

藝術創作取向團體對大學生分手調適之影響

錢泓諺

蘇完女

朱惠瓊

郭俊顯

亞洲大學心理系

亞洲大學心理系

國立清華大學
教育心理與諮商學系

亞洲大學心理系

摘要

國內常見愛情分手的文章，也不少藝術治療應用的文獻，卻少見藝術創作應用於分手調適的相關研究。有關分手的研究發現愛情分手者在親密關係結束後會出現與失落經驗相似反應，對當事人的心理、生理、社會層面造成影響。因此，本研究嘗試運用藝術創作取向的團體方式探究其對愛情分手者失落經驗的影響。研究資料包含兩位成員在團體歷程中的分享和創作作品等質化內容，透過主題分析法進行資料的分析和歸納，每位研究參與者共參加 12 小時的藝術創作取向團體。

研究發現藝術創作取向團體對大學生分手調適有 7 項影響，包含：「透過藝術創作讓失落情緒得以安全流露」、「創作過程將內在失落經驗具象化，提供新的意義與理解」、「視覺圖像催化關係失落及內在需求的覺察」、「藝術創作提供對自我的面對與照顧」、「藝術圖像的觀看與反思，帶出心境轉變的可能」、「運用媒材特性的過程促動情緒的轉化」、「藝術作品的自我詮釋，看見愛情關係更多可能性」。最後根據研究發現進行討論，並提出建議供未來研究與實務工作者參考。

關鍵字：分手、失落經驗、藝術創作取向團體

The Effect of Art Therapy Approach Group on Break-up Adjustment of University Students

Hung-Yen Chien

Wan-Nu Su

Hui-Chuang Chu

Chun-Hsien Kuo

Department of Psychology, Department of Psychology, Department of Educational Psychology and Counseling, Department of Psychology,
Asia University Asia University National Tsing Hua University Asia University

Abstract

Many studies in Taiwan were devoted on the topics of either break-up of a love relationship or application of art therapy. But few studies were conducted to investigate the application of art therapy on break-up adjustment. Break-up related studies in Taiwan had found that similar reactions and feelings of loss for college student who had a break-up of intimate relationship, i.e. they were affected by the break-up in the psychological, physiological, and social perspectives.

Therefore, this study was aimed to understand whether the application of art therapy group as an intervention is helpful to people with break-up experience. Research material included qualitative content from two participants' sharing of thinking and feeling and artifacts created in the process of group. The material was analyzed with the method of Thematic Analysis. All participants participated in the 12-hours artistic creation approach group.

The results of qualitative analysis had shown that artistic creation approach group had 7-fold effects on break-up adjustment of college students, such as "One can safely express emotions of loss through media", "The creation process can concretize inner experience of loss and provide new meaning and understanding", "The visual image can facilitative the awareness of loss in a relationship and inner demand", "The art creation provides self-care and facing true self", "Through watching and thinking the art image may be able to converting state of mind", "Using the process of media characteristics to facilitates the conversion of emotions", "The reinterpretation of art creation can catch a sight of possibility in love relationship". Finally, based on the result, few discussions & suggestions had been proposed for future practical worker & research.

Keywords : art therapy approach group, break-up, loss experience