

中高齡婦女參與禪繞畫學習經驗之分析

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摘要

本研究旨在探討中高齡者婦女參與禪繞畫，在學習中的經驗，對自己的改變和影響，採質性研究法，以深度訪談的方式收集中高齡婦女的學習經驗。研究共訪談兩位中高齡的禪繞畫參與學員和兩位教禪繞畫的老師，所收集的資料再以主題分析法進行分析，企圖從其敘說經驗中，理解參與的脈絡，以組織豐富其故事。研究結果於下：

1. 禪繞畫練習過程中可以幫助靜心提升專注力，改變思惟和心境，生病中畫禪繞轉移注意力忘記苦痛。
2. 跟著老師學基礎圖樣，分享展示的時候觀摩同學的作品，欣賞讚美別人作品的優點，練畫後學員也能建立起自信和成就感。
3. 無論實體或線上課程都有一些中高齡婦女藉著紙、筆由圖樣開始到組成圖案，甚至進而加入生命故事。

關鍵詞：中高齡婦女、禪繞畫

Analysis of the experience of middle-aged and elderly women participating in Zentangle painting learning

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ABSTRACT

This research aims to explore the experiences of middle-aged and elderly women participating in Zentangle art and how it impacts their self-transformation and influence during the learning process. A qualitative research approach was adopted, and in-depth interviews were conducted to collect the learning experiences of middle-aged and elderly women engaging in Zentangle art. The study included two middle-aged and elderly Zentangle art participants and two Zentangle art instructors. The data collected was analyzed using thematic analysis to comprehend the context of their participation and organize the richness of their stories. The research findings are as follows:

- 1.Engaging in Zentangle art practice helps to enhance mindfulness and concentration, leading to changes in thinking patterns and emotional states. Drawing Zentangle patterns during times of illness allows participants to shift their attention and momentarily forget about their physical pain.
- 2.Learning basic patterns from the instructors and showcasing and observing classmates' artwork during presentations enable the participants to appreciate and praise others' strengths in their work. This process fosters self-confidence and a sense of achievement among the learners after practicing Zentangle art.
- 3.Both physical and online courses have attracted middle-aged and elderly women who use paper and pens to begin with patterns, gradually forming complex designs, and even incorporating their life stories into their art.

Key words: middle-aged and elderly women, Zentangle paintin