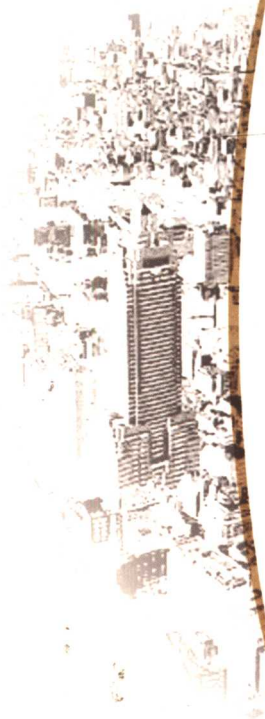


妇女晚年丧偶后的适应

——一个以台湾地区为例的叙说分析

林娟芬 著



三二 社会工作文库·第一辑

主 编 邓广良
执行主编 彭华民



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总 序

过去十多年来,社会工作教育在中国内地、香港及台湾均有迅速的发展,从学院数目而言,香港有六所大学及大专院校提供社工课程,台湾有二十所左右,而内地目前已增至近二百所大学。由社工从业人员而看,单是香港已有一万人之多,从上以观,社会工作学科对中国社会的确有其应用性及合适性。

然而,相对其他一些专业学科而言,社会工作的发展历史比较新,而且是一门由西方传入的学科,建基于西方的社会意识及价值观念,落实工作时,我们的社工要将这些学科理念融会贯通,按照对周遭环境及因素的分析,选择性地运用合适的理论及技巧。故此,社工课程的本土化是存在已久而受高度重视的问题,在香港及台湾,一直有研究理论与实践以及比较不同社会经验的社会福利丛书,但碍于学科范围的深与广,著作仍是远远不够,这问题在起步较晚的内地尤其严重。

香港中文大学社会工作学系,向来都以竭力培训学生肩担起各类型的社会服务为己任,而教育重点在培育他们的分析能力和批判思考能力,并以扶助社会弱势社群争取社会公义为目标。随着大学的国际化,社工系亦录取了外来学生。

这次的文库,就编录了不少来自两岸三地的博士论文。称为“三一社会工作文库”,正是取三地学者研究同一社会工作/社会福利主题之意。香港中文大学社会工作学系过去十多年,努力不懈地推动及联系两岸三地的学术交流及沟通,这次文库的出版,也正为三地社工教育发展作出绵力。同是分享着中国的历史传统,但因个别发展而体验着不同的社会文化,希望能通过三地学者的不同角度与分析,为社工教育中国化的理论基础作出贡献。

这次的文库,主要包括了下列三个主题:

1. 彭华民著,《福利三角中的社会排斥——对中国城市新贫穷社群的一个实证研究》;
2. 林娟芬著,《妇女晚年丧偶后的适应——一个以台湾地区为例的叙说分析》;
3. 陈根锦著,《职业健康及安全政策——香港新自由政策体系个案研究》。

展望未来,我们期待着文库能延续下去。

时代的洪流,卷走了多少旧有的制度与思想,社会面貌发生了多少巨变。踏入 21 世纪,信息及交通的发达缩短了不同社群之间的距离,举例说来,近年的种族纠纷、能源和环境的问题、新疫症的发现,世上有哪一社群敢说完全不会受到影响?如就两岸三地的社会变化说来,经济与科技的进步,带来不同程度的社会问题:如贫富悬殊、医疗保障、老人问题、家庭援助等等。表面上一些社会问题也趋向国际化,但其复杂程度与演变路向却不尽相同。换句话说,两岸三地的交流及联系更为重要。

21 世纪的来临,为社工教育带来更多挑战,探讨社会问题,建立合适的福利架构,追求有效率的社会服务,争取社会公义……一切一切,有待三地学者持续不断的研究。期望这次文库的出版,是社工实践理论本土化的重要一步!

邓广良讲座教授

香港中文大学社会工作学系系主任

2006 年 11 月 11 日于香港

Preface

In recent years, social work education in Mainland, Hong Kong and Taiwan has developed rapidly in both prevalence and professionalism. Hong Kong has six university/post-secondary colleges offering a social work major, Taiwan has 20-30 similar institutes, and Mainland has around 200 social-work programs. Hong Kong alone has more than 10 000 professional social workers. In light of these developments, social work as a discipline is both pertinent and relevant to Chinese societies.

