

摘要

本研究以金樹人所提出之「心理位移辯證效益之敘事分析方法」(Psychological Displacement Diary-writing Paradigm, PDDP) 書寫生命故事，並進行自我療癒的敘說分析研究。本研究目的是：1.分析「我、你、他」三種不同的心理位格書寫的療癒歷程；2.探索「單親家庭女兒」的心理現象與影響身份認同的社會建構要素。

研究對象是研究者自己。研究資料是研究者的生命故事書寫文本。首先以第一人稱「我」為主詞，書寫具體、直接的家庭關係經驗；再來以第二人稱「你」為主詞，依據「我」位格中重要主題書寫「你」文本；最後以第三人稱「他」為主詞，根據「我」位格與「你」位格相同故事情節的文本，書寫「他」位格的文本，歷經一年又三個月，完成十六篇文本。

分析方法以敘說分析的「形式-類別」進行分析，首先將文本內容逐字逐句作裂解、判讀，形成九十五種「類別編碼」。接著進行資料編碼，將「我」、「你」、「他」文本作歸類；最後對主題之編碼分析結果進行整理與初步解釋。

在心理位移療癒效果的研究結果發現：1.進行「我」位格書寫時，描述具體細膩，極多的負向情緒與感受，較多對自己的同理關懷及包容支持，以及對家人強烈的負面指責與批評。2.進行「你」位格書寫時，較多對自己的反省檢討與支持鼓勵，能探索深層心理狀態與內在信念，自我概念轉變成較為正向積極。3.書寫「他」位格時，能跳脫主觀視野，重新看待自己與家人的關係，情緒較為穩定、認知思考較具彈性與客觀理性，提高對內在需求與行為的正向理解。

在單親家庭女兒的心理狀態的研究結果是：1.家庭心理距離是從「冷漠疏離」到「雙向溝通」2. 家庭情感關係是從「焦慮不安」到「包容理解」3. 心態的轉變從渴望「家人的認同」到追求「自我的認同」。

單親家庭女兒所反映的社會文化脈絡之發現是：1. 從「不可動搖的家庭倫理秩序觀」到「加深對家庭結構與身份的正向認同」2. 從「承受父母離婚的標籤形成內在自卑感」到「抗拒污名建立自信」3. 從「經濟無法獨立自主就沒有自我價值」到「理解維持生存的辛苦」4. 從「乖女孩只要努力讀書的刻板形象」到「接納父母的遺憾與苦心」。

關鍵詞：單親家庭、故事敘說、心理位移、身份認同

Abstract

Using the Psychological Displacement Diary-writing Paradigm (PDDP) proposed by Jin (2005), this article attempts to construct a life-story narrative as a means to self healing. Healing processes of three different pronouns —I, you and she—are explored. Also examined are social constructed identities of the psyche of a daughter from a single-parent family.

The author uses herself as the research subject and her life-story narrative as the text for analysis. An account using the “I” pronoun was first used to reconstruct concrete, immediate experiences of family relations. Major topics in the “I” account were then abstracted and written into another account using “You” as the subject. Plots common in the two previous accounts were further distilled to produce the account of “She”. The process went on for 15 months with 16 finished sets of text. Narrative analysis is performed on the text. Sentences and phrases are broken down and divided into 95 categories and further coded and rearranged for preliminary interpretations.

It is found that: 1. Negative emotions and feelings abound in the “I” account. There are more empathy to the self and more blaming on other family members. 2. The “You” account contains more reflexive support to the self, and deeper exploration into the inner state of mind. Self-consciousness turns toward more positive tendencies. 3. Writings in the “She” pronoun enable a fresh outlook on the self as well as the family relations. Emotions appear steadier, and consciousness appears more flexible and objective. This resulted in elevated positive self understanding of one’s behavior and innate needs.

During the healing process, social-cultural contexts framing contemporary single parent family reflected in the subject’s mind underwent the following changes: 1. From a view of unshakable kinship order to a deepened positive identity with family structure and status; 2. From low self-esteem caused by stigma from divorced parents, to resistance to the stigma and establishment of self-confidence; and 3. From lack of self-value due to lack of means of economic subsistence to a understanding of the hardships of maintaining a livelihood; and 4. From a self-stereotype of a good girl who studies hard to acceptance of parents’ concerns and regrets. As a consequence, the psychological status of the subject changed from alienation with the family to more dialogue with them, from anxiety to acceptance, and from yearning for identity with the family to an identity with herself.

Key words: single-parent family; narrative story; psychological displacement; identity.