

# 胖女性抵抗肥胖污名之經驗探究

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## 摘要

本研究旨在探究促使胖女性抵抗肥胖污名之相關契機，以及抵抗過程中的經驗與其衍生之影響。本研究採取質性研究方法，立意取樣四位曾有抵抗肥胖污名經驗之胖女性，進行半結構深度訪談，並以敘事內容的「整體—內容」方式進行資料的歸納與整理。綜合四位研究參與者之經驗，分析結果如下：

### 一、社會對胖女性的層層規訓與監控，成為難以逃脫的牢籠

### 二、胖女性抵抗肥胖污名的關鍵契機及力量來源

- (一) 楔子：轉換到對體型友善之環境，觀察到多元體態的存在
- (二) 催化：覺察到環境的壓迫、從楷模得到改變可能希望感
- (三) 動力：賦能環境滋養出勇氣，將反抗念頭化為行動

### 三、胖女性抵抗肥胖污名的相關經驗

- (一) 相信胖沒有錯，面對歧視不再沈默、勇敢發聲
- (二) 穿自己所愛，藉由穿著反擊對胖女性的規訓
- (三) 自嘲意涵的轉變，從自我保護策略變為外界傷不了我的證明
- (四) 抵抗污名充滿艱辛、挑戰不斷，挫折中奮力前行

### 四、抵抗肥胖污名帶給胖女性的影響

- (一) 修復與身體的關係，在與污名抗衡的過程中逐步與身體和解
- (二) 取回能動性，更有策略與能力回應社會的不友善

最後針對結論與發現，對未來研究方向與實務工作層面提出建議。

關鍵字：胖女性、肥胖污名、抵抗污名

# **An exploration of Fat Women's Experience in Resisting Fat Stigma**

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## **Abstract**

The aim of this study is to explore the factors that prompt fat women to resist fat stigma, as well as the experiences and impacts of the resistance process. This research adopts a qualitative approach, purposive sampling was used to select four fat women who have experience in resisting fat stigma. Data is collected through semi-structured, in-depth interviews, and analyzed through "holistic-content" approach of narrative analysis. After analyzing experiences of these four participants, the results are below:

1. Society's disciplining and surveillance of fat women create a metaphorical prison, from which they find it challenging to extricate themselves from other's control.
2. Crucial factors and sources of strength that drive fat women's resistance to fat stigma include:
  - (1) Leaving unfriendly environments, individuals then found out there is diverse range of body types in new surroundings.
  - (2) Enhancing gender knowledge enables individuals to critique their environment and find inspiration for change through role models.
  - (3) Drawing strength from empowering environments, individuals muster the courage to confront discrimination.
3. Experiences of resisting fat stigma includes:
  - (1) Believe that being fat is not wrong, individuals refuse to remain silent in the face of discrimination, and bravely resist.
  - (2) Individuals attempt to break the norms imposed on fat women through changing their clothing choices.
  - (3) Self-deprecation used to be a way for them to protect themselves; nevertheless, it now stands as evidence that they are impervious to others' harm.
  - (4) Challenges of resisting fat stigma.

4. Impacts of resisting fat stigma includes:

- (1) Individuals discovered that throughout their resistance against stigma, their relationship with their bodies gradually improved.
- (2) Individuals take back their agency, and have more strategies and capabilities to confront societal hostility.

Finally, based on the conclusions and findings of this study, recommendations are made for future research directions and practical interventions.

Keywords: fat women, fat stigma, stigma resistance