coping. *Social Cognition, 7*, 92-112.
- Carver, C. S., & Scheier, M. F. (1994). Situational coping and coping dispositions in a stressful transaction. *Journal of Personality and Social Psychology, 66*, 184-195.
- Carver, C. S., Pozo, C., Harris, S. D., Noriega V., Scheier, M. F., Robinson, D. S., Ketcham, A. S., Moffat, F. L. Jr., & Clark, K. C. (1993). How coping mediates the effect of optimism on distress: A study of women with early stage breast cancer. *Journal of Personality and Social Psychology, 65*, 375-390.
- Cederblad, M., Dahlin, L., Hagnell, O., & Hansson, K. (1995). Coping with life span crises in a group at risk of mental and behavioral disorders: From the Lundby study. *Acta Psychiatrica Scandinavica, 91*, 322-330.
- Chang, E. C. (1996). Cultural differences in optimism, pessimism, and coping: Predictors of subsequent adjustment in Asian American Caucasian American college students. *Journal of Counseling Psychology, 43*, 113-123.
- Chang, E. C. (1998). Dispositional optimism and primary and secondary appraisal of a stressor: Controlling for confounding influences and relations to coping and psychological and physical adjustment. *Journal of Personality and Social Psychology, 74*(4), 1109-1120.

- Chang, E. C., D' Zurilla, T. J., & Maydeu-Olivares, A.(1997). Optimism and pessimism as partially independent constructs: Relationship to positive and negative affectivity and psychological well-being. *Personality and Individual Differences*, 23(3), 433-440.
- Chang, E. C., D' Zurilla, T. J., & Maydeu-Olivares, A. (1994). Assessing the dimensionality of optimism and pessimism using a multimeasure approach. *Cognitive therapy and research*, 18(2), 143-159.
- Compas, B. E., Malcarne, V. L., & Fondacaro, K. M. (1988). Coping with stressful events in older children and young adolescents. *Journal of Consulting and Clinical Psychology*, 56(3), 405-411.
- Dember, W. N., & Brooks, J. (1989). A new instrument for measuring optimism and pessimism: Test-retest reliability and relations with happiness and religious commitment. *Bulletin of the Psychonomic Society*, 27(4), 365-366.
- Dember, W. N., Martin, S.H., Hummer, M. K., Howe, S.R., & Melton, R. (1989). The measurement of optimism and pessimism. *Current Psychology: Research and Reviews*, 8(2), 102-119.
- Ellen, F. M. (1986). Coping in School: Correlations among Perceptions of Stress, Coping Style, Personal Attribute, and Academic Achievement in Inner-City Junior High School Students. (ERIC Document Reproduction Service No. ED 270537)
- Epstein, S., & Meier, P. (1989). Constructive thinking: A broad coping variable with specific components. *Journal of Personality and Social Psychology*, 57, 332-350.
- Fanshawe, J. P., & Burnett, P. C. (1991). Assessing School-related Stressors and Coping Mechanisms in Adolescents. *British Journal of Education Psychology*, 61(1), 92-98
- Felton, B. J., & Revenson, T. A. (1984). Coping with chronic illness: A study of illness controllability and the influences of coping strategies on

- psychological adjustment. *Journal of Consulting and Clinical Psychology*, 52, 343-353.
- Folkman, S., Lazarus, R. S., Dunkel-Schetter, C., DeLongis, A., & Grune, R. J. (1986). Dynamics of a stressful encounter: Cognitive appraisal, coping, and encounter outcomes. *Journal of Personality and Social Psychology*, 50, 992-1003.
- Fry, P. S. (1995). Perfectionism, humor, and optimism as moderators of health outcomes and determinants of coping styles of women executives. *Genetic, Social, and General Psychology Monographs*, 121, 211-245.
- Frydenberg, E., & Lewis, R. (1991). Adolescent Coping: The Different Ways in which Boys and Girls Cope. *Journal of Adolescence*, 14, 119-133.
- Holahan, C. J., & Moos, R. H. (1987). Personal and contextual determinants of coping strategies. *Journal of Personality and Social Psychology*, 52, 946-955.
- Holroyd, K. A., & Lazarus, R. S. (1986). Stress, Coping, and Somatic Adaptation. *Handbook of Stress: Theoretical and Clinical Aspects*. New York: The Fress Press.
- Holroyd, K. A., & Lazarus, R. S. (1986). Stress, Coping, and Somatic Adaptation. *Handbook of Stress: Theoretical and Clinical Aspects*. New York: The Fress Press.
- Janoff-Bulman, R., & Brickman, P. (1982). Expectations and what people learn from failure. In N.T. Feather (Ed.), *Expectations and actions: Expectancy-value models in psychology* (pp. 207-237). Hillsdale, NJ: Erlbaum.
- Lazarus, R. S. (1976). *Patterns of adjustment* (3<sup>rd</sup> ed.). New York: McGraw Hill.
- Lazarus, R. S., & Folkman, S. (1984). *Stress, appraisal, and coping*. New York: Springer.
- Lee, C., Ashford, S. J., & Jamieson, L. F. (1993). The effects of Type A

