

ICA 年度雙語論文

與人分享，幸福提升：社群媒體自我表露對台灣民眾心理幸福感的影響

樊一寧、羅文輝、張博翰

摘要

本研究探討社群媒體上的自我表露行為對台灣民眾心理幸福感的影響，並分析社會資本與社會支持對自我表露與心理幸福感之間關係的前置影響與中介效應。本研究的數據來自台灣傳播調查資料庫第三期第二次的調查資料，以台灣的2,075名受訪者為研究對象。研究結果顯示，契結型社會資本和橋接型社會資本是自我表露和社會支持的重要預測變項。此外，社會支持會中介影響自我表露與生活滿意度之間的關聯，也會中介影響自我表露與孤獨感之間的關聯。

關鍵詞：社群媒體、自我表露、社會支持、社會資本、心理幸福感

樊一寧，香港浸會大學傳理學院博士候選人。研究興趣：國際傳播、比較新聞學、社群媒體分析。電郵：19481187@life.hkbu.edu.hk

羅文輝，國立政治大學傳播學院兼任講座教授。研究興趣：媒介效果、健康傳播。電郵：loven@nccu.edu.tw

張博翰，香港浸會大學傳理學院博士研究生。研究興趣：媒介效果、新媒體研究。電郵：21481903@life.hkbu.edu.hk

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The Impact of Self-Disclosure on Psychological Well-Being Among Social Media Users in Taiwan

Yining FAN, Ven-Hwei LO, Bohan ZHANG

Abstract

This study examines the impact of self-disclosure behaviors on the psychological well-being of Taiwanese individuals, the antecedent influences of social capital, and the mediating effects of social support on the relationship between self-disclosure and psychological well-being. Data used in this study were derived from the second wave of the third phase of the Taiwan Communication Survey, involving 2,075 Taiwanese respondents. The findings reveal that both bonding and bridging social capital are significant predictors of self-disclosure and social support. Additionally, social support mediates the relationship between self-disclosure and life satisfaction and the relationship between self-disclosure and loneliness.

Keywords: social media, self-disclosure, social support, social capital, psychological well-being

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Yining FAN (Ph.D. Candidate). School of Communication, Hong Kong Baptist University. Research interests: international communication, comparative journalism, social media analytics.

Ven-Hwei LO (Visiting Professor). College of Communication, National Chengchi University. Research interests: media effects, health communication.

Bohan ZHANG (Ph.D. Student). School of Communication, Hong Kong Baptist University. Research interests: media effects, new media.