

以沙盤探究單身獨居年長者老化覺察經驗之研究

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摘要

本研究旨在以沙盤探究單身獨居年長者老化覺察的經驗。本研究採取質性研究方法，邀請三位單身獨居年長者作為研究參與者，進行每次 1~2 小時，共計四次的沙盤創作與半結構式深度訪談，再將蒐集到的資料以內容分析法進行資料分析。研究結果如下：

一、前意識層面的老化覺察

- (一) 「老」使我們「退」至邊緣：含括「年長者鮮少被在乎」、「年長者是消耗他人的存在」與「年長者身體上有所限制」。
- (二) 老的「什麼是」與「怎麼辦」：含括「透露端倪的身體狀態」、「數字沒有辦法捕捉老」、「今非昔比令人感嘆」、「服老的心才是真正的凋零」與「年長者該如何抗老」。
- (三) 「家」與「孝」的美好晚年：含括「唏噓孝道的淡化」與「孩子是年長生活的願景」。

二、意識層面的老化覺察

- (一) 在「沒法度」之下繼續抓緊生活：含括「重視良善的人際互動」、「錢對於年長者生活的重要」、「疲與病實屬難免」、「擁有生活的重心」、「深怕叨擾因而只得孤單」。
- (二) 在「老」的步步進逼下奮力求存：含括「老與我的時間不同」、「霧裡看花般觀望自身的老」、「身在其中卻難去觸碰」、「知老但不服老」。
- (三) 有能與有伴是老化生活的想要：含括「願能有人相伴沖刷孤單」、「願能有副健康且能生活的軀體」。

三、當年長者遇上沙盤

- (一) 互動與熟悉下的日漸親近：含括「令人感到陌生與擔心的新朋友」、「與沙盤難以交流的小糾結」、「走進沙盤靠近想像」。
- (二) 沙的世界助其探尋老的模樣：含括「協助回憶與講述的沙盤工具」、「持續性的自我覺察」。
- (三) 盼豐厚物件能顯化老年意象：含括「陌生、童趣與新奇的沙盤」、「物件調整的考量」。

最後，研究者根據研究結果與發現，對於未來研究、助人工作者、政府有關單位提出建議。

關鍵字：老化覺察、沙盤、單身獨居年長者

Using Sandtray to Explore the Awareness of Aging Experiences among Solitarily Single Elder

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ABSTRACT

The aim of this study was to explore the experiences of Awareness of Aging (AoA) among solitarily single elder through the use of sandtray. A qualitative research approach was employed, and solitarily single elder were invited to participate in the study. Each participant engaged in four sessions of sandtray creation, lasting 1 to 2 hours per session, followed by semi-structured in-depth interviews. The data collected were then analyzed using content analysis. The findings of the study are as follows:

1. Preconscious aspect of AoA:

- (1) Being marginalized because we are getting old: encompassing “elders are rarely cared for”, “elders are seen as a burden to others,” and “elders have physical limitations”.
- (2) What is aging and what to do: encompassing “revealing physical conditions,” “inability to capture aging through numbers,” “nostalgia for the past,” “true decline lies in the mindset,” and “how elderly individuals can resist aging.”
- (3) The beauty of “home” and “filial piety” in old age: encompassing “fading of filial piety” and “children as the vision of elderly life.”

2. Conscious aspect of AoA:

- (1) Even though it's difficult, we still continue to live our lives: encompassing “valuing positive interpersonal interactions,” “the importance of money in the lives of the elderly,” “fatigue and illness are inevitable,” “having a focus in life,” and “fearing to bother others and thus being alone.”
- (2) Striving to survive amidst the approaching process of aging: encompassing "the difference in time between old age and me," "a blurred vision at my own aging," "being in it but finding it difficult to touch," and "being aware of aging but not accepting it."
- (3) Being able to stay active and having someone to accompany you are what one desires in the aging process: encompassing "wishing for companionship take away from loneliness" and "hoping for a healthy and functional body.”

3. When elders encounter sandtray

- (1) Increasing familiarity through interaction: encompassing "a new friend that feels unfamiliar and worrisome," "the subtle complexities of using sandtray," and "stepping into sandtray, getting closer to imagination."

- (2) The world of sand aids in exploring the appearance of aging: encompassing " using sandray aid in recalling and storytelling" and "ongoing self-awareness."
- (3) Looking forward to enriching objects that can help foster a more concrete imagination of old age: encompassing " sandtray is unfamiliar, childlike, and intriguing" and "considerations for adjusting objects."

Lastly, based on the research results and findings, the researcher proposes recommendations for future research, helping professionals, and relevant government agencies.

Key words: Awareness of Aging, Sandtray, Solitarily Single Elder