

# 以計畫行為理論探討減緩手機依賴之研究

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## 摘要

Mobile phones in particular have carried over in every age group, turning into the most convenient and portable form of communication currently. However, the overuse of mobile phones has also developed numerous problems. The purpose of this study was using theory of planned behavior (TPB) and economical pressure to explore how to decline our dependence on mobile phones. There were 779 viable surveys which used to analyze data were structural equation modeling. The results of this study show that perceived behavioral control, subjective norm, attitude, economical pressure have a positive effect on reducing mobile phone reliance.

This study establishes research results that that can serve as reference or advice for future work regarding mobile phone reliance, decline the mobile phone dependence of our research targets, and relieve the negative social phenomenon.

**關鍵字：**Theory of Planned Behavior, Mobile Phone Dependency, Structural Equation Modeling.