

探討生命中給與受的學習--苦難轉化爲愛與智慧的機轉

Learning to Offer and Receive Experiences in Life: The Mechanism of Transforming Suffering into Love and Wisdom

蕭淑貞(Shu-Fen Shiau);蕭淑美(Shu-Mei Shiau);張元玫(Yuan-May Chang);魏麗麗(Li-Ly Wei);鈕淑芬(Shu-Fen Niu);黃玉珠(Yu-Chu Huang);邱碧如(Pi-Ru Chiu)

摘要

背景和目的：本研究目的乃基於重視護理教育中生命素養的培育，來探討某護理學系碩士班學生在生命經歷中有關 3C（照護 Care、關懷 Concern 及悲憫 Compassion）給與受的現象。方法：研究方法採質性研究，研究對象爲研究者與 12 位護理研究所碩士班一年級學生。在碩士班「護理理論與專科護理學理論」課程中強調 3C 的學習及應用，並以工作坊方式作爲教學模式之一，本研究即以在工作坊中讓學員分享「在我的生命中，有哪些付出或接受照護 Care、關懷 Concern、悲憫 Compassion 的經驗？」同時寫下對此次體驗的省思及想法，收集學員的省思報告，以內容分析法分析。結果：發現護理人員對生命給與受的感觸，大多提及苦難的事件，引發心理、生理或角色的受苦體認，由周遭「近人」提出有關 3C 的扶持，可得到愛與智慧的體驗。結論：本研究發現由 3C 的理念去觸動生命中給與受的經驗，可引領護理人員省思苦難經驗轉化爲智慧與愛之學習機轉，可增進有關護理教育與生命教育的知識，作爲在臨床服務中，深入自我了解及服務他人的參考。

Abstract

Background and Purpose: The purpose of this study was to explore the phenomena of offering and receiving 3C (care, concern, and compassion) experiences of life, based on emphasizing the cultivation of life education in nursing education. Methods: Quality research was applied in this study; subjects were researchers and 12 nursing students. The learning and application of 3Cs was emphasized in a master's course entitled Nursing theory in general and specialties and the workshop was one of the teaching methods employed. In this study, students shared their experiences with offering and receiving 3C experiences in their lives, and wrote down their reflections and thoughts. The written reports were collected and analyzed by content analysis. Results: Results identified the bitter events which induced physical, psychological, or role aspects of the suffering experience; however, through the help of other people, the students obtained love and wisdom. Conclusions: The findings demonstrate that utilization of

the 3Cs to offer and receive experiences of bitter events can transform the bitterness into a learning mechanism of love and wisdom. These results will provide important references for the continued development of the fundamental theory and strategies of life education in nursing, and the enhancement of in depth self understanding and service to others.