

習慣領域光明心態對大專生之立即效果和延宕效果分析

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摘要

本研究旨在探討大專學生參與習慣領域光明心態工作坊之影響，分析其立即效果和延宕效果。主要以問卷方式進行資料蒐集，題目包括對工作坊滿意度之封閉性問題，和開放性的評量問句。立即效果和延宕效果之評量時間，分別於工作坊結束後和工作坊結束後兩週，兩次蒐集資料之樣本人數分別為 46 人和 10 人。以量化方法分析立即效果之滿意度調查，以質性方法分析立即效果之開放性問句和延宕效果之資料，本研究立即效果顯示參與此工作坊之學生，有 9 成以上的人高度肯定透過工作坊的學習；進一步以內容分析法歸納出 5 個學習到的主題，依序為進行方式有助覺察反思全責主人、建立改變目標、理解光明心態之新框架、獲得正向能量和學習到讚美。延宕效果分析結果顯示，工作坊對他們兩週後的影響可歸納為：能以正向思維解決問題、能自我激勵增強自信、會勇於改變接受挑戰、有效提昇正向情緒、人際關係擴展良好。最後，提出一些研究上限制和建議。

關鍵字：光明心態、立即效果、延宕效果

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The analysis of the immediate and delayed effects of the bright attitude in the habitual domains for college students

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Abstract

The goal of the research is to investigate the impact of the bright attitude in habitual domains workshop for college students, and to analyze its immediate and delayed effects. The method was mainly by collecting data from students by close-ended and open-ended questionnaires. The evaluation time of the immediate and delayed effect was conducted immediate after and two weeks after the workshop. The sample data were collected from 46 and 10 participants respectively. The quantitative analysis method was used in analyzing the data collected from satisfactory questions immediate after workshop, while qualitative analysis method was used in analyzing the data collected from open-ended questions both immediate after and two weeks after workshop. The result of the research shows that 90% of the students who attended the workshop highly appreciated what they learned in the workshop. From further qualitative analysis, students believed they learned five lessons thorough the workshop, which in order were recognizing the full responsibility of themselves through the process of workshop, establishing changing goals, realizing the new frame of bright attitude, and receiving positive energy and complement. In addition, the analysis of delayed effect shows that the workshop was influential in the following areas, solving problems by positive thinking, increasing confidence by self-encouragement, bravely embracing changes when facing challenges, effectively promoting positive emotions, and successfully enlarging personal relationship circles. At the end of this paper, limitation of the research and suggestion were raised.

Keywords: Bright attitude, Immediate effect, Delay effect

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