

高齡者喪偶經驗及死亡態度之研究

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摘要

本研究旨在探討高齡者的喪偶經驗和死亡態度，以及喪偶經驗對其死亡態度的影響，採質性研究方法，邀請四位喪偶高齡者作為研究參與者，並與其進行半結構式的深度訪談，再將所蒐集的資料以反思性主題分析法進行資料分析後，研究結果如下：

一、高齡者的喪偶經驗

- (一) 努力扛起照顧你的責任：包含「用盡心力照顧你」與「憂愁憂苦憂我們的未來」。
- (二) 死亡分開了你我：包含「最終，你離開了我」與「被留下的我五味雜陳」。
- (三) 少一伴的日常生活：包含「獨自品嚐失去你的生活滋味」與「縱使想念也要繼續生活」。

二、高齡者的死亡態度

- (一) 沒有正解的必然存在：包含「死亡是一定會發生的」與「死亡是得不到答案的」。
- (二) 和死亡保持距離：包含「順應死亡，不去多想」與「被動參與死亡話題，有所顧慮」。
- (三) 對於死亡的複雜之情：包含「面對死亡不必難過」、「對於死亡的無可奈何」與「對於好死有所羨慕」。
- (四) 宗教信仰影響死後想像：包含「知曉但不認同，彼此尊重」與「認同且身體力行，但不強求」。

三、高齡者喪偶經驗對其死亡態度的影響

- (一) 促發對死亡的思考：包含「深入思考自己的死亡」、「期待不拖泥帶水地死亡」、「放棄急救的醫療意願」與「喪禮儀式成為反思與開啟的契機」。
- (二) 加重對死亡的感觸：包含「體悟死亡的不可預期」與「關注自己的身體狀況」。

最後，研究者根據研究結果與發現，針對未來研究、高齡族群及助人工作者提出建議。

關鍵字：高齡者、喪偶經驗、死亡態度

A Study on Elderly Widowhood Experiences and Attitudes Toward Death

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ABSTRACT

This study aims to explore the widowhood experiences and attitudes toward death among the elderly, as well as the impact of the widowhood experiences on their attitudes toward death. The research employs a qualitative research approach, with four widowed elderly participants selected through purposive sampling for semi-structured in-depth interviews. The collected data were then analyzed using reflexive thematic analysis. The findings are as follows:

1. Elderly's widowhood experiences:

- (1) Strive to take on the responsibility of caring for you: including "take care of you with all my heart" and "worrying about many things and our future".
- (2) Death separated you and me: including "ultimately, you left me" and "left with the mixed feelings of abandonment".
- (3) Daily life without a partner: including "taste the life without you alone" and "despite missing you, life goes on".

2. Elderly's attitudes toward death:

- (1) There is no inevitable existence of a right answer: including "death is inevitable" and "death has no answer".
- (2) Keeping a distance from death: including "accepting death without much dwelling" and "involvement in discussions about death passively, with some concerns".
- (3) The complexity of emotions toward death: including "no need to be sad when facing death", "helplessness towards death", and "admiration for a good death".
- (4) The influence of religious beliefs on imagining the afterlife: including "there's no need to be saddened when facing death" and "agrees and acts upon it with room for flexibility".

3. How the widowhood experiences impacts the elderly's attitudes toward death:

- (1) Prompting contemplation of death: including "profound thoughts on one's own mortality", "anticipating a death without prolongation", "desire to refuse emergency medical

intervention”, and “the funeral ceremony becomes an opportunity for reflection and initiation”

- (2) Heightened awareness of death's presence: including “realizing the unpredictability of death” and “paying attention to own physical condition”.

Finally, based on the research findings, the researcher proposes suggestions for future researchs, the elderly population, and helping professionals.

Key words: Elderly, Widowhood Experiences, Attitudes Toward Death