

希望感的中介路径探索

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摘要

目的: 根据正义动机理论, 构建交叉滞后模型, 探讨公正世界信念对焦虑的影响, 希望在其中的中介关系。方法: 研究采用两波纵向设计, 招募了1185名参与者(60%为女性), 分别用公正世界信念量表(BJWS)、希望感量表(DHS)和抑郁、焦虑和压力量表(DASS-21)对其公正世界信念、焦虑和希望进行评估。结果: (1) 一般公正世界信念与个人公正世界信念和希望的动态思维与路径思维在T1、T2时间点上均呈显著正相关, 而与焦虑在T1、T2时间点上均呈显著负相关。(2) T1的个人公正世界信念通过希望的动态思维对焦虑的纵向中介作用显著负向。结论: 公正世界信念可通过希望的部分中介作用负向预测焦虑。

关键词

公正世界信念, 希望, 动力思维, 交叉滞后

Exploring the Mediating Pathways of Hope

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Abstract

Objective: Based on the theory of justice motivation, to construct a mediating effect model, explore the influence of the belief in a just world on anxiety, and hope for the mediating relationship within it. **Method:** The study adopted a two-wave longitudinal design and recruited 1185 participants (60% of whom were female). Their beliefs in a just world, anxiety and hope were evaluated respectively using the Belief in a Just World Scale (BJWS), the Sense of Hope Scale (DHS) and the Depression, Anxiety and Stress Scale (DASS-21). **Result:** (1) General belief in a just world was significantly positively correlated with personal belief in a just world and the dynamic thinking and path thinking of hope at T1 and T2 time points, while it was significantly negatively correlated with anxiety at T1 and T2 time points. (2) Its belief in a just world has a significantly negative longitudinal mediating

effect on anxiety through the dynamic thinking of hope. Conclusion: The belief in a just world can negatively predict anxiety through the partial mediating effect of hope.

Keywords

Belief in a Just World, Hope, Agency Thinking, Cross-Lag

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1. 引言

焦虑在儿童期和青春期极为常见，可对总体幸福感、社交生活、学习成绩和社交技能发展产生负面影响[1] [2]。Barlow 认为焦虑是一种由大脑神经递质异常激活引起的心理状态，特征包括身体的生理反应，如心跳加速、出汗和肌肉紧张。与恐惧不同，焦虑更多地与对未来可能发生事情的担忧和忧虑相关[3] [4]。焦虑与记忆和认知功能受损有关[5] [6]，可能导致学习成绩不佳和学业失败[7]，进而导致精神障碍[8]。研究者 Krain 等发现，相比于高焦虑个体，低焦虑个体更能承受不确定性[9]。然而，已有研究表明，公正世界信念水平较高的个体更容易体验到较低的焦虑水平。

公正世界信念理论认为，人们有一种基本的需要，即相信所处的世界是公正的。在这个世界里，人们得其所应得，所得即应得[10]。一些研究者将公正世界信念区分为个人公正世界信念(PBJW)与一般公正世界信念(GBJW)。个人公正世界信念(PBJW)指的是人们相信世界对自己而言是公正的；而一般公正世界信念(GBJW)是指，世界是一个公正的地方[11] [12]。研究发现个人公正世界信念和一般公正世界信念是正相关的，但它们却有着不同的含义和心理功能[13] [14]。

一般公正世界信念(GBJW)帮助人们管理愤怒，保持积极的情绪和维持生活满意度[11]，应对慢性和强烈的压力源，以及地震或海啸等自然灾害[15]，并通过责备受害者等策略抵御对公正世界信念的威胁[16]。个人公正世界信念(PBJW)与有效应对压力[17]，更多的个人目标投资[18] [19]和更高的目标感[20]，及主观幸福感呈正相关[21]-[23]。

希望被定义为一种积极的激励力量，由积极的目标导向的动力和计划实现目标的方法组成[24]，即动力思维(agency thinking)和路径思维(pathway thinking)。动力思维产生开始和继续目标实现各个阶段的途径所需的信心和精神能量[25]。路径思维指的是一个人创造实现目标的路径的能力，保持所选路径将导致成功的信心[25]。两者都是成功实现整个目标追求所必需的。有研究表明，希望在应对消极情绪如焦虑、抑郁时，有利于产生积极作用，减轻消极情绪[26]，所以希望可能是一种保护性心理素质。

