

新生心理健康困擾之調查研究-以中部某科技大學為例

黃欣玟、曹俊德

仁愛醫療財團法人大里仁愛醫院心理師

朝陽科技大學幼兒保育系助理教授兼學務處學生發展中心主任

摘要

本研究主要篩選有心理健康困擾新生，以了解及評估其精神及心理適應狀況。資料來自於中部某科技大學日間部、進修部及碩士班新生共 3,921 人，施測 3,498 份調查表，回收率為 89.2 %。從調查結果發現，該校心理健康困擾新生為 484 名，比率約為 13.8%，且在有 5.9% 學生有自傷、想死或想至精神科就醫，其中有 100 位新生指出有尋死或傷害自己的念頭；有 106 位新生，不知是否該至精神科就診。所有新生中最常出現的心理健康困擾多屬「憂鬱」傾向，依序為「容易胡思亂想」、「睡眠困擾，譬如失眠或睡太多」及「覺得心情低落，無法應付周遭的事」及「無價值感」。其他分別也有 2.2% 及 3.3% 的心理健康困擾新生出現強迫行為、想法及幻聽、妄想等精神困擾。建議學校加強推廣三級預防之心理衛生工作，對精神及心理適應困難者進行追蹤輔導，以防止自我傷害之事件發生。

關鍵字：大學新生、心理健康、心理健康困擾、精神困擾

ABSTRACT

Freshman of mental health disturbed survey research at the midland University of Technology

Shin-Wen Huang 、 Jiun-De Tsau

Psychologist, Jen-Ai Hospital

Assistant Professor, Chaoyang University of Technology

The purpose of the present study was to investigate and screen mental health disturbed students. Participants of this research were the students of Evening Division, Day Division and Master of the midland University of Technology freshmen. The total sample was 3,921 freshmen and 3,498 completed questionnaires, 89.2 % respond rare. It was found all university freshmen have 484 mental health disturbed freshmen, 13.8% rare. There are 5.9% mental health disturbed students have suicide ideas and want to see psychiatric doctor. In particular, 100 mental health disturbed students have suicide ideas and self-hurt behaviors and 106 mental health disturbed students who want to see psychiatric doctor. The mental health disturbed freshman indicated that they had thought confusedly, sleep disturbed, low emotion, and valueless. It's similar to depression. In addition, 2.2% and 3.3% mental health disturbed freshman had obsessive thought and behavior, audition hallucination and delusion individually. Obviously, freshman who perceived distress were more likely to have mental disturbed. Finally, according to the results, this investigate proposed some suggestions to those in at-risk freshmen guidance and program evaluation.

Keywords: college freshmen, mental health disturbed, mental disturbed