

中年生活感受與憂鬱之關係： 以情緒支持為中介

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本研究的目的是在於探討台灣家有青少年的中年父母的中年生活感受及其影響，並探討情緒支持在中年生活感受與憂鬱度之間的作用。資料來源為「青少年成長歷程研究」於第四波（2003年高三時期）的家長面訪資料，扣除非學生父母者及年齡低於35歲或高於64歲者，最後分析的資料為1,904份。以因素分析、潛在類別分析及多元迴歸分析等方法進行分析。主要結果顯示：(1)不論是男性家長或女性家長，其中年生活感受均可分為「憂心未來感」、「不滿現狀感」及「親子代溝感」三因素。(2)不論男性家長或女性家長，中年生活感受與憂鬱度均有正相關，中年生活感受各因素之分數愈高者，其憂鬱度愈高。(3)男性家長的情緒支持源可分成「配偶唯一型」、「夥伴型」、「不求助型」三種類型，女性家長的情緒支持源則可分為「多元親密型」、「朋友唯一型」、「親友尋求型」及「不求助型」四類型，意味不論在類型上，或是在比例上，男性家長與女家長都有顯著不同。(4)女性家長的情緒支持源類型與其憂鬱之間有直接而非間接關聯，但男性家長則直接間接關聯均無。最後並提及本研究的限制與未來研究方向。

關鍵字：中年生活感受、憂鬱度、情緒支持、青少年父母

Midlife Perceptions and Depression: The Mediating Role of Emotional Support

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ABSTRACT

The purpose of this paper is to investigate the midlife perceptions and their consequences for middle-aged parents with adolescent children in Taiwan. It also examines the influence of emotional support on the correlation between midlife perceptions and depression. The structures of midlife perceptions and emotional support are examined through factor analysis and latent class analysis, and applied in integral multiple regression models. The data used in this paper are from the Taiwan Youth Project, which is a panel survey scheduled from 2000 to 2007. The selected samples comprise 1904 parents, aged between 35 and 65, who had adolescent children. Three factors of midlife perceptions abstracted for both male and female parents are: "worry about the future," "dissatisfaction with present status," and "the parent-child gap". It is found that the higher the measure of midlife perceptions, the higher the level of depression. As regards emotional support, while male parents of three patterns pursue it either exclusively from their spouses only, or from their partners, or from none (patterns classified as *spouse-only*, *partner*, and *none*), female parents' of four patterns pursue it either from multiple sources, or from friends only, or from a combination of family and friends, or from none (patterns classified as *multiple-source*, *friend-only*, *family-plus-friend*, and *none*). Significant effects of emotional support on depression are found only in the case of female parents. The limitations of the current research and the directions for further research are both discussed.

Key Words: midlife perceptions, depression, emotional support, adolescent' parents