1.1. 公正世界信念与焦虑的相互关系

焦虑是由预期或发生负面事件而引发的，个体认为自己无法预测，控制或改变这一事件以获得预期的结果[27]。而公正世界信念则成为一剂良药。根据正义动机理论，公正世界信念可以让人们觉得世界更有意义、更可预测、更可控，从而有助于维护个人契约(即努力会得到回报)，鼓励对长期目标的投资[20]。因此，公正世界信念可能会带来更多的掌控感，减缓因无法预测、控制而带来的焦虑。控制感高的个体会具有较好的自我效能感以及调节减少自我压力去更好地适应社会环境的[28] [29]。大量的研究显示，公正世界信念对焦虑具有负向预测作用。例如，Nartova-Bochaver 等人研究发现，高公正世界信念能够降低

个体焦虑、抑郁等不良情绪[30]。公正世界信念能够缓解个体的心理困扰和情感负担,减少焦虑水平[31][32],与积极影响和幸福感,以及较少的焦虑、抑郁和心理困扰有关[33]-[35]。

1.2. 公正世界信念与希望的相互关系

较高的公正世界信念与更多的个人目标投资和更高的目标感有关[19][20]。而希望感由积极的目标导向的动力和计划实现目标的方法组成[24]。因此,公正世界信念与希望感呈正相关。研究表明,公正世界信念与积极的未来预期和希望呈正相关[19][31],与绝望呈负相关[36]。在一篇 COVID-19 为背景的研究中发现,希望与公正世界信念呈显著的正相关,并且公正世界信念在希望与 COVID 焦虑之间起中介作用[37]。

1.3. 希望与焦虑的相互关系

Barlow (2000)认为在追求目标的过程中,不太抱希望可能会增加对可能的负面结果(即将失败)的感知,从而增加焦虑的恐惧,阻碍对目标的适应性关注[3]。当在 Snyder 的希望理论中考虑情感和认知过程与积极的目标追求时,希望渺茫本身就可能暗示这种失败信号,可能提供了希望和焦虑之间的理论联系。研究表明,希望与消极情感和焦虑呈负相关[38][39]。

希望的两个维度对焦虑的影响有着显著的差异。一项使用潜变量分析的研究发现,在某个时间点更强的动力思维与后续时间点降低的抑郁和焦虑显著相关,而更强的路径思维则没有此关联[26]。一项针对特殊儿童父母的研究发现,更强的动力思维显著预测更低的母亲和父亲抑郁、焦虑,而路径思维则没有预测作用[40]。一项针对非裔美国成年人的研究发现,动力思维预测了积极和消极的心理适应两方面,而路径思维则不能预测[41]。更高动力思维的个体与更低的焦虑和抑郁症状,以及更高的活力感和生活满意度相关[41]。

综上所述,希望可能是焦虑和公正世界信念之间的中介变量。希望可能通过增强个体制定和实现目标的信心来减少焦虑[27]。希望是对未来预期结果的积极期待[42],能带来很多心理好处[41],使个体对他人和外界抱有更为积极的认知[43],从而影响公正世界信念。因此,本研究旨在探讨公正世界信念(GBJW 和 PBJW)、希望(agency thinking 和 pathway thinking)与焦虑的关系。研究希望两个维度作为解释公正世界信念两个维度和焦虑之间关联的潜在中介的作用。本研究假设希望两个维度在公正世界信念两个维度对焦虑的影响中具有纵向的中介作用,并且不同维度在焦虑中的作用可能不同。

2. 研究方法

2.1. 研究对象

问卷通过在线调查平台“问卷星”发放。共收集有效数据 1185 份,其中女性 715 人(60.338%),0~25 岁 956 人(77.637%),本科学历 761 人(64.219%)。除了以下所列的测量外,问卷中还包括了 5 个注意甄别题,以确保回答的真实性。为了保护参与者的隐私,所有答案都是匿名的。

2.2. 研究工具

2.2.1. 公正世界信念量表

采用 Dalbert 编制的公正世界信念问卷(Belief in a Just World Scale, BJWS) [11]。该问卷包含个人公正世界信念和一般公正世界信念 2 个维度。其中个人公正世界信念维度由 7 个题目组成,一般公正世界信念维度由 6 个题目组成。采用 6 点计分,无反向计分。在本研究中,该量表在一般公正世界信念、个人公正世界信念和总体公正世界信念的 Cronbach's Alpha 系数分别为 0.887、0.892 和 0.932。

