

# 教師班級經營風格與情緒教育對國小一年級學童

## 情緒智力之影響

### 中文摘要

本研究旨在探究教師班級經營風格與情緒教育對於國小一年級學童情緒智力的影響。研究方法係採用準實驗之研究方式，比較不同之教師班級經營風格與情緒教育的實施，對班級學童情緒智力的影響。

研究結果發現：四個國小一年級班級學童情緒智力的表現達中上程度。其中以「自我情緒反省」層面得分最高，「人際情緒察覺」層面的得分最低；而且，國小一年級男、女學童在情緒智力方面有顯著差異，女童表現明顯優於男童。此外，研究結果也發現，雖然不同教師班級經營風格之班級學童的情緒智力沒有顯著差異，但是情緒教育的實施對班級學童之情緒智力的提升具有顯著之影響力；不論教師之班級經營風格為互動式或介入式，實施情緒教育的班級與未實施情緒教育的班級學童之情緒智力具有顯著差異，而且，實施情緒教育之兩個班級的學童均有較高之情緒智力。

**關鍵詞：**班級經營風格、情緒教育、情緒智力。

# **The Effects of Teachers' Classroom Management Style and Emotional Education on First-Grade Students' Emotional Intelligences**

## **Abstract**

The purposes of the study were to understand the relationship between the first grade teachers' classroom management style as well as their students' emotional intelligences, and to examine the effects of emotional education on students' emotional intelligences. The findings indicate that the scores of the students' emotional intelligences of the four classes were above the average, and the score of emotion-reflection was the highest, as well as the score of the emotion-appraisal was the lowest. Although there was no significant difference in emotional intelligences of first-grade students who were in the interactive management style classes and in the interventional management style classes, the emotional intelligences of first-grade boys and girls were significantly different. Emotional intelligences of the girls were significantly higher than boys. For two interventional classroom management style classes, there were significant differences between students who took emotional courses and who did not. As to two interactive management style classes, there were significant differences in students' emotional intelligences between students who took emotional courses and who did not. There were also significant differences in students' emotional intelligences between students who took emotional courses in interventional management style class and students in interactive management style class who did not take emotional courses

**Keyword :** classroom management style, emotional education, emotional intelligences