

以全人教育觀來看大學生壓力源及壓力因應之模式

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摘要

現代牽定生的壓力洲似乎愈來愈多樣化及愈來愈複雜，除了當學生常見的課業學習壓力外，家庭關係、兩性關仵、前途規劃及外在各式各樣吸引力易引起所謂的『上癮』行為等，都可能成為現代大學生的壓力源。筆者綜合相關的文獻研究之整理，將大家耳熟能詳的名詞『壓力』以不同的模式來定義之，並且在壓力源的探討上，進行分析討論。綜觀壓力的定義及壓力源相關之文獻後，筆者特別針對代大學生的壓力源及壓力因應模式進行分析，並且以全人教育的觀點來分析。

Abstract

As to the stressor in college students, it has been more complicated and diversity recently. The stressors in college students can be composed of academic learning, family relationship, finding a suitable partner, career planning and some addict behaviors. The literature reviewed in the research presents an overview of our current understanding of the stress process on definitions, stressors and coping models. In order to understand this, it is useful to know about different models of stress. Research has indicated that certain cooping models are particularly constructive and preventive when used in particular situations form holistic educational view. Finally, it is essential that we try to understand the factors that determine the college students' sources of stressor and choices of cooping models as this has crucial implications for his or her outcome.