2.2.2. 希望量表

采用由 Snyder 编制, 任俊翻译修订的成人希望特质量表[44], 共 8 个条目, 有 4 个项目用于动力思维, 4 个项目用于路径思维。采用 4 点计分, 从 1 (“非常不同意”)到 4 (“非常同意”)。在本研究中, 动力思维子量表的 Cronbach's Alpha 值为 0.782, 路径思维子量表的 Cronbach's Alpha 值为 0.802。

2.2.3. 焦虑量表

采用抑郁、焦虑和压力量表(DASS-21)的焦虑子量表来评估参与者的焦虑水平[45]。DASS-21 量表是一种自我报告量表, 用于测量抑郁、焦虑和压力等消极情绪状态。量表中有 21 个项目, 其中有 7 个与焦虑有关。参与者对每个项目在过去一周内与自己的一致程度进行评分。本研究焦虑子量表的 Cronbach's Alpha 值为 0.838。

2.3. 数据分析

对两次测量的数据利用 SPSS27.0 进行描述性分析以及相关性分析。再用 Mplus8.3 进行交叉滞后模型的构建以及路径分析。Martens 和 Haase 提出了检验交叉滞后模型的方法[46]。本次研究的模型路径如图 1 所示。

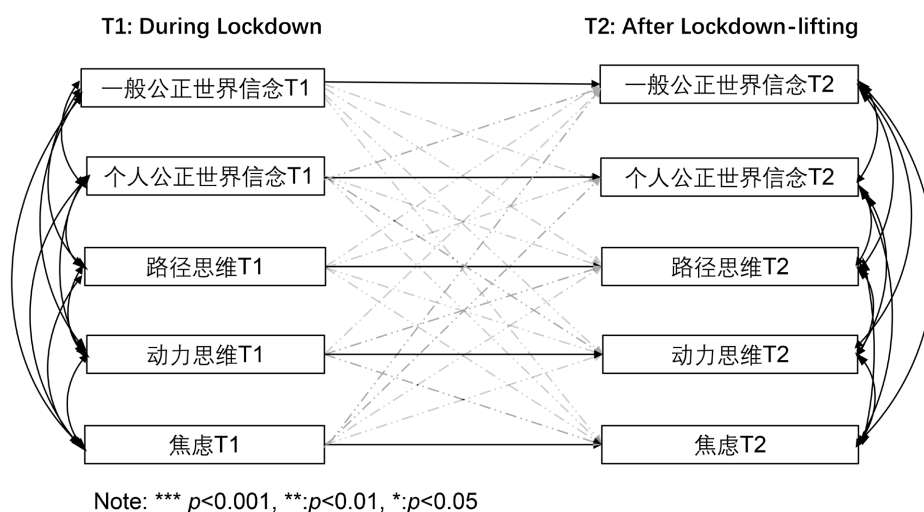


Figure 1. Model path diagram

图 1. 模型路径图

3. 结果

3.1. 共同方法偏差

采用 Harman 单因素检验法进行共同方法偏差分析, 发现共有 4 个因子的特征值大于 1, 其中第一个因子累积方差的解释率为 34.55%, 小于 40% 的临界标准, 表明本研究共同方法偏差问题不明显。

3.2. 公正世界信念、希望和焦虑的相关分析

将 T1 和 T2 时间的公正世界信念、希望和焦虑进行相关分析。结果表明, 变量呈正态分布, 一般公正世界信念(GBJW)与个人公正世界信念(PBJW)和动力思维(agency thinking)与路径思维(pathway thinking) T1、T2 时间点上均呈显著正相关, 而与焦虑在 T1、T2 时间点上均呈显著负相关, 详细信息如表 1 所示。这为下一步进行交叉滞后模型的检验建立了基础。

Table 1. Correlation analysis results of each variable
表 1. 各变量相关分析结果

数量	1	2	3	4	5	6	7	8	9	10
1 GBJWT1	1.000									
2 PBJWT1	0.773***	1.000								
3 pathwayT1	0.194**	0.183**	1.000							
4 agencyT1	0.328***	0.360***	0.558***	1.000						
5 焦虑 T1	-0.293***	-0.346***	-0.376***	-0.384***	1.000					
6 GBJWT2	0.540***	0.489***	0.259***	0.353***	-0.277***	1.000				
7 GBJWT2	0.491***	0.555***	0.243***	0.305***	-0.314***	0.718***	1.000			
8 pathwayT2	0.134*	0.169**	0.529***	0.432***	-0.234***	0.265***	0.293***	1.000		
9 agencyT2	0.298***	0.392***	0.366***	0.525***	-0.288***	0.385***	0.356***	0.572***	1.000	
10 焦虑 T2	-0.145***	-0.215***	-0.219***	-0.327***	0.584***	-0.240***	-0.255***	-0.238***	-0.321***	1.000
偏度	-0.257	-0.296	-0.02	0.241	0.396	-0.238	-0.13	-0.138	-0.233	0.412
峰度	-0.405	0.038	0.277	0.157	0.167	0.052	0.347	1.334	0.226	0.368