- behavior dimensions and optimism on coping strategy, health, and performance. *Journal of Organizational Behavior*, 14, 143-157.
- Long, B. C., & Sangster, J. I. (1993). Dispositional optimism/pessimism and coping strategies: predictors of psychosocial adjustment of rheumatoid and osteoarthritis patients. *Journal of Applied Social Psychology*, 23, 1069-1091.
- Lyons, A., & Chamberlain, K. (1994). The effects of minor events, optimism and self-esteem on health. *British Journal of Psychological Society*, 33, 559-570.
- Marshall, G. N., Wortman C. B., Kusulas, J. W., Hervig L. K., & Vickers, Jr. R. R. (1992). Distinguishing optimism from Pessimism: Relations to fundamental dimensions of mood and personality. *Journal of Personality and Social Psychology*, 62(6), 1067-1074.
- McConnell, A. R., Bill, C. M., Dember, W. N., & Grasha, A. F. (1993). Personality through metaphor: Optimism, pessimism, locus of control, and sensation seeking. *Current Psychology: Developmental, Learning Personality anti Social*, 12, 195-215.
- McCrae, R. R. (1984). Situational determinants of coping responses: Loss, threat, and challenge. *Journal of Personality and Social Psychology*, 46(4), 919-928.
- McCrae, R. R., & Costa, P. T., Jr. (1986). Personality, coping, and coping effectiveness in an adult sample. *Journal of Personality*, 54, 384-405.
- Nelson, E. S., Karr, K. M., & Coleman, P. K. (1995). Relationships among daily hassles, optimism and reported physical symptoms. *Journal of College Student Psychotherapy*, 10, 11-26.
- Neufeld, R. W. (1976). Evidence of stress as a function of experimentally altered appraisal of stimulus aversiveness and coping adequacy. *Journal of Personality and Social Psychology*, 33, 632-646.

- Nolen-hoeksema, S., Girkus, J.S., & Seligman, M.E.P. (1986). Learned helplessness in children: A longitudinal study of depression, achievement, and explanatory style. *Journal of Personality and Social Psychology* 51, 435-442.
- Peterson, C.(1988). Explanatory style as a risk factor for illness. *Cognitive Therapy and Research , 12*, 119-132.
- Peterson, C., & Bossio, L. M. (1991). *Health and optimism: New research on the relationship between positive thinking and physical well-being*. New York: Free Press.
- Peterson, C., Seligman, M.E.P., & Vaillant, G.E. (1988). Pessimistic explanatory style is a risk factor for physical illness: A thirty-five-year longitudinal study. *Journal of Personality and Social Psychology*, 55, 23-27.
- Plomin, R., Scheier, M. F., Bergeman, C. S., Pederson, N. L., Nesselroade, J. R., & McClearn, G. E. (1992). Optimism, pessimism, and mental health: A twin/adoption analysis. *Personality and Individual Differences*, 13, 921-930.
- Ptacek, J. T., Smith, R. E., & Dodge, K. L. (1994). Gender differences in coping with stress: When stressor and appraisals do not differ. *Personality and Social Psychology Bulletin*, 20, 421-430.
- Rim, Y. (1990). Optimism and coping styles. *Personality and Individual difference*, 11, 89-90.
- Scheier, M. F., & Carver, C. S. (1985). Optimism, coping, and health: Assessment and implications of generalized outcomes expectancies. *Health Psychology*, 4(3), 219-247.
- Scheier, M. F., & Carver, C. S. (1987). Dispositional optimism and physical well-being: The influence of generalized outcome expectancies on health. *Journal of personality*, 55(2), 169-210.
- Scheier, M. F., & Carver, C. S. (1992). On the power of positive thinking: The

