

題目：「關係」對大學女生個體化過程之影響－另一段邁向成熟長大的路

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時間：中華民國九十三年一月

### 中文摘要

本研究旨在探討大學女生「關係」的發展與轉變，為了能更貼近受訪者的主觀經驗、真實面貌，本研究採用質性研究中的現象學取向，並以深度訪談的資料蒐集方式，訪談兩位大學後期的女生，以深入瞭解「關係」對於青少年晚期女性個體化過程的影響，與過程中親子關係的歷程變化。

本研究發現，對於大學女生而言，良好的關係將會促使其朝向親密的人我關係發展，而她們的關係也將呈現出由「廣」變「窄」、由「淺」入「深」的變化。此外，相較於傳統個體化所強調的獨立自主，女性的個體化似乎意味著一種重視與他人的連結卻不會失去自己的親密關係，而透過「溫柔的發聲」--展現自己的能力在與父母理性地溝通、主動地關懷父母上，即在關係的滋養裡可以慢慢地發展出自我、並產生表達自己的行動能力，女性在關係中的此種發聲過程則可展現其動態「朝向親密」的歷程，這樣產生移動改變力量的過程似乎同時也是empowerment的展現。因此對大學女性來說，朝向親密似乎是在個體化外，另一條邁向成熟長大的路徑。

最後，根據本研究發現，提出反思與建議，以供實務工作者以及後續相關研究的參考。

關鍵字：大學女生、個體化、關係、質性研究

# The Impact of 「Relationship」 on Individuation for Female College Students — Another Way toward Maturity.

## Abstract

The purpose of this research is to explore the development and transformation of female college students' relationships. To further understand the participants' subjective experiences and reality, the study adopts "phenomenology model" of qualitative research as its research method. Through the in-depth interviews with two female college students, the study tries to understand how 「relationships」 influence individualizations of female adolescents and how parent-child relationships change during the process.

This research finds: for female college students, good relationships will prompt them to develop intimate self-other relationships. Besides, their relationships will arise from broad to narrow, from flat to deep. In addition, female individuation seems to imply that one can maintain a kind of intimate relationship that emphasizes the connection with others without losing oneself. The way participants express themselves in the relationships demonstrates the process of how they dynamically move toward intimacy, which at the same time is an expression of empowerment. That is to say, the participants gradually develop their selves and have the ability to express themselves through the nourishment in the relationships. Accordingly, for female college students, moving toward intimacy seems to be another way to reach maturity beside individuation.

Finally, based on the findings of the study, several suggestions for guidance and further research are selected and provided.

Keywords: female college students, individual, relationship, qualitative research method.