

# 遠距離戀愛伴侶性實踐經驗之敘說研究

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## 摘要

遠距離戀愛為一獨特親密關係型態，由於地理距離的隔閡使得遠距離戀愛伴侶與地理上接近的親密關係伴侶的互動模式有所不同。拜科技的進步與發達，在交通與通訊方面都大大的使遠距離戀愛伴侶維繫關係更加方便、快速，但唯獨在身體接觸的面向上仍有其無法跨越的距離，故本研究目的為探討遠距離戀愛伴侶之性實踐經驗，以及經歷的困境與其因應方式。

本研究探究伴侶於遠距離情境之性實踐經驗，採半結構訪談，以立意取樣邀請三名曾經或是正在遠距離戀愛中的異性戀者們，以敘說研究法分析其於遠距離戀愛中的主觀經驗，探索在此情境所經歷的性實踐經驗，包含困境與因應方式。

綜合三位研究參與者，其研究結論：一、珍惜見面時光，見面即做愛；二、分離時，性實踐受伴侶互動以及個體性偏好影響；三、情境可能導致性未能滿足，高維繫成本負面影響性實踐；四、分離時間長的特性增強性外找動機，同時伴隨相對風險；五、困境因應有相聚分離之別，性溝通是因應的重要解。

根據本研究結果，豐厚對此一獨特情境下之性實踐的內涵，給予遠距離戀愛伴侶、相關助人工作者以及未來研究建議，以增進此一族群之福祉。

**關鍵字：遠距離戀愛、性關係、性實踐、性實踐困境**

# A Narrative Study of the Sexual Practices Experience among Long-Distance Romantic Partners

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## ABSTRACT

Long-distance romance is a unique form of intimate relationship where geographical distance sets it apart from geographically close intimate relationships in terms of interaction patterns. Thanks to technological advancements, maintaining long-distance relationships has become more convenient and faster in both transportation and communication. However, the realm of physical contact remains uniquely constrained by distance. Therefore, this study aims to explore the sexual practice experiences of long-distance romantic partners, along with the challenges they face and their coping strategies.

This research investigates partners' sexual practice experiences in long-distance contexts using semi-structured interviews. Through purposive sampling, three heterosexual individuals who have been or are currently in long-distance relationships were invited. Using narrative research methodology, their subjective experiences in long-distance relationships were analyzed, exploring their sexual practice experiences in this context, including challenges and coping methods.

Synthesizing the experiences of the three research participants, the study concludes : (1) Cherishing face-to-face time, equating meeting with sexual intimacy; (2) During separation, introspective sexual behaviors are influenced by partner interaction and individual sexual preferences; (3) The circumstances may lead to unfulfilled sexual needs, with high maintenance costs negatively impacting sexual practices; (4) The long duration of separation increases the motivation for extradyadic sexual activities, accompanied by risks; (5) Solutions responses differ between reunion and separation, with sexual communication being a key solution.

Based on these findings, this study enriches the connotations of sexual practices in this unique context, providing suggestions for long-distance romantic partners, relevant helping professionals, and future research to enhance the well-being of this population.

**Keywords: long-distance relationship, sexual relationship, sexual practices, sexual practice difficulties**