

「生命樹」卡結合藝術媒材 運用於高中生人際疏離之覺察

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摘要

本研究旨在運用「生命樹卡」卡結合基本藝術媒材作為研究工具，探討人際疏離之覺察，透過活動與訪談的方式，以主題分析法進行資料分析與統整。研究對象為六名有意進行人際疏離探討的在校高中生青少年。結果發現：一、運用樹卡與媒材能夠使青少年引發人際議題之討論；二、能夠透過樹卡與圖畫提供青少年具體說明人際疏離事件；三、依據「生命樹」卡與環境想像促進青少年人際疏離之自我覺察；四、考量量表使用與媒材限制；五、保持客觀與嘗試媒材。依據結果對實務工作者、學校輔導老師提出建議。

關鍵詞：生命樹卡、藝術媒材、高中生、人際疏離、覺察

Applying "Tree of Life" Card and Art Materials in Interpersonal Alienation High School Students' Awareness

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Abstract

This study aimed to use the "Tree of Life Card" card combined with art media as a research tool to explore the awareness of interpersonal alienation, and to analyzing data through activities and interviews with thematic analysis. The research subjects were six high school students who intended to explore interpersonal alienation. The results found that: A. The use of tree cards and materials could enable high school students to initiate discussions on interpersonal issues; B. Through tree cards and pictures, e high school students could be provided with specific descriptions of interpersonal alienation events; C. According to the "tree of life" card and environmental imagination, improving self-awareness of interpersonal alienation; 4. Consideration of scale use and materials limitations; 5. Keeping objective and trying materials. Based on the results, recommendations were made to practitioners and school counselors.

Keyword: Tree of Life Card, art Materials, high school students, interpersonal alienation, awareness