

女性飲食異常傾向者求助經驗之探究

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摘要

本研究旨在探究女性飲食異常傾向者之症狀發展及求助經驗，欲透過理解她們的經驗，以提供更有效之介入效能與管道。本研究採質性研究，立意取樣招募五位曾想過或實際嘗試求助之女性飲食異常傾向者，以半結構深度訪談方式蒐集資料，並以敘事分析中的「整體—內容」方式，進行資料整理與詮釋，綜合五位研究參與者之經驗，分析結果如下：

一、 女性飲食異常傾向者的症狀發展經驗

- (一) 起始點：環境對女性身材的監控
- (二) 為回應社會期待，必須奮力與身體逆行
- (三) 無法「健康」、「優雅」地減肥，再被蒙上「無能」的標籤
- (四) 面對環境壓力，減肥更成了唯一可以獲得掌控的手段

二、 女性飲食異常傾向者的求助經驗

- (一) 減肥的負擔超出負荷，身體會說話
- (二) 唯一可掌控的手段：「減肥」，反過來綁架自己
- (三) 症狀承受社會污名，必須遮掩與躲藏
- (四) 善用網路資源幫忙自己，試圖找出口、找同盟
- (五) 人際關係提供支持，有助於維持求助希望
- (六) 求助專業管道之路迢迢，難以穩定維持
- (七) 有效的專業介入，能促進個人發展與飲食異常共處的能力
- (八) 真的好想改變、好想活出自己，困難重重也不放棄

最後針對結論與發現，提出未來研究方向與實務工作層面之建議。

關鍵字：飲食異常、飲食異常傾向者、求助經驗

Exploring the Help-Seeking Experiences of Women likely to Suffer from Eating Disorders

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Abstract

The study aims to learn about the process of developing symptoms and seeking help women likely to suffer from eating disorders may experience. With a better understanding of their experiences, therapists can provide more effective intervention strategies and access to assistance. This research adopts a qualitative approach, utilizing purposive sampling to recruit a total of five female participants who have considered seeking help or have sought help for eating disorders. Data is collected through semi-structured, in-depth interviews and subsequently organized and interpreted using the "whole-content" approach of narrative analysis. After the analysis of the five participants' experiences, the results are as follows:

- I. The symptom development experiences of women likely to suffer from eating disorders.
 - (I) Starting point: The whole society imposes an expectation of ideal about being slim on females.
 - (II) In response to social expectations, individuals feel compelled to lose weight. Weight loss is a series of struggles against the body's natural desire.
 - (III) Unable to lose weight in a "healthy" and "graceful" manner, individuals are further labeled as "incompetent".
 - (IV) Faced with pressure from the society, individuals can only gain a sense of control through weight loss.

- II. The help-seeking experiences of women likely to suffer from eating disorders.
 - (I) Weight loss places heavy burden on individuals, which results in significant changes in body appearance and physiological functions.
 - (II) Weight loss initially should be what individuals take advantage of to control their lives. However, it gradually becomes difficult for individuals to set themselves free from the process.
 - (III) Eating disorders come with social stigma, which forces individuals to conceal it or hide

from it.

- (IV) Individuals make good use of online resources to seek assistance, attempting to find solutions and allies.
- (V) Individuals gain support through interpersonal relationships, which are helpful for maintaining hope for seeking assistance.
- (VI) Numerous barriers hinder seeking help from professionals, making it difficult to establish and maintain the assistance they need.
- (VII) Effective and flexible professional intervention can assist individuals to cultivate abilities to live well with eating disorders.
- (VIII) Despite the numerous difficulties and challenges, individuals are still desperate for changes and hope to live to be themselves.

Based on the conclusions and findings, suggestions for future research and practical work are proposed.

Keywords : eating disorders 、 individuals likely to suffer from eating disorders 、 help-seeking experiences