

成年早期女性童年情感忽視經驗及其影響之探究

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摘要

本研究旨在探討成年早期女性童年情感忽視經驗及影響，以立意取樣六位具童年情感忽視經驗的成年女性，透過早期回憶方式進行深度訪談，以質性研究的角度蒐集錄音資料，透過主題分析法進行文本分析後，歸納出研究結果如下：

一、童年罩灰雲，情感渴望成空洞

此主題說明受訪者如何知覺童年情感忽視經驗，透過回顧童年家庭中的負向經驗，與照顧者的教養態度，逐漸意識情感忽視的存在與內在需求的渴望。次主題為「生我難養我，伶仃苦生長」；「順從符期待，內心生委屈」；「碰撞尋支持，羈絆習無助」。

二、情感陷迷霧，過往舊痕成枷鎖

此主題說明受訪者成年後受到情感忽視的影響而產生的困境，這些影響作用於依附關係的建立、自我價值低落、情緒壓力的創傷反應，使情感忽視的傷痕成為難以療癒的枷鎖。次主題為「關係藏憂慮，依賴需信任」；「情緒歷創傷，身心受煎熬」；「自我難肯認，重擔礙前行」。

三、增能釋心念，療癒自我覓真情

此主題說明受訪者如何因應童年情感忽視所帶來的影響，透過增進與個人情感的連結與覺察，發展出新的資源與因應策略，漸漸地調適與照顧者的互動界限與平衡。次主題為「表達界限清，需求多覺察」；「開啟新視野，由愛生理解」。

基於上述研究結果，本研究期能促進社會對於情感忽視議題的認識，呈現遭遇童年情感忽視者觀點，並針對童年情感忽視經驗者、諮商輔導相關領域，以及未來研究提出相關建議。

關鍵字：童年情感忽視、成年早期女性

Exploring the Experiences and Impact of Women in Young Adulthood with a History of Childhood Emotional Neglect.

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ABSTRACT

The aim of this study is to explore the experiences and effects of childhood emotional neglect in young adulthood women. Six adult women with childhood emotional neglect experiences were purposively sampled for in-depth interviews using early memory recall. Qualitative research methods were employed to collect audio data, which were subsequently analyzed using thematic analysis. The following findings were deduced from the analysis:

1. Childhood overshadowed by gray clouds, emotions yearning to fill the void.

This theme illustrates how the interviewees perceive their childhood emotions being neglected. Through retrospection of negative experiences in their family during childhood and the caregivers' nurturing attitudes, they gradually become aware of the existence of emotional neglect and the yearning for inner needs. Sub-themes include "Difficulties in nurturing and growing up in isolation," "Inner grievances arising from complying with expectations," and "Seeking support but feeling helpless and bound."

2. Emotions trapped in a fog, past scars becoming chains.

This theme explains the challenges faced by the interviewees in adulthood due to the impact of emotional neglect. These effects influence the establishment of attachment relationships, lead to low self-worth, and trigger traumatic responses to emotional stress, making the scars of emotional neglect become unhealable chains. Sub-themes include "Hidden anxieties within relationships, requiring trust in dependence," "Emotional traumas endured, causing mental and physical torment," and "Difficulty acknowledging oneself, hindering progress."

3. Empowering the release of thoughts, healing the self by seeking authentic emotions.

This theme illustrates how the interviewees cope with the consequences of childhood emotional neglect by enhancing their connection and awareness of personal emotions. They develop new resources and coping strategies, gradually adjusting the boundaries and balance of interactions with caregivers. Sub-themes include "Clear expression of boundaries, heightened awareness of needs," and "Opening up new perspectives through love and understanding."

Based on the aforementioned research findings, this study aims to enhance societal awareness of the issue of emotional neglect, present the perspectives of those who have experienced emotional neglect, and provide relevant suggestions for individuals with childhood emotional neglect experiences, counseling and guidance professionals, and future research endeavors.

Keywords: childhood emotional neglect, women in young adulthood.