- benefits of being optimistic. *Current Directions in Psychological Science*, 2, 26-30.
- Scheier, M. F., Matthews, K. A., Owens, J. F., Magovern, G. J., Sr., Lefebvre, R. C., Abbott, R. A., & Carver, C. S. (1989). Dispositional optimism and recovery from coronary artery bypass surgery: The beneficial effects on physical and psychological well-being. *Journal of Personality and Social Psychology*, 57, 1024-1040.
- Scheier, M. F., Weintraub, J. K., & Carver, C. S. (1986). Coping with stress: Divergent strategies of optimists and pessimists. *Journal of Personality and Social Psychology*, 51, 1257-1264.
- Segerstrom, S. C., Taylor, S. E., Kemeny M. E., & Fahey, J. L. (1998). Optimism is associated with mood, coping, and immune change in response to stress. *Journal of Personality and Social Psychology*, 74(6), 1646-1655.
- Seligman, M. E. P., Abramson, L. Y., Semmel, A., & Von Baeyer, C. (1979). Depressive attributional styles. *Journal of Abnormal Psychology*, 88, 242-247.
- Stone, A. A., & Neale, J. M. (1984). New measure of daily coping: Development and preliminary results. *Journal of Personality and Social Psychology*, 46, 892-906.
- Strutton, D., & Lumpkin, J. (1992). New measure of daily coping: Development and preliminary results. *Journal of Personality and Social Psychology*, 46, 892-906.
- Taylor, S. E. (1995). *Health Psychology (3<sup>rd</sup> ed.)*. New York. McGraw Hill.
- Taylor, S. E., Kemeny, M. E., Aspinwall, L. G, Schneider, S. G., Rodriguez, R., & Herbert, M. (1992). Optimism, coping, psychological distress, and high-risk sexual behavior among men at risk for Acquired Immune Deficiency Syndrome(AIDS). *Journal of Personality and Social Psychology*, 63, 460-473.
- Tennen, H., & Affleck, G. (1987). The costs and benefits of optimistic

- explanations and dispositional optimism. *Journal of Personality*, 55, 377-393.
- Terry, D. J. (1991). Coping resources and situational appraisal as predictors of coping behavior. *Personality and individual differences*, 12(10), 1031-1047.
- Thomas, S. P. (1989). Gender differences in anger expression: Health implications. *Research in Nursing and Health*, 12, 389-398
- Tomaka, J., Blascovich, J., Kelsey, R. M., & Leitten, C. L. (1993). Subjective, physiological, and behavioral effects of threat and challenge appraisal. *Journal of Personality and Social Psychology*, 65, 248-260.
- Vitaliano, P. P., Russo, J., Carr, J. E., Maiuro, R. D., & Becker, J. (1985). The ways of coping checklist: Revision and psychometric properties. *Multivariate Behavioral Research*, 20(1), 3-26.
- Wearly, G., Stanley, M.A., & Harvey, J.H. (1989). *Attribution* (pp.106-147). New York: Springer-Verlag.
- Weinstein, N. D. (1984). Why it won't happen to me: Perceptions of risk factors and susceptibility. *Health Psychology*, 3, 431-457.
- Youngman, M. B. (1979). Assessing behavioral adjustment to school. *British Journal Education Psychology*, 49, 258-264.

## 網路部分

勞工安全衛生所(2000)。勞工安全衛生所網站。取自 <http://www.iosh.gov.tw/>  
台灣立報(2002.05.10)。台灣立報電子網站。取自 <http://lihpao.shu.edu.tw/>  
自由電子新聞網(2002.11.09)。自由電子新聞網網站。  
取自 <http://www.libertytimes.com.tw/>