

# 長期生活於中國之臺商子女的生活適應經驗對自我認同與生涯選擇 的意義探究

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## 摘要

本研究旨在探討長期生活於中國之臺商子女的生活適應經驗對自我認同與生涯選擇的意義，共邀請三位國小至大學階段皆生活於中國之臺商子女進行半結構式訪談，以敘事探究中「整體-內容」法進行資料分析，歸納出以下研究結果：

- 一、**被動接受父母的決定，別無選擇**：臺商子女對於居住地區幾乎沒有選擇權，只能跟隨父母的決定，而其被迫轉換地區所產生的負面情緒鮮少被照顧。
- 二、**「忍耐」從自抑變成適應環境的策略**：有彈性的忍耐策略有助於臺商子女克服困境，以及適應生活。
- 三、**至今仍習慣性避開敏感話題，將自己隱藏在人群中**：臺商子女經常透過避開話題、假裝認同或隱藏自我來面對生活適應上的困境，這樣的行為模式已深深內化，且或許與臺灣社會所推崇的主流價值有關。
- 四、**人際關係的維持總是力不從心，常被孤獨感環繞**：由於現實因素的阻礙，人際關係的維繫對臺商子女而言一直是很困難的議題，孤獨感油然而生。
- 五、**透過自己與家庭的力量，克服困境**：臺商子女經歷了異鄉的生活後，更深刻的意識到家庭的重要性，且良好的家庭環境有助於臺商子女鼓起勇氣在困境中尋找生存之道。
- 六、**家庭形塑族群認同**：臺商子女在建立族群認同時，與當地社會的相處與互動經驗及家人扮演著非常關鍵的角色。
- 七、**良好的生活適應經驗能使自我認同更加穩固**：良好的生活適應經驗有助於臺商子女發展正向的人格特質，且呈現出穩定的一致性，使自我認同更加穩固。
- 八、**父母的正向經驗使臺商子女內化其生涯態度**：許多臺商子女在進行未來的生涯選擇時，會以原生家庭的經驗作為參考與模仿的指標。
- 九、**回到臺灣的原因包含情感歸屬與身分限制**：身分限制是臺商子女最終選擇回到臺灣的考量因素之一，而情感歸屬因素也包括對於原生故鄉的憧憬與嚮往。

關鍵字：臺商子女、生活適應經驗、自我認同、生涯選擇

# An Exploration of the Meaning of Taiwan Businessmen's Children's Living Adaptation Experience in China on Self-identity and Career Choices

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## Abstract

The purpose of this study is to investigate the meaning of Taiwan businessmen's children's living adaptation experience in China on their self-identity and career choices, the results of this study are shown as follows :

1. **Passively accept their parents' decisions, and have no choice:** They have no right to choose where they live. Negative emotions were rarely cared for.
2. **Patience has changed from self-restraint to a strategy of adapting to the environment:** One of the coping strategies to face the difficulties is patience, which also helps them adapt to their lives.
3. **Still habitually avoid sensitive topics and hide themselves in the crowd up to now:** The coping style developed by them is to avoid topics, pretend to agree and etc., which may be related to the mainstream values that Taiwanese society respects.
4. **Maintain relationships difficultly:** The maintenance of interpersonal relationships has been a difficult issue for these people, and they feel lonely spontaneously.
5. **Life adaptation experience makes them deeply aware of the importance of family and supports them in overcoming difficulties:** After their experience, they are aware of the importance of family deeply, also helps them to adapt to life.
6. **Family shapes national identity:** Experience of interacting with the local society and their family relationship play a critical role in national identity.
7. **A good living adaptation experience can make self-identity more stable:** The experience helps them develop positive personality traits, and make self-identity more stable.
8. **The successful experience of parents makes them internalize their career attitudes:** These people will use the experience of the original family as a reference when making future career choices.
9. **The reasons for returning to Taiwan include emotional belonging and identity restrictions:** Identity restriction is one of the factors for them to finally return to Taiwan, and also the longing and yearning for their hometown.

Keywords: Taiwan businessmen's children, living adaptation experience, self-identity, career choices.