

聾父母之聽子女的離家歷程

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摘要

國內在障礙領域的研究中多著重在障礙者本身，針對身邊的重要他人研究極少，但他們同樣需要被看見、照顧與支持。本研究旨在探究聾父母所生之聽子女在面對離家時的考量、如何做出決定，與在生活轉換過程中適應的歷程。希望藉本研究提供聽子女多一些敘述自己生命經歷的機會，讓更多人不以憐憫或同情，而是友善的態度去理解聾家庭的真實生活，拓展對障礙者及其家庭成員的認識。

本研究方法採質性研究取向之敘事研究，邀請四位年齡介於 25 到 35 歲，雙親皆為使用手語之聾人，且從小作為家長對外橋梁並協助處理生活事物之聽子女作為研究參與者，透過半結構訪談蒐集其生命經驗，採「整體—形式」分析方法，梳理每一位研究參與者在離家歷程中的劇情發展，了解生命中的事件何以影響他們的離家抉擇與適應；另以「類別—內容」分析方式從個別故事中探尋浮現的主題，再跨故事討論之間的異同。

研究發現如下：

- 一、離家的前提：聾家庭聯外交通是否順暢？
- 二、聾父母之聽子女在聾家庭生活中的角色經驗及其經驗如何影響離家的決定？
 - (一) 手足是否能分擔責任及聾家庭系統是否開放，會影響 CODA 的角色經驗與離家抉擇
 - (二) 面對聾父母實際的需求，讓 CODA 對離家有龐大的罪惡感
 - (三) CODA 生涯規劃的類型——自己決定就好 VS. 得先安家
 - (四) 持續評估家庭內外的資源是否足以讓聾父母好好生活
- 三、聾父母之聽子女在離家過程中如何調適自己與家庭的變動？
 - (一) 促進整個聾家庭發展替代道路
 - (二) 照顧自己和父母的情緒，漸進做到心理離家
- 四、CODA 離家—帶來家庭改變的契機

基於以上述研究結果的發現，本研究進行深入討論聽子女特別的處境何以使得他們感到孤立與無助，並關注其心理健康及所需資源。最後，針對聽子女、聾父母、聾組織、聾社群、心理衛生從業人員與未來研究者提出相關建議。

關鍵字：聽子女、聾父母、離家、親職化、自我分化

Leaving Home of Hearing Children of Deaf Parents

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Abstract

Domestic research in the field of disability often focuses on individuals with disabilities themselves, with very little attention given to the significant others around them. However, these individuals also need to be seen, cared for, and supported. This study aims to explore the considerations of hearing children born to Deaf parents when they leave home, how they make such decisions, and their adaptation process during this life transition. The study hopes to provide hearing children with more opportunities to narrate their life experiences, encouraging more people to understand the real lives of Deaf families with a friendly attitude rather than pity or sympathy, thereby expanding the understanding of individuals with disabilities and their family members.

This study employs a qualitative research approach using narrative research. It invites hearing children, who have Deaf parents that use sign language and have served as a bridge to the outside world and assisted with handling life matters since childhood, as participants. Through semi-structured interviews, their life experiences are collected. The “holistic-form reading” is used to sort out the storyline development of each participant during their home-leaving process, understanding how life events influence their decisions and adaptations. Additionally, the “categorical-content reading” is applied to explore emerging themes from individual stories and discuss the similarities and differences across stories.

The research findings are as follows:

1. Precondition for Leaving Home: Is the External Communication of Deaf Families Smooth?
2. How Do the Roles and Experiences of Hearing Children in Deaf Families Affect Their Decision to Leave Home?
 - (1) Whether siblings can share responsibilities and whether the Deaf family system is open will influence CODAs' role experiences and home-leaving decisions.
 - (2) Facing the actual needs of Deaf parents gives CODAs immense guilt about leaving home.
 - (3) Types of career planning for CODA: making decisions independently vs. soothing the family's emotions first.
 - (4) Continuously evaluating whether the manpower and other resources within and outside the family are sufficient to ensure a good life for their Deaf parents.
3. How do hearing children of Deaf parents adjust themselves and their families during the home-leaving process?
 - (1) Promoting the development of alternative pathways for the entire Deaf family.
 - (2) Taking care of their own and their parents' emotions, gradually achieving psychological independence.
4. CODAs Leaving Home—An Opportunity for Family Change.

Based on the findings of the study, an in-depth discussion is conducted on the special circumstances of hearing children that make them feel isolated and helpless, focusing on their mental health and needed resources. Finally, relevant suggestions are made for hearing children, Deaf parents, DHH organizations, DHH communities, mental health practitioners, and future researchers.

Keywords: hearing children, Deaf parents, leaving home, parentification, differentiation of the self