Compared to other professional disciplines, however, social work has a relatively short history. Also, in its current form it is an import to Asia, based very much on Western values and ideologies. When it comes to practice, social workers in Chinese societies should integrate ideas and concepts, make sound analyses of the factors and environment, and selectively use appropriate theories and therapies. The growing indigenization (broadly defined) of social work knowledge and practice has received much attention in Chinese societies. In Hong Kong and Taiwan, theoretical and practical texts on social work in the Chinese context are readily available. However, given the depth and breadth of the subject matter, these texts are still far and few between, compared to their Western counterparts. In this respect, the Mainland/Hong Kong/Taiwan social work field could be considered a late starter.

The Department of Social Work at the Chinese University of Hong Kong is committed to preparing our students for the practice of social work in a variety of social service settings. Our main emphases are developing students' critical thinking and championing the causes of the vulnerable and

poverty-stricken segments of society. In addition, with deepening globalization, we have admitted more and more non-local students into our doctoral programs.

It is therefore not surprising that, in this book series, we plan to include a variety of doctoral manuscripts, written by students from Mainland, Hong Kong, and Taiwan but all linked to the Chinese University of Hong Kong. The series is called "San Yi Wen Ku" (meaning "social work in three localities"), and its main goal is to procure relevant studies on social welfare and social work in Chinese societies. Our department in past years has endeavored to promote and support academic exchanges between scholars from Hong Kong, Mainland and Taiwan. Still, this is just a small step. We firmly believe that scholars from these places, sharing a common heritage and yet grounded in different societal contexts, can come up with sound and mutually beneficial scholarly studies. All these efforts will ultimately contribute to the development of social work education in Chinese societies.

The present series has three areas of study:

➤ *China's New Urban Poverty and Welfare: An Analysis of Social Exclusion* (Peng Hua Min)

➤ *A Study of Bereavement of Elderly Women: The Case of Taiwan* (Lin Chuan Chiu)

➤ *An Analysis of Hong Kong's Occupational Health and Security and Its Relations with Political Economy* (Chan Kan Kam)

We anticipate that this series will, in the future, carry many more publications.

The passage of time has brought many changes; we have seen some ideas and institutions become obsolete and extinct, while other ideas and institutions have become relevant and widespread. These changes have meant progress but also challenge for our societies. Developments in com-

munications and transportation—to name just two of many—have considerably shortened distances between peoples and caused massive social changes. Current challenges, such as racial conflicts, new species of illness, and energy and environmental problems, have affected all societies. For Hong Kong, Mainland and Taiwan, these social changes have taken place in the wake of economic and technological advancements. Social problems have cropped up: poverty and income inequities, health-care unavailability, the ageing crisis, and deficiencies in family support. We can assume that some seemingly local problems are present also in other parts of the world, though their manifestations and complexities differ. In short, it is critical for scholars to exchange ideas and cultivate methods to deal with these problems.

The onset of the twenty-first century has brought even more challenges for the field of social work. Social workers are constantly searching for solutions and frameworks to deal with these social problems. They are also pursuing effective strategies of social work intervention and social justice. All these require scholars from Chinese societies to conduct research on a regular basis. We expect that the publications included in this series will be an important step in the indigenization of social work knowledge.

Tang Kwong Leung
Professor of Social Work and Department Chair
The Chinese University of Hong Kong

November 11, 2006
Hong Kong

Abstract

The study was a narrative analysis of elderly women's adjustment to their widowhood. The study was an exploratory and qualitative research, which aimed to understand the subjective experiences of elderly widows in their adjustments to the death of the husband. It also explored how they interpreted the various factors that might have influenced their adjustments to widowhood in later life.

The sample consisted of 15 widows, aged 55 and above and the length of their widowhood was less than three years. Two to three in-depth interviews were conducted with each respondent. It was found that most of the respondents had had various grief reactions, including physical, psychological, and behavioral aspects, when facing the death of their husband. During the grieving process, they had developed various coping strategies in adapting to their spouse's death. These strategies could be conceptualized into six types, i. e. cognitive, behavioral, interpersonal relationship, change of environment, shifting of attention, and planning for future. Usually, the respondents used more than one strategy to cope with widowhood and there were different levels of adjustment. Except for one elderly widow who did not feel much sadness and could recover almost instantly, one-third had mild grief reactions and did not need much time in adjusting to widowhood, one-third experienced deep sorrow and distress and needed about six month to recuperate, while the remaining one-third were still struggling to tide over the grieving period although their husband had already passed away for more than two years.

The study found that there were many factors that had affected elderly

women's adjustment to widowhood. These factors included their personality, religious belief, educational level, financial situation, health status, marital relationship, the care provided to the husband during his illness, the cause of husband's death, funeral and burial arrangements, parent-child relationship, social support network, cultural beliefs and social attitudes, the widow's own perspective, self-image and life themes. While the widows' level of adjustment were affected by most of the above factors, the most significant factors were their subjective interpretation of the death of the husband and widowhood, and the life theme evolved from their respective life experiences.

