

未婚中年女性成為照顧者及其照顧經驗之探究

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摘要

本研究旨在探討未婚中年女性成為家庭照顧者並持續提供照護的經驗，關注未婚中年女性照顧者如何著手調整原先的照顧分工，從而以敘說研究為研究取向，立意取樣四位研究參與者進行半結構式訪談。藉由「整體－內容」分析法進行文本分析後，進行資料整理與詮釋，研究結果如下：

一、身為女性成為家庭照顧者並持續提供照護的經驗

- (一) 由所處社會建構的照顧者條件：由客觀條件出發討論女性自發成為照顧者的因素。
- (二) 刻板印象和框架下難以看見自己：未婚中年女性照顧者會因社會建構的照顧者刻板印象使表達受限，進而否定與忽略自身需求。
- (三) 孝道文化下為人女兒的反哺責任：在孝道文化下，女兒需透過承擔照顧回饋家庭。
- (四) 藉由照顧成為家中被需要的女兒：被刻意形塑的照顧者形象，使女性不僅難以表達照顧過程承受的壓力，更在滿足社會期待的過程中持續勉強。
- (五) 社會訓練並認定女性該勝任照顧：刻板的性別分工，使得女性自小被訓練能夠勝任家務及照顧工作。
- (六) 對照顧者的期待與向外求援衝突：，早年補缺式政策，讓照顧服務資源仍被視為提供給弱勢，使照顧者為符合社會期待而較難主動使用。
- (七) 現實落差仍讓女性在照顧中受限：未婚中年女性照顧者意識到照顧提供經驗中的失衡，便會以行動挑戰原本的照顧模式。

二、未婚中年女性照顧者調整原先家庭的照顧分工的經驗

- (一) 積極看待照顧工作對自身的影響：正視照顧工作對女性身心狀態及生活的影響。
- (二) 藉可見的症狀佐證自己的辛勞：以症狀作為提出改變原有照顧計畫的突破口。
- (三) 反向利用倫理及價值觀提出要求：主動運用社會框架下既有觀點，讓要求合理化。
- (四) 意識女性困境並主動以知識增能：藉累積照顧知能，增加參與照顧決策時的聲量。
- (五) 自經驗找到挑戰女性照顧的語言：從自身經驗和所處脈絡發展出挑戰現況的語言。

且研究者是最後針對結論與發現，對未來研究、未婚中年女性照顧者、諮商輔導領域之培訓提出建議。

關鍵字：未婚、中年、女性照顧者

Investigation of Unmarried Middle-Aged Women Becoming Caregivers and Their Caregiving Experience

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ABSTRACT

The aim of this study is to explore the experiences of unmarried middle-aged women who become family caregivers and continue to provide care. It focuses on how these women adjust their initial caregiving roles. Using a narrative research approach, the study purposefully sampled four participants for semi-structured interviews. Text analysis was conducted using the "whole-text" approach, followed by data organization and interpretation. The findings of the study are as follows:

1. Experiences of women as family caregivers and continuously providing care
 - (1) Caregiver conditions constructed by society: Discussing factors that lead women to voluntarily become caregivers starting from objective conditions.
 - (2) Difficulty in seeing oneself beyond stereotypes and frameworks: Unmarried middle-aged female caregivers may be limited in expressing themselves due to societal stereotypes of caregivers, thereby denying and neglecting their own needs.
 - (3) Filial piety culture and the duty of daughters: Under filial piety culture, daughters are expected to contribute to the family through caregiving responsibilities.
 - (4) Becoming the needed daughter through caregiving at home: The deliberately shaped caregiver image makes it difficult for women not only to express the pressure they endure during caregiving but also to continue reluctantly meeting societal expectations.
 - (5) Social training and recognition of women's caregiving competence: Gender roles stereotypes train women from a young age to be competent in household and caregiving tasks.
 - (6) Conflicts between expectations on caregivers and seeking external assistance: Early deficit-oriented policies still perceive caregiving resources as targeted for the disadvantaged, making it challenging for caregivers to actively seek help to meet societal expectations.
 - (7) Discrepancies in reality continue to restrict women in caregiving: Unmarried middle-aged female caregivers recognize imbalances in caregiving experiences, prompting them to challenge the original caregiving norms through action.
2. Experiences of unmarried middle-aged female caregivers adjusting the original family caregiving roles:

- (1) Embracing the positive impact of caregiving on oneself: Acknowledging the effects of caregiving on women's physical and mental well-being and daily life.
- (2) Using visible symptoms to validate one's efforts: Using symptoms as a breakthrough to propose changes to existing caregiving plans.
- (3) Leveraging ethics and values to make requests: Actively employing existing societal frameworks and viewpoints to legitimize requests.
- (4) Recognizing women's challenges and actively empowering through knowledge: Accumulating caregiving knowledge to increase influence in caregiving decision-making.
- (5) Finding language to challenge the norms of female caregiving from personal experiences: Developing language to challenge current situations based on personal experiences and contextual understanding.

Furthermore, the researchers provide recommendations in the conclusion and findings regarding future research directions, training for unmarried middle-aged female caregivers, and counseling guidance fields.

Keyword : Unmarried, Middle-aged, Female caregivers