

高敏感父母教養高敏感兒童之親職經驗探究

學生：劉美伶

指導教授：蔡美香博士

國立臺南大學諮商與輔導學系碩士班

摘要

本研究旨在探討高敏感父母在教養高敏感兒童之親職經驗，包含在進行教養時之經驗，教養中產生的親職壓力，以及在面對親職壓力時所發展的因應方式。本研究透過立意取樣方式，招募三位符合條件之高敏感父母作為研究參與者，並以半結構式訪談取得分析文本。後經由敘說探究方式中的「類別-內容」分析法，進行文本分析。最終研究結果呈現如下：

針對高敏感父母之教養經驗的研究主題中，本研究共分四個核心主題。主題一：認識、學習與高敏感相處，此核心主題下又分為四種敘說經驗，「釐清兒童問題的過程」、「了解兒童高敏感的展現」、「覺察父母高敏感的展現」、「高敏感親子的默契與共感」。主題二：領會教養高敏感的竅門，此核心主題下又分為四種敘說經驗，「給孩子需要的空間與時間」、「找到親子雙方合理的平衡」、「困難但依舊要堅持教養」、「去標籤化高敏感」。主題三：高敏感與他人的相互誤解，此核心主題下又分為三種敘說經驗，「他人不理解的教養方式」、「不認同他人的教養方式」、「嘗試與他人合作的可能」。主題四：自我認識、成長與療癒，此核心主題下又分為四種敘說經驗，「發覺到高敏感的契機」、「原生家庭的經驗與影響」、「透過教養被療癒的童年」、「增進多元思考的能力」。

針對高敏感父母之親職壓力的研究主題中，本研究共分三個核心主題。主題一：疲於應對的高敏感狀態，此核心主題下又分為兩種敘說經驗，「難以忍受的高敏感」、「教養中自我要求與罪惡感」。主題二：作為他人與孩子橋樑的為難，此核心主題下又分為兩種敘說經驗，「夾在中間裡外不是人的困境」、「只有高敏感母親能懂的重擔」。主題三：孤立無援的教養路，此核心主題下又分為三種敘說經驗，「伴侶？還是絆履？」、「難以幫上忙的親友」、「總回到自己身上的責任」。

針對高敏感父母之壓力因應的研究主題中，本研究共分四個核心主題。主題一：善用資源找到協助，此核心主題下又分為三種敘說經驗，「獲取各種專業資訊」、「相似經驗的社群獲得安慰」、「轉換外在環境」。主題二：建立親子默契與培養能力，此核心主題下又分為三種敘說經驗，「善用高敏感優勢去應對」、「訓練孩子的各種能力」、「高敏感也要與社會接軌」。主題三：接納現階段限制並調整期待，此核心主題下又分為三種敘說經驗，「調適對自己的期待」、「調適對伴侶的期待」、「放寬心胸且相信孩子」。主題四：脫離家庭責任適當放鬆，此核心主題下又分為三種敘說經驗，「將教養任務交由合適的親友」、「進行喜歡且舒壓的活動」、「獲得獨立的空間與時間」。

基於研究結果與發現，本研究針對高敏感父母當事人、高敏感父母、兒童周遭親友、諮商輔導實務工作者以及未來研究提出相應的建議。

關鍵字：高敏感父母、高敏感兒童、教養經驗、親職壓力、親職壓力因應方式

Exploring Parenting Experiences of Highly Sensitive Children by Highly Sensitive Parents

Student: Mei-Ling Liu

Advisor(s): Mei-Hsiang Tsai, PhD

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

ABSTRACT

The purpose of this study is to exploring the parenting experiences of highly sensitive parents in parenting highly sensitive children, including their experiences in nurturing, parenting stress, and the coping strategies developed in response to parental stress. Through purposive sampling, three highly sensitive parents were recruited as participants for the study, and semi-structured interviews were conducted to obtain the analyzed texts. The study adopts category-content methods of narrative research to analyze and present the results. After analyzing, the results are as bellow:

Among the research on highly sensitive parenting experiences, the study is organized into four core themes. Theme 1:Recognizing and learning to live with highly sensitive, this core theme is further divided into four narrative experiences “The process of clarifying children's problems”, “Understanding children's displays of highly sensitive”, “Recognizing parents' displays of highly sensitive”, and “Resonance and empathy for parents and children with highly sensitive”. Theme 2:Tips on how to appreciate parenting highly sensitive, this core theme is further divided into four narrative experiences “Giving children the space and time they need”, “Finding a reasonable balance between parent and child”, “Persevering in parenting despite difficulties”, and “De-stigmatizing highly sensitive”. Theme 3: Misunderstanding between highly sensitive and the others, this core theme is further divided into three narrative experiences “Parenting styles that are not understood by others”, “Parenting styles that do not recognize others”, and “Possibility of trying to cooperate with others”. Theme 4:Self-knowledge, growth and healing, this core theme is further divided into four narrative experiences “Opportunities to discover highly sensitive”, “Experiences and influences of the original family”, “Childhood healed through parenting”, and “Enhancing the capacity for multiple thinking”.

Among the research on highly sensitive parenting stress, the study is organized into three core themes. Theme 1:The state of highly sensitive fatigue, this core theme is further divided into two narrative experiences “Unbearable highly sensitive”, and “Self-requirement and guilt in parenting”. Theme 2:Difficulties in building bridges between others and children, this core theme is further divided into two narrative experiences “The dilemma of being caught in the middle”, and “The burden that only mother can understand”. Theme 3:The isolation of the

parenting journey, this core theme is further divided into three narrative experiences “Soulmate? or so mad?”, “Friends and relatives who can't help”, and “Responsibility that always comes back”.

Among the research on highly sensitive parenting stress coping strategies, the study is organized into three core themes. Theme 1: Utilizing resources to find help, this core theme is further divided into three narrative experiences “Obtaining various professional information”, “Gaining comfort from communities with similar experiences”, and “Changing the external environment”. Theme 2: Establish parent-child understanding and develop abilities, this core theme is further divided into three narrative experiences “Utilize the advantages of highly sensitive to cope”, “Children's abilities training”, and “Be integrated with society”. Theme 3: Accepting limitations and adjusting expectations, this core theme is further divided into three narrative experiences “Adjust self-expectations”, “Adjusting expectations for partner”, and “Be open-minded and trust your children”. Theme 4: Release from family responsibilities and relax appropriately, this core theme is further divided into three narrative experiences “Handing over parenting tasks to appropriate relatives and friends”, “Engaging in enjoyable and stress-relieving activities”, and “Obtaining independent space and time”.

Based on the results and findings, this study makes recommendations for highly sensitive parents, family and friends around highly sensitive parent and children, professionals in related fields, and future research.

Keywords: Highly sensitive parents, Highly sensitive children, Parenting experience, Parenting Stress, Parenting Stress Coping Strategies