注：*** $p < 0.001$ ，** $p < 0.01$ ，* $p < 0.05$ ；GBJW = 一般公正信念，PBJW = 个人公正信念，pathway = 路径思维，agency = 动力思维。

3.3. 公正世界信念、希望和焦虑的交叉滞后分析

在控制了年龄、性别、受教育程度和月收入等变量后，采用极大似然估计(robust maximum likelihood estimator, MLR)，使用交叉滞后模型检验公正世界信念和希望与焦虑之间的预测关系。模型拟合指数良好： $\chi^2 = 103.30$ ， $df = 55$ ， $\chi^2/df = 1.88$ ， $p < 0.001$ ；RMSEA = 0.05；CFI = 0.94；TLI = 0.90；SRMR = 0.05。

交叉滞后模型结果见图 2。标准化的自回归系数结果显示，T1 的一般公正世界信念与 T2 的路径思维之间关联不显著($\beta = -0.075$ ， $p = 0.388$ ，95%CI = $[-0.245, 0.096]$)，与 T2 的动力思维的预测作用也不显著($\beta = -0.053$ ， $p = 0.547$ ，95%CI = $[-0.225, 0.112]$)。T1 的个人公正世界信念对 T2 的动力思维有显著的正向预测作用($\beta = 0.288$ ， $p = 0.001$ ，95%CI = $[0.115, 0.448]$)，但与 T2 时的路径思维之间不显著($\beta = 0.070$ ， $p = 0.361$ ，95%CI = $[-0.079, 0.222]$)。T1 的动力思维对 T2 的焦虑有显著的负向预测作用($\beta = -0.138$ ， $p = 0.05$ ，95%CI = $[-0.283, -0.003]$)，而 T1 的路径思维与 T2 时的焦虑之间不显著($\beta = 0.075$ ， $p = 0.202$ ，95%CI = $[-0.044, 0.187]$)。

3.4. 纵向中介效应分析

根据纵向数据的中介效应分析方法，对各维度的公正世界信念与希望感和焦虑之间的中介作用进行跨时间分析。采用 Bootstrap 方法，样本量选择 5000，在 95%的置信区间下进行显著性检验。根据模型结果显示，T1 的个人公正世界信念通过动力思维对焦虑的纵向中介作用显著负向($\beta = -0.039$ ，95% CI = $[-0.109, -0.003]$)。T1 的一般公平世界信念通过动力思维到 T2 焦虑的纵向中介效应并不显著($\beta = -0.007$ ， $p = 0.623$ ，95%CI = $[-0.011, 0.051]$)。T1 的一般公平世界信念通过路径思维到 T2 时焦虑的纵向中介效应同样不显著($\beta = -0.006$ ， $p = 0.571$ ，95%CI = $[-0.038, 0.005]$)。T1 的个人公平世界信念通过路径思维到 T2

时焦虑的纵向中介效应也不显著($\beta = 0.005, p = 0.536, 95\%CI = [-0.005, 0.033]$)。这表明, 公平世界信念和希望的两个维度在预测焦虑时具有不同的权重, 特别是个人公平世界信念和动力思维具有至关重要的作用。

