

社會支持之平衡性與身心健康： 台灣青年學生之分析*

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摘 要

本研究從人們同時是既主動且被動的社會支持接受者及提供者之新觀點，來探討「接受到的社會支持」、「要求的社會支持」、「提供的社會支持」、和「被要求的社會支持」四類社會支持對青年學生們的身心健康可能產生的影響。目的包括三方面：第一、探討社會支持的平衡性對人們負向情緒或身心健康可能產生之影響；第二、探討這些變項中可能存在之徑路；第三、探討社會支持提供量或接受量的不足對負向情緒或身心健康可能產生之影響。受試者為台灣的大學及專科青年學生，有效樣本 369 份。四類社會支持可分別包括三因素——資訊的、情感的、實質的；且實質的社會支持之接受量、要求量、提供量及被要求量均最低。從相關分析的結果得知，青年學生和別人之間的社會支持關係處於相當互惠的狀態。多變項變異數分析的結果顯示，缺乏互惠（社會支持不平衡）造成較強的欠債感或負擔感。徑路分析的結果證明本研究推論出來的「社會支持的平衡性→情緒狀態→身心健康」影響徑路是有效的，而且因過多或過少利益知覺而不同。此外也發現社會支持接受量不足會對青年學生們的情緒或身心健康造成不良影響，但提供量不足卻並沒有造成顯著差異。

關鍵詞： 社會支持、平衡性、互惠性、負向情緒、身心健康

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**Equity of social support and mental
and physical health:
The case of young adults in Taiwan.**

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ABSTRACT

This study examines the influences of four kinds of social support – provided, requested, to be requested and received support – on mental and physical health of young adults based on from a new view that an individual is both an active and passive support provider as well as receiver. There were three main purposes: (1) To investigate the influences of those supports and the equity of support on relationships and mental and physical health, (2) To test the possible paths among those variables, (3) To investigate the negative influences of the gaps between to be requested and provided, or requested and received, on mental and physical health. Three hundred and sixty nine young adults responded completely to the questionnaire. Each of four kinds of social support could be classified into three factors: informational, emotional, and tangible. The tangible scores of provided, requested, to be requested and received were the lowest. Correlational analyses showed that young adults felt their support relationships with others were fairly reciprocal. MANOVA indicated that lack of equity was associated with a negative effect. Path analyses supported prediction of this study; there was a path from support equity to affective state to mental and physical health, and the path was different between being underbenefited and being overbenefited. Moreover, the requested-received support gaps were associated with a negative affect or poor mental and physical health, but the to be requested-provided support gaps were not.

Key Words: social support, equity, reciprocity, negative affect, mental and physical health.