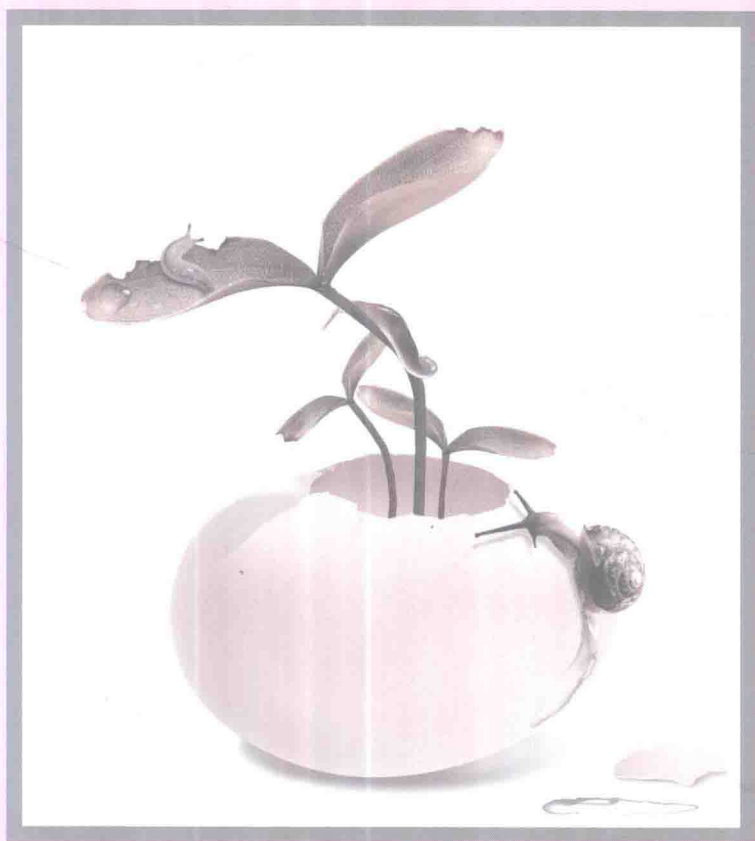


# 啃食父母老本的

## 尼特族



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## 就從這本書開始

當母親的眼淚喚不醒沈溺網路遊戲的孩子，而父親的告誡也失靈，孩子變成行屍走肉，不工作、不進修、只會頹廢地伸手要錢、寄生在家裡！許多人甚至有切膚之痛。不想任由電玩肆虐，我們想做些事讓孩子回歸常軌，父母安心！



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## 第一章

### 啃食父母老本的尼特族

NEET- live off parents' past gains

父母自以為家裡的電玩比網咖的電玩安全性高，至少孩子在家中，隔離複雜的網咖環境、花費成本也較網咖低、孩子會安靜地、長時間待在家裡，父母就放心多了。擔心孩子老愛往外面跑、泡網咖的心暫時可以歇息，但這只是暴風雨前的寧靜。



作者：盧聲揚 譯者：盧曉天 校譯：鄺東明、吳白嫻

By David Lu, Translator West Proofreader Ernest, Paiyen

據報載，網路、電玩世界在台灣悄悄然孕育近四十萬尼特族（NEET）正在啃食父母的老本，分佈在你我的周圍，自家中或許就有一個。尼特族（NEET）全稱是：「Not currently engaged in Employment, Education or Training」，它是指不升學、不就業、不進修，終日無所事事的一群。

According to the news, internet and video games have quietly given birth to nearly four hundred thousand NEETs in Taiwan. NEETs might be just around us, maybe there is one in your family. The full name of NEET is “Not currently engaged in Employment, Education or Training”, it stands for a group of people who not enrolled in school or engaged in housework, and not seeking work or the technical training needed for work. They have nothing to do all the time.

## 電玩保母的兩面刃

### Both sides edged -- video game nanny

凡事大多有利、有弊。網路、電玩，對於多數無暇陪伴孩子成長的父母，或刻意逃避孩子攪擾的父母而言，是打發孩子最廉價的保母。

Everything has its advantages and shortcomings. Internet and video games have been regarded as the cheapest nanny for those parents who want to avoid

