

謝誌

要離開東海了。10年情緣能否再續？在人生最低潮時，竟能一圓讀書夢，感謝上天為我開了一扇窗。能與“景觀”結緣，要感謝素華牽線；能報考研究所，要感謝賴明洲教授“法”開一面。

最難忘的是一昔時碩分班上課，出遊之歡樂。一路走來，如果沒有益欣、小玉、秀莉、陳瓊珠老師、書睿、我的弟弟們的陪伴，生命將少了光采。

這一年如果沒有侯錦雄主任的接納、鼓勵，蔡淑美老師的悉心指導，此篇論文勢將難以成就。而我也將看不到社會中弱勢的弱勢—精障者及其家屬的痛苦。亦將無此機緣立志—為精障者發聲、服務，為我此生志業。

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最後要感謝論文中個案及家屬對我的信任。八里療養院的張建隆老師無私地提供國內、外期刊資料及個人論文，使本論文之困難得以突破；以及有一面之緣的台中榮總幹細胞研究中心陳甫州主任，不吝伸出援手指點迷津。因著眾人的無私，讓我瞭解到—“輪迴”乃為“愛”而來。唯有無條件的愛人、助人，生命才有價值，生活才有意義。



淑蘭 謹誌
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參與園藝活動對慢性精神障礙者之影響

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【摘要】

相較於機構內規則服藥之慢性精神障礙之病友病情穩定。居家療養之精障病友較不規則服藥，鮮少與外界互動、人際退縮，缺乏感官刺激，及病程之影響造成其各項功能多有退化之情形。尤其注意力、記憶力、工作執行能力、自信心之缺乏相對明顯；其情緒起伏不定。自文獻回顧發現：有關園藝活動對慢性精障者影響之研究多以機構內之精神分裂者為對象。鮮少對於居家療養者進行探討。本研究旨在探討居家療養慢性精神障礙者參與園藝活動後對個案各項功能及理、心理、生活、行為之影響。首先透過文獻與理論分析，探討園藝治療活動之相關理論基礎，以此擬定園藝活動之對象、地點、園藝活動課程及內容，深度訪談內容。研究對象為4位不同類型之慢性精神障礙個案，且居住於本國境內，為醫院確診病例。研究場所為利於進行園藝活動之場所。研究方式：研究者為活動帶動者及訪談人；研究者及個案家屬為之觀察者。訪談內容錄音及筆談後謄寫逐字稿，採主軸譯碼，得出研究結果。

園藝活動對居家療養慢性精神障礙者生理、生活、心理上之影響：經對四位個案分別進行八次深度訪談與八次園藝活動之參與並第九次之訪視及觀察結果顯示：透過人與植物的互動，帶動個案昔日人與植物之回憶。在栽種植物過程，個案透過自我對話使自己思路清晰。園藝活動在當下成為個案生活中的一部份，在園藝活動結束後，栽培植物亦成為個案的生活習慣，消除了內心某部份的恐慌與不安全感。在栽種植物過程，個案照顧植物學習付出愛也接受植物不求回報的愛，由於好奇心的驅使，個案吸收栽培植物之訊息，並嘗試換盆(做決策)。家屬亦注意到個案專注力、手指靈活度、觀察力變好、情緒變好；個案本人亦覺其體力增強，人際互動增加；個案創造力的展現，帶來他人的讚美，更使之自信心增強。而這是其他治療活動所不及。研究亦發現園藝活動促使個案釐清思路、主動求知、對生活的盼望；植物成為人際互動之媒介、植物對個案心靈的陪伴，本研究之發現有助於專業精神醫療團隊對於居家療養且未參與日間病房職能活動之精障個案其未來職業訓練，就業途徑之參考。在正規醫療之外，輔以園藝活動，可安居家療養之精神障礙者之情緒，減少個案就醫次數。

【關鍵詞】 創意、觀察、慢性精神障礙者、園藝活動、居家療養。

The effects of horticultural activities on chronic psychiatric patients

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【Abstract】

Comparing to the chronic psychiatric patients who had regularly ingested medication inside the medical facilities and shown stability, the chronic psychiatric patients who received home care treatment had shown irregular medication ingestion, less likely to interact with the outside world, withdrawn from others, and a lack of sensory stimulation which all had affected the treating process and had caused multiple degeneration on the patients. Especially the lack of concentration and memory skills, the ability to execute work tasks, self-confidence, and also a lack of emotional stability. Based on reviewing the existing articles, research studies of the horticultural activity's influences on chronic psychiatric patients were mostly targeting schizophrenia patients from medical facilities, very few studies were conducting researched of home care patients. This research is aimed to explore the after effects of home care chronic psychiatric patients who participated in horticultural activities. Their functions, psychological states, behaviors, and lives individually. First to explore the foundation of horticultural therapy related theories by analyzing the existing articles and theories, in order to construct the research participants, locations, horticultural activity curriculums and contents, and profundity interview components of the horticultural activities. The research participants are four patients who live within our country, and had been diagnosed with different cases of chronic psychiatric disorder. Research locations are convenient places for horticultural activities. Research method: researcher will be leading the activities and be the interviewer; researcher and the family members of the participants will be the observers. Interview contents will be recorded word by word through recorder and hand, which will be presenting the main points in the result of the research later on.

The physical, psychological, and daily life effects after participating in the horticultural activities on chronic psychiatric patients: four individuals were processed independently by participating in eight profundity interviews, eight horticultural activities, and a ninth visitation and observations, the result had shown that: the old

memories of plants and themselves were brought back by the interaction of human and plant participants. During the planting process, individuals were communicating internally with themselves in order to maintain a clear state of mind. Horticultural activities became a part of life for each participant, even after the horticultural sessions were over. It eliminated parts of the fear and the feeling of insecurities for the participants. Participants took care of the plants and learned to devote their love without asking for a return. Participants were self-motivated to learn more information about plants due to curiosity, and were willing to try to change dishes for plants (making decision). Their family members were also noticing the changes of the participants' concentration, nimbleness of their fingers, their observation ability, and their emotions were improved; participants themselves felt physically stronger, and the increased interaction of interpersonal relationships with others as well; participants who showed their creativities, not only received compliments from others but also enhanced their self-confidence, which is the goal the other treatment activities can't achieve. Research studies have also found that horticultural activities could intrigue participants to clear out their minds, self-motivate for knowledge, and have a desire for life; plants became the bridge of human interaction, plants keep the soul of the participant company, the findings of this research would help professional psychiatric teams on treating those home care patients and patients who are not able to attend occupation training in the day time, and help the future occupation training for chronic psychiatric patients as a reference of employment. Besides regular treatments, horticultural activities can be beneficial to stabilize the emotion of home care chronic psychiatric patients, and reduce their chances of re-visiting medical facilities.

【 Keywords 】 : creativity, observation, chronic psychiatric patients, horticultural activities, and home-care treatment.

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