

论文

自我效能对完美主义与心理幸福感关系中中介效应

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摘要:

目的 探讨完美主义与心理幸福感关系中自我效能感的中介作用。方法 采用中文Frost多维完美主义量表、自我效能感量表和综合幸福感量表对761名医学生进行问卷调查并对数据进行分析。结果 完美主义、自我效能感、心理幸福感3变量各维度之间呈明显相关关系($P<0.05$);自我效能的部分中介效应显著($P<0.05$),引入自我效能项后,顺应良好完美主义的新增解释量 $\Delta R^2=20.9\%$,标准化偏回归系数B由0.284降为0.144,仍达显著性水平($P<0.05$);顺应不良完美主义的新增解释量 $\Delta R^2=24.7\%$,标准化偏回归系数B由-0.227降为-0.171,仍达显著性水平($P<0.05$)。结论 自我效能感在完美主义与心理幸福感之间起部分中介作用。

关键词: 完美主义 自我效能感 心理幸福感 中介作用

Mediation effect of self-efficacy on relationship between perfectionism and psychological well-being in medical students

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Abstract:

Objective To explore the mediation effect of self-efficacy on the relationship between perfectionism and psychological well-being in medical students. Methods Totally 761 medical school students completed Chinese Frost's Multidimensional Perfectionism Scale(FMPS), General Self-Efficacy Scale(GSES), and General Happiness Questionnaire. Results Significant correlations were found among perfectionism, self-efficacy, and physical well-being($P<0.05$). Regression analyses indicated that self-efficacy had a partially mediate effect($P<0.05$). After introducing the general self-efficacy, the ΔR^2 of positive perfectionism was 20.9% and the standardized coefficient was reduced from 0.284 to 0.144, with significant difference ($P>0.05$). The ΔR^2 for negative perfectionism was 24.7% and the standardized coefficient was reduced from -0.227 to -0.171 ($P>0.05$ after the induction of general self-efficacy). Conclusion Self-efficacy had a partially mediate effect on perfectionism and psychological well-being.

Keywords: perfectionism self-efficacy psychological well-being mediation effect

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