

摘要

本研究目的在探討安養機構女性長者在多元藝術創作團體之歷程、主觀幸福感，以及不同藝術形式的療癒功能。研究參與者為8位女性長者，平均年齡為74.6歲。多元藝術創作團體共持續五週，每週一次，每次90分鐘。研究方法採詮釋現象學。研究結果有五：（1）起始狀態（未進行團體前），參與者的成長背景造成對（視覺）藝術的陌生感、雖認為自己身體功能衰退，但保持著「我還可以學習」的心態；（2）團體前期，參與者感到擔憂、挫折及謹慎；（3）團體中後期，參與者呈現「發揮想像力：感受到輕鬆、開心及希望感」、「藝術即生活：從人際、空間及作品上的互動到關注生活」，以及「提升自我意象：從抗拒面對衰老到欣賞自己」；（4）整體主觀幸福感的增進體現在參與者「期待轉化為行動」及「動態調整的滿意度」兩部分；（5）說明不同藝術形式的療癒功能。最後，根據研究結果提出討論與建議。

關鍵詞：女性長者、主觀幸福感、詮釋現象學、藝術創作團體

Abstract

The purpose of this study was to investigate the overall experience, subjective well-being, and healing functions of different art forms in a multi-arts creative group program for female elders in hospice care facilities. Eight female elders, with a mean age of 74.6 years, participated in this multi-arts creative group which ran for five weeks, with one 90-minute session per week. This study adopted an interpretive phenomenological approach. The findings of the study were fivefold. (1) The participants were not familiar (visual) art as they grew up, and when the group started, although they thought that their physical functions were deteriorating, they believed that they could still learn. (2) In the early stage of the group, the participants felt worried, frustrated, and cautious. (3) In the mid- and late stage of the group, the participants demonstrated that they were able to use their imaginations, and that art is life, as well as to enhance their self-images. (4) The increase in overall subjective well-being was reflected in the transformation of the participants' expectations into actions and the satisfaction of the participants with their dynamically adjusted state of well-being. (5) Different art forms provided different types of healing. Finally, discussion and recommendations were made based on the findings of the study.

Keywords: female elders, subjective well-being, interpretive phenomenology, creative art group