

# 高齡者飼養寵物之賦能現象分析~以飼養雞為例

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## 摘要

本研究旨在探討高齡者飼養雞的前置因素、心理感受以及飼養雞過程中帶給高齡者的賦能現象。本研究方法採用質性研究以主題分析法，針對兒時有飼養雞經驗的獨居高齡者於退休後再次飼養雞的經驗，進行深度訪談及觀察，藉此探討高齡者於居家飼養雞當寵物的經驗所帶來的賦能現象。

本研究結果如下：

- 一、高齡者飼養雞的前置因素包含：本身喜歡動物、本身喜歡親近動物且尊重生命的價值、願意嘗試理解先備知識。
- 二、高齡者飼養雞之前的心理感受包含：缺乏社交與陪伴產生孤獨感、生活沒有目標缺乏意義感、覺得自己比不上人家而感到自卑。
- 三、高齡者飼養雞的賦能現象包含：讓高齡者有能力感、高齡者從過程中培養責任感、飼養雞帶來有意義的生活、讓高齡者有機會與社群他人互動連結、展現利他行為的能力、從中感受內心的幸福、得到心理慰藉壓力舒緩、有雞陪伴獲得情感依附、回憶過去再塑與實踐新的家庭關係。

最後本研究提出未來研究方面及實務操作的相關建議，供未來研究者、諮商工作者、社區工作者實務運用面之參考。

**關鍵字：**高齡者、飼養雞、賦能現象、自我效能

# **Analysis of the Empowerment Phenomenon of Pet Raising in the Elderly~Taking Raising Chickens as an Example**

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## **ABSTRACT**

This study aims to explore the prerequisite factors and psychological feelings of the elderly in raising chickens, as well as the empowerment phenomenon brought to the elderly in the process of raising chickens. This research method adopts qualitative research and thematic analysis method, and conducts in-depth interviews and observations on the experience of elderly people who live alone who have raised chickens as children and raise chickens again after retirement, in order to explore the elderly people's experience of raising chickens as pets at home. The phenomenon of empowerment brought about by experience.

The results of this study are as follows:

1. The prerequisite factors for seniors to raise chickens include: they like animals, they like to be close to animals and respect the value of life, and they are willing to try to understand the prior knowledge.
2. The psychological feelings of elderly people before raising chickens include: loneliness due to lack of social interaction and companionship, lack of meaning in life due to lack of goals, and low self-esteem due to feeling inferior to others.
3. The empowering phenomena of raising chickens for the elderly include: giving the elderly a sense of competence, cultivating a sense of responsibility from the process, raising chickens brings a meaningful life, giving the elderly the opportunity to interact with others in the community, and showing altruism The ability to behave, feel inner happiness from it, get

psychological comfort and relieve stress, gain emotional attachment with the company of chickens, recall the past, reshape and practice new family relationships.

Finally, this study puts forward relevant suggestions for future research and practical operations for reference by future researchers, counseling workers, and community workers in practical applications.

**Keywords: elderly, raising chickens, empowering phenomena, self-efficacy.**