According to their narratives, four predominant types of life themes were identified among the elderly widows. They were religious belief, control and mastery, family, and fatalism. Those respondents who held the themes of religious belief and control and mastery were found to adjust much better than those who had a life theme of fatalism. For those respondents whose major life theme was family, the success in their adjustment to widowhood would depend on whether they could shift their attachment and attention from their husband to their children.

Finally, based on the analysis of research findings, recommendations were provided on the future development in social services, social work practice, social welfare policy, civic education, and research related to the issue of elderly widowhood.

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第一章

绪论

本书采用定性研究中的叙说分析法(narrative analysis),来探讨妇女在晚年阶段丧偶时的心路历程。由于这方面的研究报告并不多,所以本书是以探索性的方式,来了解妇女丧偶后的适应状况。研究的重点在了解:第一,妇女在晚年阶段面对丧偶事件时的感受和反应;第二,社会支持网络、家庭关系、个人的特质、个人的主观意识——包括个人的处事态度、价值信念、对死亡的态度、对社会文化规范的看法、对寡妇的看法等因素,如何影响其对丧偶事件的诠释;第三,妇女对晚年丧偶事件的主观诠释,如何影响其丧偶后的生理、心理和社会等适应的状况。

“寡妇”在一般人的刻板印象中,总被认为是个悲剧,因为丧偶会影响她们生理、心理、社会等方面的适应。尤其到了垂暮之年,丧失与之相处大半辈子的伴侣,这种丧夫之痛,是悲伤、哀恸的,需要外界的支持,来协助她们做较好的适应。丧偶之痛的确是人生重大的压力事件,对老年人的打击尤其大(Caserta & Lund, 1992;潘素卿,1993)。然而,丧偶事件对个别妇女的压力与冲击程度,会因着情境的不同、个人的独特经验及主观诠释的不同而有差别。以下列举三则有关妇女对丧偶的反应,来说明她们遭遇配偶死亡时的不同情况。

故事一:多年前,我曾在医院照顾因车祸而致脑损伤的植物人,由于病情一直没有进展,他的太太也跟着在病榻旁的躺椅上,度过两年多的艰苦日子。或是因照顾的时间太长,以致于常听到她的抱怨与诉苦,而我们也一直理所当然地认为病人的存在,只是一种负担而已。原以为这么长的

磨难,已足够让她好好地准备接受其夫死亡的事实,没想到,就在两年后的某个夜晚,丈夫的生命终于在心电图表谱出休止符的时候,她却愤怒、咆哮得有如一头丧家之犬。那时的我,始终不明白,为什么她会有那么激烈的反应;本以为丈夫的死亡对她会是一种解脱,再怎么也很难想像,在死亡发生的那一刻,她会抱着丈夫的遗体,坚持不让医护人员搬移……(黄凤英,1995, p. 14)

故事二:一位妇女在丧夫之后描述她的生活状况,她表示无时无刻不在绝望中,她的内心感到恐怖,因为觉得生命一直往下沉沦,她害怕至终会是一场毁灭,她逃避、放弃,不愿对生命负责,那段日子对她而言,犹如陷入一片没有出口的迷宫……(洪宝莲,1990, p. 7)

故事三:研究者在带领丧偶妇女成长团体活动中,有位成员描述到,当丈夫过世时,她的内心深处确实有一种解脱的快感,但必须装得很伤心、难过,以避免受他人的责难,尤其是丈夫的家人。但另一方面,她又觉得自己不应该有这种想法,就在自觉矛盾及有罪恶感之时,有一位同事也是好朋友,将她拉到一旁没人的地方,并且小心翼翼地在她耳边很小声地对她说“恭喜你”三个字,虽然只有三个字,但却让她释怀了许多,也不再那么自责,就这样两人作会心的微笑,并互望一眼……

上述三则同样是丧偶妇女的故事,但却有不同的反应。在我们的生活中,相信有不少类似的故事。妇女在晚年阶段,遭遇到丧偶事件时,她们到底是如何反应?在适应过程中,其心路历程如何?采用叙说分析法,确实能让晚年丧偶妇女谈谈自己的经验,从自己的观点(perspective)来诠释丧偶经验及整个适应过程。借着这项探索性研究,或可提供更丰富的信息,让我们了解丧偶妇女的心路历程,而不再被传统刻板印象所束缚。并以较人性的立场,帮助她们用自己的语言,叙说内心深沉的感受。当然也借这