

心理和諧的結構與測量*

任孝鵬

白新文

鄭蕊

張侃

中國科學院心理研究所

最近心理和諧引起了學者和社會的廣泛關注。本研究採用歸納法，對29人的訪談結果、2160人的詞彙聯想結果進行歸納分類，得到了心理和諧包括自我狀態、家庭氛圍、人際關係和社會態度四個維度；在此基礎上，我們編製了心理和諧的測量工具，利用654人和5038人的兩個樣本進行探索性因素分析和驗證性因素分析，發現心理和諧是不同於主觀幸福感等的新概念，問卷的信度和效度滿足了心理測量學的要求。

關鍵詞：心理和諧、自我狀態、家庭氛圍、人際關係、社會態度

基金項目：中國科學院知識創新工程重要方向性項目「汶川地震災區心理援助應急研究」；中國科學院知識創新工程重要方向項目「社會變革時期公眾的社會心理問題」(KSCX2-YW-R-130)；中國科學院心理研究所青年基金項目「心理和諧指數的構建」(O8CX025002)；國家自然科學基金項目「突發公共事件後中國民眾的後繼風險決策」(70671099)。通訊作者：鄭蕊，電子郵件 zhengrui@psych.ac.cn。

Structure and Measurement of Psychological Harmony

Ren Xiaopeng

Bai Xinwen

Zheng Rui

Zhang Kan

Institute of Psychology, Chinese Academy of Sciences, Beijing

Abstract

In recent years, China scholars and government have increasingly emphasized the importance of psychological harmony. Taking an inductive approach, we examined the concept and construct of psychological harmony in the People's Republic of China. From two diverse samples of 29 interviews and word associates from 2160 participants in China, we collected 4431 items related to psychological harmony. Results of our analysis found that psychological harmony included four dimensions: self harmony, family harmony, interpersonal harmony and social harmony. Based on the structure of the construct, we developed the psychological harmony questionnaire and then collected data from two diverse sample of 654 and 5038 participants. The results of exploratory factor analysis (EFA) and confirmatory factor analysis (CFA) showed that psychological harmony is a new concept distinguished from other related concepts such as subjective well-being. Reliability and validity of the psychological harmony questionnaire were also discussed.

Keywords: *psychological harmony, self harmony, family harmony, interpersonal harmony, social harmony*