

在同儕關係中的青少年情緒調節：美國 SEL 課程方案對當前國中綜合活動領域教材教法之啟示

黃絢質

國立高雄師範大學師資培育與就業輔導處助理教授（兼課程組組長）

摘要

SEL 素養近年來備受國內外教育界的重視，尤其是針對身心急速發展的早期青少年，更顯重要。對於國中階段的青少年，情緒調節與同儕關係是 SEL 素養中相當重要的元素，深切影響著個人的心理健康。本文旨在透過相關文獻分析，聚焦於十二年國教的綜合活動領域，首先，討論情緒調節的概念與內涵；其次，論述青少年的情緒調節在其同儕關係中扮演的角色。最後，藉由彙整與分析美國 CASEL 發展的 SEL 素養架構，以及美國各州以該 SEL 素養架構為依據發展出的 SEL 課程方案，探討其對臺灣國中階段綜合活動領域教材教法之啟示，提出相關建議：就教材方面，積極培養有利於同儕關係的適應性情緒調節策略。就教法方面，鼓勵將 SEL 融入綜合活動領域與其他學科教學、彈性採用多元的 SEL 教學方式。就教師專業發展方面，強化教師 SEL 教學知能。最後，提出對未來研究的建議。

關鍵詞：SEL、同儕關係、青少年、情緒調節、綜合活動領域教材教法

Adolescents' Emotion Regulation in Peer Relations: The Implication of the SEL Programs in United States on Teaching Materials and Methods in the Comprehensive Activity Area in Taiwanese Junior High School Contexts

Hsun-Chih Huang

Assistant Professor (Division Chief of Curriculum Division), Teacher Education and Careers Service, National Kaohsiung Normal University

Abstract

SEL competence has been more and more important in the education field all over the world, especially for early adolescents with great physical and psychological developments. Emotion regulation and peer relations, which profoundly influence individual's mental health, are critical elements of SEL competence. With literature review, this study aimed to focus on the Comprehensive Activity Area in the Taiwanese 12-year Basic Education. First, this study talked about the concepts and contents of emotion regulation. Then, this study discussed about the role emotion regulation plays in peer relations in adolescence. Finally, this study analyzed the SEL competencies framework the CASEL developed as well as SEL programs based on the above framework in United States. This study then talked about how the SEL competencies framework and SEL programs based on the SEL competencies framework in United States inspired teaching materials and methods in the Comprehensive Activity Area in Taiwanese junior high school contexts. This study provided some suggestions: In terms of teaching materials, encouraging to cultivate the adaptive emotion regulation strategies that are good for peer relations. In terms of teaching methods, encouraging to embed SEL competencies in other subject's instruction and flexibly use diverse teaching methods in SEL instruction. Regarding

teacher professional development, enriching teachers' pedagogical content knowledge of SEL. Finally, offering suggestions for future research.

Keywords: adolescents; emotion regulation, peer relations; social and emotional learning (SEL); teaching materials and methods in the Comprehensive Activity Area