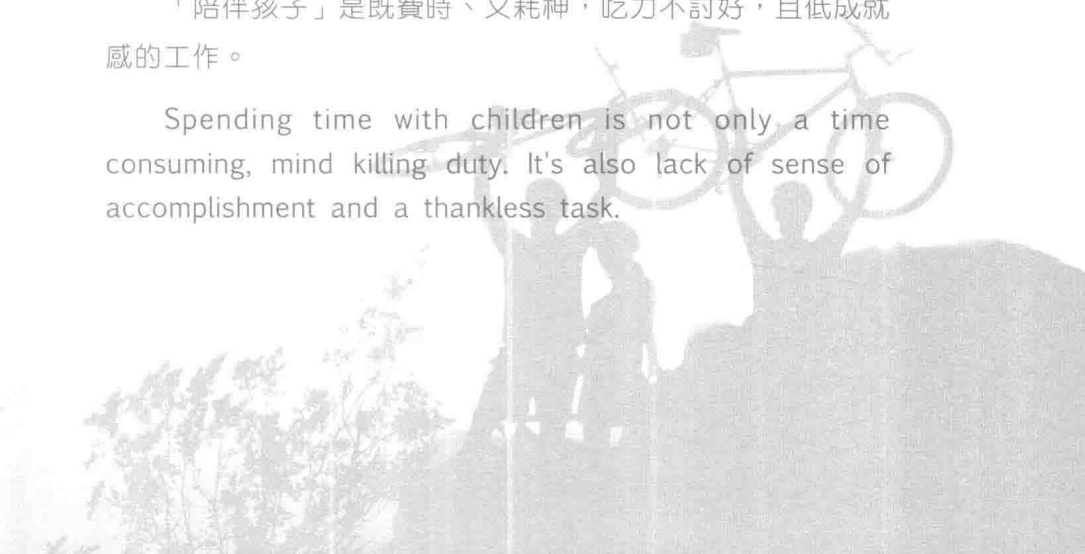
children disturbance or for parents have no time keeping their children accompany.

陪伴孩子成長，是為人父母的責任、義務，但養家活口逼得父母出賣時間，為生活忙碌，上班沒時間陪孩子吃早餐，加班是劫匪，從孩子的世界將父母擄走。孩子的世界中，只留下客廳的電視，房間裡的電腦。「陪伴孩子」永遠是那麼奢侈、那麼遙不可及。

Spending time with children are parents' responsibility and duty. However, some parents are forced to trade out their time in order to support the family living witness. These parents have no time to accompany their children for breakfast because of work. Their children will be accompanied by TV, or computers in the room. Spending time with children is luxurious for these parents.

「陪伴孩子」是既費時、又耗神，吃力不討好，且低成就感的工作。

Spending time with children is not only a time consuming, mind killing duty. It's also lack of sense of accomplishment and a thankless task.



父母自以為家裡的電玩比網咖的電玩安全性高，至少孩子在家中，隔離複雜的網咖環境、花費成本也較網咖低、孩子會安靜地、長時間待在家裡，父母就放心多了。擔心孩子老愛往外面跑、泡網咖的心暫時可以歇息，但這只是暴風雨前的寧靜。

Some parents believed that playing computer at home is much safer and cheaper than hanging out at internet cafes. These parents believed that their children could more well-behaved and staying at home for long hours if they were playing games at home. At least, their children are being away from the complicated places. They can hide their worries temporarily. However, it is just the calm before the storm.

二〇〇九年，春天正在來訪的路上，約翰與上帝有段奇遇，我們先一步邀請他來台中分享。國中時，不善與人來往的約翰，在一次校園霸凌事件後，更不愛與人來往，電腦無聲無息地竄入約翰的生活，原本的內向約翰更變本加厲成了宅男約翰。從國中到高中，高中到台大資管系，然後台大資管系研究所畢業。十二年來，過度耽溺於電腦使他疏離人群。有一天，上帝問他：「如果把電腦從你的世界拿走，還剩下什麼？」約翰心裡很清楚：這麼多年來，我上課面對電腦，下課還是電腦，上班面對電腦，下班還是電腦，電腦成為我的世界，拿走電腦，我的世界空無一物。一句問話，敲醒了沈溺電腦多年的



約翰，此時他下定決心，下班，除非必要絕不碰電腦。約翰的想法開始轉變，然後約翰的世界跟著轉變。

In early spring of 2009, John had an intriguing experience with God. We invited him over to share his story with us in Taichung. As a junior high-school student, John didn't know how to make friends and how to deal with social problems. After he was bullied in school, he seldom had any contact with others. Gradually, computer slipped into his life, and it turned an introvert person into a nerd. From junior-high till he finished his master degree from university in the department of information management, he has a total of twelve years computer addiction. John had isolated himself from the crowd. One day, God asked him: "If I take away computer from your life, what is left?" "For so many years, my life has been occupied by computer, whenever in classes, off campus, during work, or after work, computer became everything; I have nothing else except computers." John reflected himself. God's question awoke him, he made up his mind that he was not going to touch the computers unless necessary. Since then, his mind changed as his life had changed.

