

# 探討原住民離婚婦女的生活適應-以台北都會地區為例

## Adjustment after divorce among Indigenous Women in Teipai

### 中文摘要

本研究的目的是在於探討台北地區原住民離婚婦女的生活適應。以二十四位戶籍已登記在台北都會地區離婚且單親的原住民婦女為研究對象。本研究以深度訪談的方式蒐集資料，經過登錄及開放式編碼後，再以內容分析法的方式進行資料分析。其研究資料分類編碼為離婚原因、離婚後的生活適應及學習、離婚後的社會支持等三大類。主要分析結果如下：(一)、都市原住民婦女離婚的原因以家庭暴力為最多，其次為外遇、經濟上的問題及前夫忽視對家庭的責任及配偶的不良嗜好(酗酒、賭博)、公婆及妯娌姻親間從中間隙夫妻的感情、夫妻雙方缺乏溝通、夫妻感情慢慢變淡、個性上的問題、種族的歧視、早婚等的問題。(二)、都市原住民婦女離婚後必須立即面臨到經濟情況、工作狀況、子女教育、身體及心理健康等的生活適應問題，此問題雖和一般非原住民的離婚婦女所面臨到的問題相同，但由於受訪原住民婦女的教育程度偏低、以及社會存在對原住民身份的歧視及原住民離婚後社會網絡的侷限等，導致原住民婦女離婚後其生活適應比非原住民的離婚婦女生活壓力還要大。(三)、都市原住民婦女離婚後其相關之社會支持，包括人際間的支持、宗教的支持、政府的政策與補助等支持。婦女離婚後在情感上的歸屬多尋求於同性的支持，經濟上的需求較多尋求於原生家庭的資助，反而很少尋求政府福利的補助，由於政府福利申請時間過長、申請地點便利性較低及申請文件之書寫繁瑣等限制，使得原住民婦女很少會申請政府的補助。本研究希望相關單位能夠加強原住民婦女人身安全、鼓勵原住民婦女社區參與及知識、改善社會福利申請的流程增加其便利性及增加原住民婦女在職訓練以提升其就業技能等。原住民單親婦女福利推展的工作是長期性的，執行過程中更需要地方政府積極結合民間資源力量共同推動，方能落實執行於部落或都會社區。

關鍵字：都市原住民、離婚婦女、生活適應

### 英文摘要

The purpose of this study is to understand how Taipei city's indigenous women adapt to their life after divorce. This study is based on 24 interviews with single and divorced indigenous women in Taipei. This study has three parts: reason for divorce, adjustment after divorce, and social support.

The major reasons for divorce found in this study include domestic violence, economic issues, lack of sense of responsibility the husband has for the family, drinking and gambling, poor relationships with in-laws, lack of communication, lack of closeness, personality issues, racism, and getting married at an early age.

Regarding adjustment after divorce, the adjustment issues after divorce were economical problem, job seeking, children's education, and mental and physical health. Most of the adjustment issues can also be found among divorced non-indigenous women. However, it is generally more difficult for indigenous women to find a good job because of lower education and racism prevalent in work places.

Social support was important in divorce adjustment. Three kinds of social supports were particularly helpful, including interpersonal relationship, religion, and social welfare. Indigenous women seek for material and emotional supports mainly from their native families. Social welfare can also provide material support. However, due to the time-consuming and tedious application process, indigenous women rarely seek help from this channel.

This study contributes to the relevant policy development. The government should enforce the safety of these indigenous women, improve the process of welfare application, increase skill training and job opportunity, and encourage indigenous women to participate in community activities. Improving the welfare for the indigenous women is a long-term issue that needs constant support from the government and from the society.

Key word : City Indigenous 、 Divorce women 、 Living adjustment