

## 文學閱讀課程對情緒智能的影響

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### 摘 要

研究的目的是為了探索教授文學閱讀課程對學生情緒智能的影響。進而提供文學閱讀課程在科技大學的實用性。32 位控制組的參與者與 30 位實驗組的參與者接受前測與後測的問卷調查。實驗組的課程是參考 Dr. Salovey and Mayer 的理論，提供參與者一個不同於一般的文學課程，使參與者能夠重新思考與認知作品中角色與自己的情緒行為。本研究採用 Schutte Self-Report Inventory，結果顯示實驗組的情緒智能有顯著的進步。因此，學生的情緒智能是可以藉由文學閱讀的課程來培養。

**關鍵字：**情緒智能、文學閱讀

# **The Effect of Literary Reading on Emotional Intelligence**

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## **Abstract**

The purpose of this study was to investigate how a literary reading curriculum, based on the concept of emotional intelligence framework according to Salovey and Mayer (1990), influentially helps participants be aware of their own emotions and story characters' emotions, a facet of emotional awareness that is seldom explored in a literary reading class. Participants' emotional awareness was evaluated by their responses toward the self-report emotional intelligence test, Schutte Self-Report Inventory. This research was based on quasi-experimental non-equivalent design. Thirty-two college students in the control group and thirty college students in the experimental group completed the aforementioned self-report measure twice as their pre-test and post-test scores. The mean score of emotional intelligence according to ANOVA analyses revealed a significant increase from the pre- to post-test. The result showed that emotional intelligence can be inculcated through a literary reading curriculum designed to allow students to think better and help them understand and perceive emotional information better.

**Keywords:** emotional intelligence, literary reading