

题
目

大学生羞耻罗盘模型量表的编制

摘 要

当个体感到羞耻时往往会产生自我指向性的痛苦情绪体验，但是不同情境下人们应对羞耻的方式是不同的。羞耻罗盘模型理论是由 Nathanson 根据 Tomkins 的剧本理论在 1992 年提出的。基于该理论，Elison 编制了《羞耻罗盘模型量表》评估个体在经历羞耻后如何调节羞耻感的自我报告量表。基于“羞耻罗盘理论”模型和中国传统文化，本研究编制一份适合中国大学生的羞耻罗盘量表，为今后的羞耻应对方式测量提供服务。在文献分析的基础上，通过访谈法、项目以及因素分析还有信效度检验，明确了量表的初步理论结构，并编制了大学生羞耻罗盘模型量表。编制的大学生羞耻罗盘模型量表共有 32 个项目，探索性因素分析确定了量表共有四个维度，即攻击其他（AO）、回避（AV）、退缩（WD）、攻击自我（AS）。量表的 Cronbach's Alpha 系数为 0.827，四个维度的 Cronbach's Alpha 系数在 0.709-0.808 之间；各个维度的重测信度系数均在 0.814-0.914 之间，总量表的重测信度系数为 0.937；量表前后所测的总分的相关系数为 0.511 ($p < 0.01$)，相关性达到了显著水平。该量表的信效度检验符合心理测量学的基本要求，可以作为测量羞耻应对方式的量表。

关键词：羞耻 大学生 罗盘模型 量表编制

ABSTRACT

When individuals feel shame, they often have self directed painful emotional experience, but the way people deal with shame is different in different situations. Nathanson proposed the "shame compass theory" model in 1992. Based on this theory, Elison developed the shame compass model scale to evaluate how individuals adjust their shame after experiencing shame.

Based on the model of "shame compass theory" and Chinese traditional culture, this study developed a shame compass scale suitable for Chinese college students to provide services for the measurement of shame coping style in the future. On the premise of literature analysis, We used the interview method, item and factor analysis as well as reliability and validity test to clarify the preliminary theoretical structure of the scale, and compiled the college students shame compass model scale. There are 32 items in the scale of shame compass model for college students. Exploratory factor analysis confirms that there are four factors in the scale, namely attack others (AO), avoidance (AV), withdrawal (WD), attack self (AS). Cronbach's alpha coefficient of the scale is 0.827, and Cronbach's alpha coefficient of the four dimensions is between 0.709-0.808. The retest reliability coefficients of all dimensions were between 0.814 and 0.914, and the retest reliability coefficients of the total scale were 0.937. The correlation coefficient of the total score measured before and after the scale was 0.511 ($p < 0.01$), which reached a significant level. The reliability and validity test of this scale meets the basic requirements of psychometrics and can be used as a scale to measure the coping style of shame.

Key words: Self-esteem, self-efficacy, intellectual efficiency, nervous system strength

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