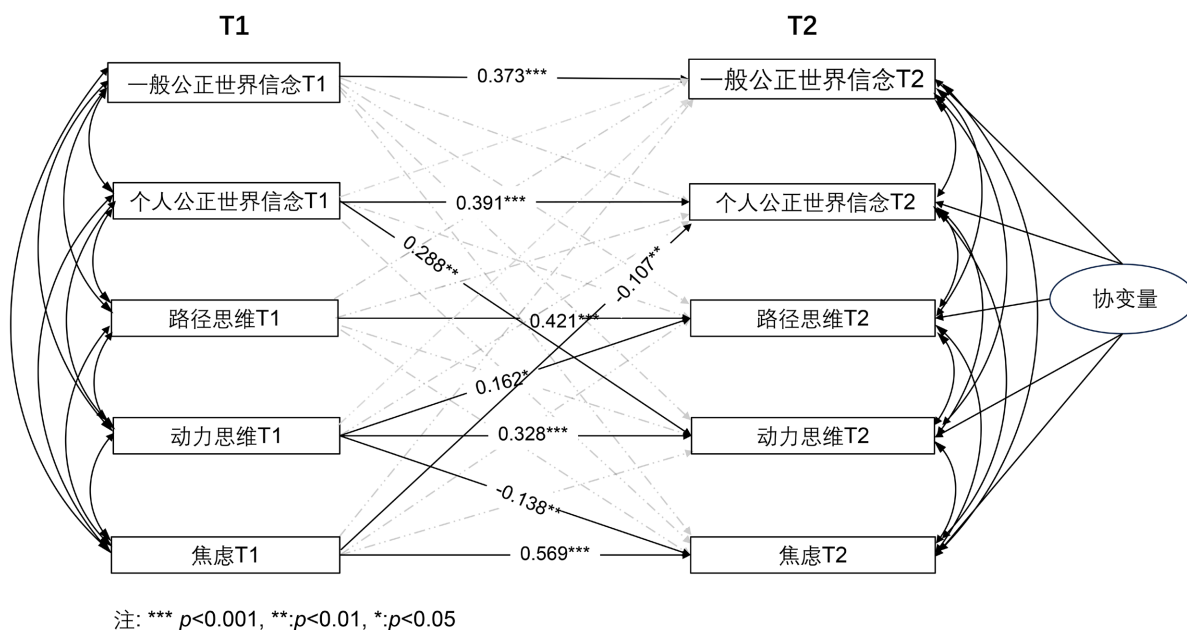


Figure 2. Model path result graph

图 2. 模型路径结果图

4. 讨论

本研究的主要目的是探讨公正世界信念的两个维度和希望的两个维度与焦虑之间的关系。如表 1 所示, 在公正世界信念和希望之间发现了显著的正相关, 但两个公正世界信念维度和两个希望维度都与焦虑显著的负相关。这表明, 拥有更多公正世界信念的人更不容易焦虑、有更多的希望感。此外, 这种对焦虑的影响在不同的公正世界信念维度和不同的希望维度中程度不同, 表明它们是不同的结构, 但密切相关[47] [48]。

本研究发现只有个人公正世界信念能通过动力思维能显著预测焦虑, 而一般公正世界信念不能。这与先前实证研究和元分析的结果一致, Otto 等人在对德国洪水受害者的研究中发现, 个人公正世界信念而非一般公正世界信念与焦虑、抑郁和一般心理困扰呈负相关[32]。这可能是因为个人公正世界信念与积极的未来取向[49]和感知控制[50], 希望理论是面向未来的, 而焦虑也是面向现在或未来的[27]。因此, 它们之间有了更为紧密的联系。而一般公正世界信念帮助人们管理自己的愤怒、应对地震或海啸等自然灾害[15], 并通过责备受害者等策略抵御对公正世界信念的威胁[16], 可能在面临生活中的不利情形、不公正结果中发挥重要作用, 更多体现个人对社会的适应状况[51]。

个人公正世界信念只能通过动力思维显著预测焦虑, 而通过路径思维却不显著。这与前人的研究一致, Feldman 等发现, 目标特定的动力思维, 而不是路径思维, 预测了目标的实现[52]。这可能是因为, 高个人公正世界信念的个体有着更多的个人目标投资[18] [19]和更高的目标感[20]。而“目标”是 Snyder 希望理论的核心概念, 动力思维是希望理论作为动机要素, 是贯穿整个目标追求过程中的心理能量, 而路径思维更多地强调实现目标的方法、策略和计划等认知操作[25]。当个体面临压力时, 其心理资源可能

受到影响,影响希望的动力思维以及积极行动的能力[53]。而较高的个人公正世界信念为个体提供了一种心理资源[54],使他们在面对困难和挫折时,更倾向于从积极的角度去解释,认为这些只是暂时的,未来依然会走向公平和美好。因此,更高的个人公正世界信念和动力思维可以使人们对未来有积极的期待,从而缓解焦虑。

本研究也存在一些局限,如纵向追踪的时间间隔仅为4个月,且只收取了两次数据,难以满足建立严谨的因果关系所需的时间跨度,在未来的研究中可以增加追踪次数,拉开时间跨度,以便可以做出更精确的因果推断。此外,有研究表明,公正世界信念随着年龄增长会有一些的波动和变化[55],未来研究可以建立全周期发展模型,延长总体追踪年限,动态研究公正世界信念的变化,为促进心理健康提供新视角。未来也可以引导个体关注和反思生活中经历的公平事件来提升其个人公正世界信念。

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