是什麼力量讓約翰離開電腦？江山易改，成癮難戒！另一位好友荷美多次問我，當兵退伍在家已經四年的兒子，二十六

歲的人竟然整天都待在家裡打電玩，日夜顛倒，也不去找工作，介紹給他的工作不是嫌棄薪資少、工時長，不然乾脆面試連去也不去，平白喪失即將到手的機會。荷美抱怨連連，一籌莫展。她悔不當初，想都想不到，幾年前家裡架設電腦、申請網路遊戲，還是他與先生想出來照顧孩子的創意發想，夫妻倆才得以自由自在地作自己想做的事，不用擔心孩子在外面闖禍，更不用擔心孩子來打擾。

The force that makes Earth revolve on its own axis is so huge beyond imagination. Rivers and mountains are changeable but addiction is hard to quit. So, what force made John away from the computer? Another friend called Ho-Mei asked me the same question for several times. Her twenty-six years old son who had been staying at home and playing computer games all day long for about four years after he finished his military service. He had an inverted day and night schedule. He was picky about jobs and refuse to look for one. He was not satisfied with the payment and working hours, so he simply turned down interviews and wasted the opportunities. Ho-Mei couldn't stop complaining about her son, neither could she find her way out. She regretted about their, she and her husbands', original ideal for their son. They set up the computer with the online games at home for him with good intention, but it turned out to be a disaster for the family.

這樣表面寧靜的日子已經過了很多年。荷美萬萬沒料想到，電玩世界的魔鬼怪獸竟綁架了孩子的靈魂，大魔獸悄悄地偷走他溫和的本性，取而代之的是暴躁、沒耐性、易怒，甚至廢寢忘食，日漸消瘦。

The false appearance of peacefulness have lasted for years. Ho-Mei could never imagine that the characters and the monsters from internet games have kidnapped her child's soul. The monster quietly stole his gentle nature and replace it with a bad temper, impatience, irritability, and even getting thinner because of playing computer games have priority than eating.

## 電玩會成癮嗎？

### Are internet games addictive?

「電玩只是遊戲，只是休閒娛樂！」這是電玩商人的騙術，也是沈溺者的藉口。「毒品」危害人，是全民公敵，如過街老鼠。但人們對「電玩」帶來的危害，卻大多毫無警覺，有些父母為了不讓孩子在外鬼混，甚至還認為在家裡建構一個電玩世界，成功的把孩子拴在家裡，卻不知，已經把孩子推入另一個火坑—「水煮青蛙」的火坑。

“Internet games are just GAMES, it’s just a kind of entertainment!” This is a swindle created by internet game designers and the best excuse for people who is addicted to it. It’s like a drug and harms people, it’s a public enemy. However, people usually ignore the great harm caused by internet games. Some parents believed that building up an internet kingdom could be a good way to make their children staying at home. However, they don’t know that they are pushing their children into another hell, the hell of chronic suicide.

中原大學研究論文 2003年《電玩成癮傾向及相關因素研究》，林誼杰引述心理學家Limbarido一九八二年曾提出的警告：「對年輕人來說，證實具有高成癮性的電玩，不但會讓人與社會隔離，更會鼓勵人與人暴力相向」。1982年，時任美國公共衛生局局長的Dr. C. Everett Koop亦公開表示「電玩很可能會危害年輕人的健康，使他們的身體與心靈都沈迷其間而無法自拔……」雖然尚未有科學的證實，但他預測不久的將來必有大量支持的統計數據出現。

According “The Study of Computer Games Addiction Tendency and Its Related Factors” at Chung Yuan Christian University 2003, professor Lin Yi Jie mentioned Limbarido’s warning in his research report. In 1982 Limbarido stated that “as for teenagers, internet games which is highly addictive, not only isolates them with

the social, but also encourage them to communicate in violence.” In addition, Dr. Everett Koop, he was the public health administrator from USA. He also claimed that “internet might do harm to teenager’s health conditions, and make them addicted that they couldn’t even control themselves.” Although there is not yet any scientific evidences, but he still believes that there will be more and more supportive statistics turning up.

電玩成癮、網路成癮是一種病嗎？聯合晚報記者韋麗文在2009年2月15日引述高雄醫學院發表有關電玩成癮的研究，報導說：「電玩成癮是種病！」根據研究發現，電玩成癮者僅是看到電玩圖片，腦部就會開始興奮、活化，興奮的程度，不亞於毒癮者看到毒品、癮君子看到菸，顯示電玩成癮不僅僅是一種嗜好、消遣，已然是一種行為上的成癮疾病。

Is internet game addiction a kind of an illness? In 2009, there was a related research by Kaohsiung Medical University. The research had shown that “Internet game addiction is an illness!” People who are addicted to internet games will be excited as soon as they see the pictures related. The level of excitement are almost the same as people who are drug addicted. It shows that internet games is not only a hobby or activity to kill time, it’s obviously an illness.

