

一個在 COVID-19 初期受隔離者的自我敘說研究

學生：盧怡廷

指導教授：翟宗悌 博士

國立台南大學諮商與輔導學系碩士班

摘要

本研究的主要目的旨在於從疫情初期受隔離者的身分，紀錄當時的心路歷程，也探討個人與社會環境如何交織。研究的主要核心為（一）提供第一手居家隔離者的心路歷程；（二）透過本研究為眾多曾受隔離或正在受隔離者發聲，期本研究能為這群人帶來慰藉，同時也作為往後政策執行時的參考。研究者以自我揭露的方式，紀錄並分析我在 2020 年 3 月 10 日至 2020 年 3 月 30 日受隔離經驗以及後續影響，並以敘事分析法進行分析。

研究結果發現，我的疫情初期受隔離心路歷程，發現似乎並沒有辦法用時間去劃分，而是可以分為以下幾個主題和面向，分別為從無所適從到逐漸適應；從他人向我傾倒焦慮到我也漸漸意識到有些人可以給我力量；這個過程中我也感受到了失控和恐慌，但隨著事情的進展，我逐步的拿回我的掌控感；我從認為自己是做錯事的罪人要全權負責，到我可以畫下人我界；我的身體受隔離，在政府的要求下需要受隔離，可當我逐漸拿回掌控感後，才能做到心理的主動隔離，屏除壓力源；我因為受隔離而失去和人的連結，我也透過其他方式重新再獲得連結；最後我從一個因受隔離而失能的人，到能從這經驗裡汲取收穫，成為了一個有能者，回到了助人者的角色，向大眾貢獻我的受隔離的經驗，好減少他們的焦慮。

因此分別列下幾點，給受隔離者、受隔離者身邊人員以及政策決策者——給受隔離者：（一）先照顧好自己，該休息休息，該發洩好好發洩；（二）主動離開壓力情境或壓力源，畫下人我界線；（三）若需要幫助時，可主動求援；（四）有力氣時做些自己在能力範圍內可以做的事，以找回掌控感和有能感。受隔離者身邊的人：（一）安放自己的焦慮，也先把自己照顧好。（二）告訴受隔離者如果有需要可以和自己聯繫，但

不主動提問、打擾。政策決策者在制定政策時：(一) 應設想周全，要瞭解受隔離者的系統，知曉影響範圍；(二) 當政策執行者在佈達政令時，可以多加照顧受隔離者的感受，以體諒和尊重的態度和受隔離者接觸。

關鍵詞：COVID-19、自我敘說、隔離經驗

Quarantine Experiences of a Close Contact during Early COVID-19 Pandemic: A Narrative

Student: LU, YI-TING

Advisor: JHAI, ZONG-TI Ph.D.

Master's Program of Counseling and Guidance Department, Department of Counseling and Guidance Department, National University of Tainan

Abstract

The main purpose of this study is to record the emotional journey of the researcher being in quarantine at the beginning of the epidemic, and to explore the social human interaction. This research focuses on: (1) to provide the emotional experiences of those who are quarantined at home; (2) help many people who have been quarantined or are being quarantined make their voices heard. It is hoped that this research is able to be a consolation for this group, and also serve as a reference for future policy implementation. The self-disclosure narrative approach is adopted in order to record and analyze individuals' quarantine experiences and subsequent impacts from March 10, 2020 to March 30, 2020.

The results of the study found that the emotional stages the quarantineds experienced in the early stage of the epidemic could not be accurately divided by time, but by the following themes and aspects, namely: from being at a loss to gradually adapting; from anxiety and uncertainty to self recognition and self assurance; from feeling isolated and having loss of control to regaining control; from thinking that they are sinners to they are fully responsible for drawing a world between themselves and others; from suffering from government imposed physical isolation and quarantine to achieving active psychological isolation and eliminating the source of stress; from losing connection with people due to isolation to regaining connection with others by other means; finally, from a person who was disabled due to isolation, to being able to learn from this experience and returning to helping others. The research is to contribute personal experience of isolation to the public, to speak out for those who have been isolated, and to help them know how to face and respond to similar situations in the future.

Therefore, the following points are listed for the quarantined people, the people around the quarantined, and policy decision makers respectively. For the quarantined people: (1) Take care of oneself, take a rest, and vent one's anger; (2) Leave voluntarily away from all sources

of stress or an stressful environment and draw the boundaries between others; (3) If one needs help, one can take the initiative to ask for help; (4) When one is strong enough, do what one is able to do regaining a sense of control and self-confidence. People around the quarantined person: (1) Let go of one's own anxiety and take care of oneself first. (2) Tell the quarantined people to contact themselves if necessary, but not to ask questions or disturb them. When formulating policies, policy makers should: (1) be well-conceived, understand the system of the quarantined, and know the scope of influence; (2) When a policy is executed, one can take more care of the feelings of the quarantined, so as to be considerate and respectful when dealing with quarantined.

Keywords: COVID-19, self-narrative, quarantine experience