

# 男性受保護管束者其自身父親身分及親子關係經驗影響探究

學生：曾孟萱

指導教授：鄭麗芬 博士

國立臺南大學諮商與輔導學系碩士班

## 摘要

本研究旨在探討男性受保護管束者其自身父親身分及親子關係經驗影響探究，從男性受保護管束者視角探討在受保護管束期間其父親身分與試圖重新回到親子關係的親職脈絡經驗。本研究採敘事研究取向，進行半結構式深度訪談，共訪談四位受訪者，以「整體—內容」分析方式進行資料歸納與整理，研究結果如下：

從男性受保護管束者其自身父親身分覺知研究發現，其父親身分認同在監禁歷程上並不單一，諾大的負面標籤背後具有脈絡性的內涵，而身旁的重要關係成了身分認同過程的關鍵，主要來源是子女與伴侶，兩者在身分認同的作用不盡相同，加上在原生家庭經驗中對親職經驗的反思，以此作為借鏡對父親身分認同上出現歷程性的反思。

男性受保護管束者其親子關係之經驗有四個面向，包含透監禁期間與子女的持續聯繫別具意義，能延續被迫暫停的親子關係，但在復歸歷程中容易單方面意義化與想像親子關係，未能意識到實際的親子關係變化，導致在重新投入親子關係中感受到親職焦慮，但基於對親子關係的投入承諾，仍有機會展現親子關係潛在的復原力。

最後根據結論與發現，對未來研究、諮商輔導、其他相關領域提出建議。

**關鍵字：**男性受保護管束者、父親身分、親子關係

# **Exploring the Influence of Parental Roles and the Parent-Child Experience on Male Probationers**

Student : Meng-Xuan Zeng

Advisor : Professor Li-Fen Cheng, PhD

Master's Program of Department of Counseling and Guidance,  
National University of Tainan

## **Abstract**

The study aims to explore the influence of paternal roles and parent-child relationships on male probationers' experiences. It examines, from the perspective of men under probation, their experiences of paternal identity and attempts to reconnect with their children during the probationary period. This research adopts a narrative approach and conducts semi-structured in-depth interviews with four respondents. Data are analyzed and organized using the 'holistic-content' approach of the narrative method. The research findings are as follows :

Research on the self-perceived father identities of male probationers reveals that paternal identity during the incarceration process is not singular. Behind substantial negative labels lie contextual meanings. Significant relationships in their lives, primarily children and partners, become crucial in the identity formation process. Both play different roles in identity formation. Reflecting on parenting experiences within their original family context, and using this as a comparison, leads to a developmental reflection on paternal identity.

The experiences of male probationers in parent-child relationships have four dimensions. Maintaining continuous contact with children during incarceration is significant as it sustains the interrupted parent-child relationship. However, during the reintegration process, there is a tendency to unilateralize and idealize the parent-child relationship, without recognizing actual changes in the parent-child dynamic. This can lead to parenting anxiety upon re-engaging in the relationship. Nonetheless, committing to investing in the parent-child relationship has the potential to improve the relationship.

Based on the conclusions and findings, recommendations are made for future research, field of psychological counseling, and other related fields.

Keywords: male probationers, being a father, parent-child relationship