進入寒假，又進入網路遊戲的大旺季，電視不斷播送各種網路遊戲的新廣告。動漫展擠滿人潮，買遊戲、買周邊商品的狠勁，絲毫感受不到不景氣的寒冷。

As winter vacation approaches, internet games enter their high season. Internet games advertisements will appear on TV commercial constantly. There will be overcrowd of people going to the Animation and Comic Exhibition. They are stuffing buying games and related products. It doesn't show any sign of economic downturn at all.

對於網路成癮到底是不是一種疾病，其實醫界尚無定論。根據高雄醫學大學附設醫院最新研究，發現電玩成癮者，會對電玩出現成癮渴求，該研究成果也刊登在國際醫學期刊「神經研究期刊」。

Whether internet game addiction should be treated as an illness? In fact, there are no final conclusions in the medical studies. According to the latest research held by the Kaohsiung Hospital, researchers found that people who were addicted to internet games will show addiction eagerness. This research was published in the Neuroscience Studies Journal of the International Journal of Medicine.

研究人員找來20名男性，大多是大學生，其中10人是電玩成癮者，他們平均每周要花30個小時以上時間玩網路遊戲，幾乎每晚7點就開始摩拳擦掌準備上線，玩到夜裡12點才會下線。

The researchers tested twenty male, most of them were college students. Ten were internet game addictive; they had to played games over thirty hours per week in average. They usually played computer games from seven at night till twelve o'clock next morning every day.

高醫精神科主治醫師柯志鴻說，讓這些成癮的玩家，躺在功能性磁共振攝影的大機器中，邊看照片、邊做腦部檢查。只提供給他們看遊戲的照片，竟也能讓他們腦部出現渴求電玩的反應。

The attending psychiatric physician Dr. Ke Zhi-hong from Kaohsiung Medical Hospital said “People who are internet game addicted have the desire of playing internet games when pictures of the game are shown.”

成癮者看到電玩圖片時，腦部有六個區域開始興奮、活化。包括負責統整情緒、決策功能的右側眼眶額皮質、雙側前腦扣帶迴、內側額葉皮質區。記錄強烈情緒感受的右側阿肯柏氏核、右側尾狀核。非網路電玩成癮者，看到這些電玩圖片，

腦部則沒有出現興奮反應。

For those who were internet game addicted, there were six areas in the brain be excited and became activated when they saw pictures of the games. It included those parts of brain in charge of decision making, like the right orbital frontal cortex, bilateral anterior cingulated cortex and medial prefrontal cortex. On the other hand, these results couldn't be found by imitating the same situation from the non-internet game addicted people.

柯志鴻說，這六個部位的活化反應，就跟毒癮者看到毒品、菸癮者看到菸、酒癮者看到酒，反應如出一轍。根據這項生理學數據，說明失控的網路遊戲行為確實是一種行為成癮，而不僅僅是一種興趣。

Dr. Ke said “these six parts of activated reactions are exactly like drugs, cigarette, and alcohol addictions”. According to this physiology statistic, it proves that internet game is surely a misbehavior addiction, rather than just an interest.

成癮病患的特色，就是離開成癮物質後，會出現戒斷反應。所以毒癮者、酒癮者、菸癮者不接觸成癮物質，會出現哈欠連天、流鼻水、疲倦想睡、頭痛等痛苦萬分的症狀。電玩成



癮者雖不會有生理戒斷反應，但通常會出現無聊、坐立不安、易生氣、暴躁、心情不好的心理反應。

The character of an internet addicted person will show withdrawal response. People with drug, alcohol, or cigarette addictions will suffer from yawning, nose-running, sleepiness and headache if they are not able to access to additive materials. Though, people who are internet game addicted won't have those side effects, they still suffer from mental effects, such as boredom, fidgeting, irritability, ill-tempered and depression.

為避免孩子過度沉迷網路電玩世界，柯志鴻說，「現在父母過度保護孩子，不讓孩子出門活動，關在家裡的結果，只好上網沉迷電動，應該鼓勵孩子從小出門活動，看職棒、看職籃、打球、郊遊、游泳、衝浪、參加社團活動，多元的休閒活動，以轉移的方式取代禁斷，較容易脫離網路電玩世界。」

In order to prevent children from being addicted, Dr. Ke suggested, "Parents are over protecting their children and parents keep children staying at home for long hours. Thus, their children will be easily addicted slowly to internet games. Parents should encourage their children participate in outdoor activities, such as watching baseball and basketball games, playing basketball, hiking, swimming, surfing, or joining extracurricular activities.